

# Recreation and Sports

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## Flag football underway

By Colin Gibson

The Georgetown District High School football field was a-flutter with flags and flying egos Sunday morning as the 1993 edition of the Georgetown Men's Flag Football League season kicked-off in fine style.

Unlike the majority of the league's scheduled Sunday tilts last year, last Sunday's contests were played under glorious blue skies and the only dampness witnessed was the occasional tears shed by the usual lineup of whiners and complainers who are never satisfied with the officiating regardless of the eventual outcomes of the games.

A much-depleted Meznic Electric squad bowed to a much-improved Plus Welding crew, 21-6; league champion Dawgs made mincemeat out of new league entry Muscle Pit by growling to a 41-15 triumph and that long-in-the-tooth outfit Longhorns proved once again that meat-on-the-hoof can still pay dividends by stomping M&M, 33-7.

### Plus Welding 21 Meznic Electric 6

Plus Welding gave signs late last season and even into their brief playoff cameo that they were a together team that just needed some breaks to start hitting the win col-

umn on a regular basis.

Sunday's victory once again highlighted that togetherness - on both offence and defence - but before they can really be taken seriously, they will have to prove their mettle against tougher opposition than that provided by Meznic.

Mitch LeBlanc re-surfaced as quarterback for Meznic after a two-year absence and the rust showed as he coughed up five interceptions to stall any number of Meznic offensive drives.

The four Lockwood brothers plus two Lunn siblings were missing from the Meznic lineup and when such much-valued vets go astray, team cohesion suffers. It didn't help much that only nine Meznic players (one over the league limit to start) turned out for their season opener.

Plus Welding surprised the three spectators in attendance by vaulting to a 21-6 half-time lead then both teams waltzed through a scoreless second half.

Plus Welding's Marcus Noel scooped the ball from his centre for a controversial touchdown on the last play of the game, which was later nullified by the game's referee after a conference with league president, Gord McNeilly.

Brian Beaumont, Paul Martin and Jeff Coulligan scored majors for the winners. Dan McIntosh kicked



Meznic Electric player Mitch LeBlanc (in hat) snags the flag from Plus Welding's Dave Civiero as Meznic's Rob Spiteri slows down the runner and teammate Dan Martin backs up the play. Plus Welding downed Meznic Electric 21-6 as action got underway in the Georgetown Men's Flag Football League last Sunday at the GDHS field.

three converts.

Stu Lunn scored the lone TD for Meznic.

Paul Martin and Greg Lawr had two interceptions for the Welders with Shayne Hillock nabbing another.

### Dawgs 41 Muscle Pit 15

This game might best be described as a walk in the park (with some very nice trees) for the defending league champion Dawgs, but the new Muscle Pit entry flexed some pecs in the second half and could prove to be a force to contend with if they use a bit more brain matter than brawn in upcoming contests.

It was almost a one-trick pony show for the Barkers in the opening minutes, as rug-romper Al Pelland scampered for two touchdowns and a two-point convert barely before the anti-anorexia crew had time to pose.

(Pelland also had an interception for a fine all-around effort).

Dennis Hanley, Dave Clements and Serge Lebel also scored first

half majors, with Frank Bruno kicking two converts, to put the Mutts comfortably in front 34-0 at the half.

A second half Bruno touchdown and a single convert by Frank the Man rounded out the Dawgs scoring.

Patrick Litowski also had an interception for the winners.

Rob Walker had a touchdown and a two-point convert for Muscle Pit, with Todd DeMoan counting a major and Darrin Hill kicking a convert.

Walker also had an interception for the newcomers.

### Longhorns 33 M&M 7

The Longhorns keep popping their geritol pills and coming up with solid efforts, while M&M, always looking good on paper, keeps self-destructing on the playing field.

Longhorns were hoping for Bennett Centre cheerleaders when Mike "Zeke" McCandless dragged his weary and battered legs into the pivot position to open the game.

But while his props might be questionable, his arm and football savvy showed no sign of deterioration, in this one-sided romp.

Longhorns opened up a 13-0 lead, saw M&M battle back to count a converted TD, then exploded for 13 more points to lead comfortably 26-7 at the half.

The eventual winners slacked off somewhat in the second half to cruise to the 33-7 triumph.

Longhorns leader Jim Lindsay paced the aged hoofers win by scoring three touchdowns. Always battling Paul Allison scored a pair of majors while Scotland's pride, Dave Patterson, kicked three converts.

Mark McKeon scored the lone M&M touchdown with Richard Garden kicking the convert.

### Upcoming games

Sunday June 6

8:45 a.m.: Dawgs vs M&M

10 a.m.: Meznic Electric vs Muscle Pit

11:15 a.m.: Longhorns vs Plus Welding

## Activity Line

### Changing your reflection

By Laurie Burns

No matter what you see in the mirror — it's what you believe about yourself that counts.

