

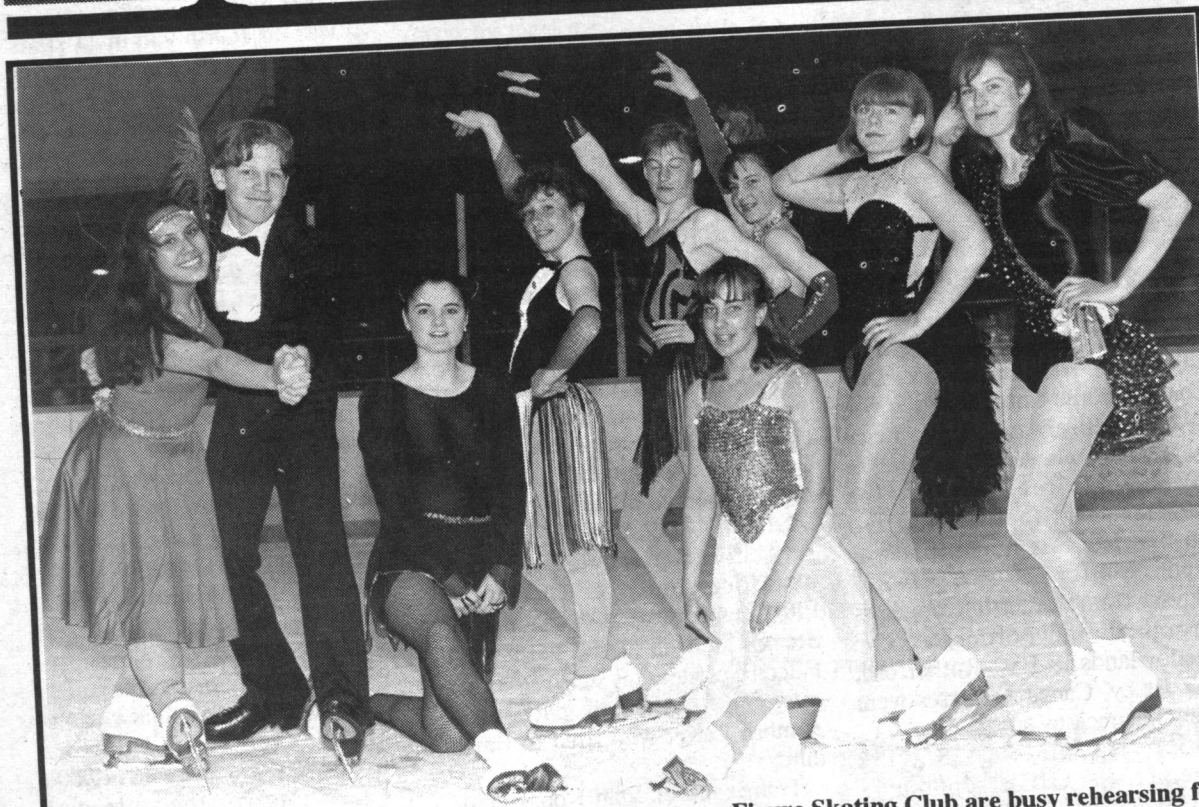
Recreation and Sports

Halton Hills This Week, Wednesday

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The "Dream" will soon begin. Skaters from the Georgetown Figure Skating Club are busy rehearsing for their upcoming Carnival "LET THE DREAM BEGIN" being held at the Georgetown Memorial Arena, Saturday, at 1:30 p.m. and 8:00 p.m. and on Sunday, at 1:30 p.m. Tickets can be purchased today (Wednesday) at Gordon Alcott Memorial Arena and Friday at Georgetown Memorial Arena. All seating is reserved.
Photo by Simon Wilson

Ladies soccer alive, well and kicking

By Bonnie Voros
Special

For the last several years ladies soccer has been alive and well in Georgetown. Currently there are three ladies soccer teams playing. The Christian Reformed team, Georgetown I, and Georgetown II.

There is no age limit to our teams, the only qualifications are you must be over 18 years-of-age.

The Georgetown Ladies Soccer Club is a non-profit association. Keep in mind that soccer does involve a lot of running and it is a contact sport. Consequently, it is an excellent form of exercise and is a lot of fun. We play our games within the Halton-Peel region.

The season runs from mid-May to the end of August. The games are played on Monday evenings at 7 pm or 8:30 pm depending on whether the field we are playing on has lights or not.

The Georgetown I and Georgetown II teams play their home games on the Meadowglen field in Glen Williams at 7 pm. The

Christian Reformed team play their home games on the Alcott field behind the police station at 8:30 pm.

The practices are held on Tuesday or Wednesday evenings. The season ends with a tournament held on the last weekend of the season, with games on the Friday night and throughout Saturday. Registration fees include uniforms, and all fees for fields, referees, tournaments and league fees.

If you think you would like to play soccer you are responsible for soccer shoes and shin pads which are mandatory. If you are interested in joining ladies soccer look for our ad in the spring and summer parks and recreation brochure which is available at the public libraries and the Civic Centre.