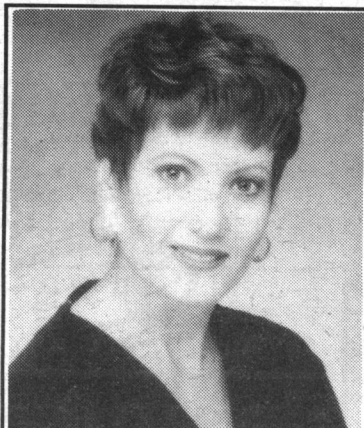
The human eye is deceptive. It sees what it thinks it sees rather than what it actually sees. Health professionals understand anorexia and bulimia in this context, but the same concept can apply to the way many people relate to their bodies.

Many people come to me complaining they look very fat. Often these people are not fat at all but are out of shape and their muscles are very soft. I try to show people the reality of their body structure, to focus on what is real and not on what they imagine they see.

It is said that the mirror never lies. That's true — your eyes do.

Does your internal "mind chatter" keep you trapped in old patterns of negative thinking? As a fitness professional, I have the opportunity to see how common it is for people to have negative beliefs about their bodies and how they look. However, when I listen very closely, I hear much more! I also hear clients complaining that they don't feel they're good at performing exercises, that they don't know how to maintain schedules or take care of themselves, or that they are unable to maintain relationships.

Negative thoughts that play over and over in your head will do nothing to make you healthier, happier, more productive or successful. What can you do to help turn these negative thoughts around so they can be used constructively for a healthier outlook? Make a list. List your negative attributes. Making a list of the



worst things about yourself might be the easiest thing you have done all day. It's amazing how easy the negatives are. Most of us walk around thinking horrible things about ourselves all the time. In the privacy of our own minds, we consider negative to be the norm.

The fact is, none of the bad things you have written are true. Those "beliefs" are merely thoughts - air - nothing. You have made them up, or chose to believe what someone else made up. It is time to realize that these negative thoughts are no more "real" than the fairy tales you read as a child. Since you made up your own negative thoughts, you can make up new, positive beliefs now and make the decision to believe them. You can change your mind.

Thoughts are creative. What you believe to be true becomes true for you. The subconscious mind wants to make you right. To change the way you are, you have to believe in yourself. Think positive!

Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs Inc. in Georgetown.

## Officials must be consistent

By Alex Tough

We are now past the third week and right into the game. For many people, the worst part of sport is the officiating, or to be more accurate, the lack of officiating. When is a foul play, a trip, a punch, a kick, etc. not a foul play? When is it either missed or not called by a game official.

Some illegalities are simply ignored, some are not seen and there are those which appear to be designed to even the calls between combatants.

No matter the sport, where there is bodily contact or an object to be struck between opposing teams or individuals, there will always be this type of controversy. What is in many minds much worse, is the use of the replay. Even when used, the replay sometimes does more to confuse than to make life easy for the officiating group. Also, there is often a reluctance to change an original decision even when the replay shows clearly to thousands a mistake has been made. The officials often are the only ones to see matters their way.

The major complaint is the lack

### Soccer

of consistency from officials. Consistency is difficult to obtain in the very first place. We are all different and we all see things differently (unless we are on the same side).

Two wrongs never make a right. In my view, it is therefore even more incorrect to attempt to make up for an apparent, or real, mistake. All games should be officiated on this basis and should be officiated from beginning to end by the rule book and applied, no matter what the circumstances. And, we all should accept the results accordingly. Unfortunately, the knowledge and application of the rules is often a lost art.

This is not to state that coaches, managers and players know the rules in the first place, either. Nor do they all play by the rules, so what are the complaints, anyway?

Now to more mundane matters. Last week's Inter-County moments of truth and untruth.

First Division leaders are Meteor, who are undefeated in three games to date. The latest was

a 1-0 win over visiting Meadowvale. A close game, as a result, suggests and could have gone either way. A slip by the 'Vale goalie let the Meteor poke the ball home for the winner. Meanwhile, Mariners met and ran out 5-0 winners, capitalizing on errors and finishing with as fine a setup goal as one would wish to see. Merseyside expected a hard match with Winchester. It did not happen and the home team won by six clear goals.

Eagles lead the second division and won 4-2 over an enterprising Stingers outfit. United opened their account and look much like last season in a goal feast and the visiting team won by the odd goal in seven. The second division has seven teams and one has to sit out each week, last week being Caledon.

This evening (Wednesday), at Meadowglen, United play Milton; Alcott's two matches are Eagles vs Caledon and Ajax vs Stingers. At Cedarvale, Blazers host Meteor. Mariners travel to Victoria Park at 6:30 to play Merseyside and Falcons have a night off.