The cost to sign up for ladies soccer is \$50.00. The deadline for registration is April 15. If you would like more information or are interested in coaching, please contact Bonnie Voros at 877-1543.

Questionable minor hockey tactics

By Rod Beaumont

Call me old fashioned, but the thought of a sports organization possibly using illegal players to win a championship leaves a foul taste in my mouth.

The Georgetown Minor Novice Raiders and Flamborough are playing for the championship in their division of the Tri-County group, and it was suggested that Flamborough may have used illegal players in game one last Tuesday.

Having not seen the players before and the signatures not matching previous ones, Georgetown coach Jeff Sargent and Tri-County representative Ed Brown requested to see the player's cards and were refused by Flamborough officials.

It is my understanding that these teams have played against each

Rodent's Racket

other numerous times through league and OMHA playdowns and the players in question would have been noticed before. With the refusal to produce the player's cards, Flamborough appears to have cast doubt on themselves.

The Georgetown group has filed a protest with the league and are waiting a response. Whether or not illegal players were used is irrelevant. The fact that it has been suggested makes you think. The Minor Novices are made up of 7 year-olds and this is where rules of the game, fundamentals and a true meaning of sportsmanship is to be instilled in them. A situation like this can only cause confusion in the true values of the sport.

For me, I have to ask why this

could happen and I'm thankful that most of the youths involved will forget about this incident by next season.

Tragedy struck the baseball world last week with the deaths of Steve Olin and Tim Crews of the Cleveland Indians. Although deaths of this nature are shocking, it is even more so when it happens to sports heroes.

So often these people are deemed immortal and when death occurs, it hits real close to home.

The Cleveland Indian organization has shown real class during this crisis in terms of assistance to the families of Olin and Crews. I tip my hat and wish them well over the '93 season as it will prove to be extremely challenging and emotional.

Finally, look out sports fans, the Leafs have made the playoffs. This year will be more interesting and, hopefully, they will last longer than one round.

Do you have a topic for discussion or an opinion on the past week in sports? Write me care of Halton Hills This Week, 232 Guelph St., Georgetown, or phone 873-2254. If it makes me go Hmmm, I'll include it in my column.

Bridge Results

Elsie Whitham and Aspy Bapooji captured first place in Monday afternoon's bridge competition at Georgetown Legion Hall. Placing second was the team of Mike Lorusso and Rene March. Lorena Norris and Anne Schaefer placed third.

Activity Line

Caffeine: are you hooked?

By Laurie Burns

Have you ever tried to quit drinking coffee, tea or pop cold turkey? And if you have, did you have any of the following reactions; nausea, migraine headaches, impaired vision. If you experienced any of these symptoms, you were experiencing withdrawal symptoms. Other possible symptoms could include irritability, shakiness, depression, dizziness, fatigue and stomach pains.

For the body to suffer such violent reactions, caffeine - a white powder substance known to scientists as 1,3,7-trimethylxanthine - (it's probably not good for you when you can't even pronounce it) - is clearly a harsh and powerful drug. And yet it is in North America the most widely used drug. Caffeine stimulates the central nervous system, millions rely on it each morning as a crutch - to get their bodies moving, and to provide a lift when their energy slumps.

It does not matter whether you ingest caffeine in tea, coffee, soft drinks, cocoa, chocolate or drugs (such as pain killers, appetite suppressants and cold medications): all are potentially addictive. According to leading experts, as little as three or four cups of coffee daily can create a psychological and physical addiction.

Some doctors and nutritionists



believe that one or two caffeinated drinks per day are not harmful, provided you enjoy good health and don't start to ingest more daily. Others maintain that caffeine in any amount is bad news. All agree, however, that excessive consumption can be dangerous.

Consumption side effects

People who consume too much caffeine may have some of the following symptoms such as diarrhea, vomiting, tremors, urinary frequency, fatigue, headaches, depression, heart palpitations, convulsions, dizziness, fever, insomnia, stomach or bowel irritation, hallucinations and anxiety attacks, plus many more.

I am not trying to scare you (well, maybe I am just a little). Caffeine is a drug and like any other drug you should know the side effects and its potential for addiction. Remember, all things in moderation.

Raiders awards night

The Georgetown Chrysler Raiders will be holding their annual year-end awards night this Friday starting at 7 p.m. at the Gordon Alcott Memorial arena.

The 1992-93 season was a frustrating one for the local Junior A entry in the West Division of the Central Ontario Junior A hockey league.

A season that started with promise quickly turned sour and wholesale coaching changes were made before Christmas.

Seemingly out of playoff contention, the Raiders bounced back with an impressive run - winning six out of eight contests at one stretch - to secure the seventh - and final - playoff berth in their division.

High hopes for playoff prominence soon settled into harsh reality, however, as the Raiders were bounced out of the playoffs in three straight games by Burlington Cougars in the best-of-five opening round.

Up for grabs at the awards night will be trophies for the Most Defensive Player, the Most Improved Player, the Most Valuable Player (on-ice-performance), MVP of the Year, the McMillan Scholastic Award, Rookie of the Year, Player of the Year and the Captains Award.

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