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Few Good Men 2nd baseman, Mary Hall, catches a high throw while Rockwood Timeout base runner Al Scott slides safely into second base, part of the action last Saturday at the Fairgrounds in Georgetown for the First Annual Stubby's Mixed 3-Pitch Tournament. Funds were raised for the Georgetown Optimist Club's C.H.I.C.K.E.N Club (substance abuse awareness program).

photo by Simon Wilson/HHTW

Eagles continue winning ways

By Mike Zrostek

High off their tournament win in Cobourg last week, the Georgetown Stanley Acmetrack Midget "A" Eagles continued their winning ways in regular season play defeating Erin Mills 8-6 last Thursday.

Manager Boyd Hoddinott went with his plan of getting everybody into the remaining games by pitching David Kelly and Roy Stuckless along with regular hurlers Paul Ingram and Don McLeod.

With the win against the weak Erin Mills squad, the Eagles raised their regular season

record to 9-7 and 19-13 overall in both league and tournament play.

Assistant coach Andy Williams is hoping the Eagles can keep up their level of play from now until the playoffs start. "The defense still needs work, more pitching for the playoffs is needed, but the bats have been great."

The midgets play their next three games on the road at Bloor, Erindale and Streetsville before finishing the season Aug. 5 at the Fairgrounds against Brampton with the playoffs starting the middle of August.

Field Mice get slightly singed

By Laura Given

BBQ by Charcoal 8 Field Mice 6

Janet Ransom pounded out a triple with the bases loaded knocking in three runs. Roseanne Harrison hit a double and Lori Sinneave had a double and a great catch to end the game. Wendy Reed also made a great line drive catch. For Field Mice, Wendy Shannon, Colleen Cadger, Janette Gale, Julieanne Snyder, Tammy Wood and Shannon Russell all hit doubles but just couldn't come up with the win. Great game was had by both teams.

(24 K) 18, SaFires 8

This game showed that gold shines brighter than SaFires.

Calee Jones hit a double and made two great line drive catches. Denise Robinson stole home daringly. Elaine Moreland hit a double. Peggy Rawling had a double and Tammy Waters went 3-for-3 with a double and a triple. For the SaFires, it was Michelle Amirault with a double and an RBI. Julie Cutting made a great double play. Joanne Richardson hit a double and a two-run homer.

Roadies back in gear

By Sandy Spurdutti

After a minor slump, where the Timeout Roadhouse Roadies lost one and tied one, they took their show on the road to Major Oaks Park in Brampton and came away with a well-deserved 5-1 win.

A simple change to the lineup was all that was needed to propel the Roadies forward to the net effectively.

"By moving Trevor and Mike Tigchelaar forward to the inside right and left positions, we gained the speed and scoring punch we've needed all season. These boys come to play at 100% every game and this rubs off on the rest of the team" said an elated Roadies coach.

Trevor Tigchelaar scored two, Mike Tigchelaar, David VanDer Vinne and Lee Spurdutti kept pace with one each, while Brampton's Albion Mazda's Gianluca Greco netted one.

Next game is tonight (Wednesday), 7 p.m. at Cedarvale Park.

Ladies Powderpuff

Janet Viljama had two doubles with two RBIs. Great fielding by Andie Perryman and Penny Presley. The pitching staff also did a good job.

Blew By You 13 Double Bubble 7

Bonnie Hatcher, Lynn LaFleur, Caryn Shearer and Patti Kirby all let doubles blow by the Bubble Gum club. Chris Stoyles made a great catch in foul territory. Good pitching by Paulette Froilet and Betty Flikkema showed she could use the bat. Good game, ladies. Double Bubble had Anne Korzack and Karen Smith both smacking out doubles and Christina Jones showed her powerful bat, getting a home run.

(24 K) 18, Hoyas 5

The gold went digging for a win and came out shining. Elaine Moreland had two doubles, and a triple for Denise Robinson. Linda Bobor went 4-for-4, an all together fantastic game. For the Hoyas, it was Cincy Kavanagh hitting a double and a triple. Rhonda Lawr had a double. Great pitching by Susan Morey.

Fallen Angels 4 Hoyas 1

The Angel's halos were shining bright after this tough game.

Linda Wier pounded out a home run and Patti Sheppard showed her powerful bat, hitting a home run as well. The Hoya's played a great game with great defense by Carolyn Weger and super pitching by Jeanine Lorusso and Cindy Kavanagh.

The battles continue on

through the summer months as teams aim for top spot in the ladies Powderpuff league.

Fireballs 14

Mourning After 13

This score proves the meaning of "it ain't over till it's over". The Firefalls, Fay Brandford, Teri Korzac, Gail Campbell, Robin Richardson and Sharron Sargent all cracked out a double. A triple for Jeannette Brandford. A double and a home run for Denise Harden and Rose Harris. For Mourning After, it was Bernice Griffiths, with a triple. Nikki Zimja and Wendy Marshall both pitched well and Debbie Ferguson and Laurie Hanson both had a great night behind the plate. Bonnie Hatcher had an excellent game at bat as well as in the field. Congratulations to Bonnie who got married last Saturday.

Bar B Qued by Charcoal 14

SaFires 5

The B.B.Q. was sizzling tonight. Roseanne Harrison pounded out a home run. Wendy Reed smacked a triple and a double. Leslie Beague and Janet Ransom both hit a double.

For the SaFires, Michelle Amirault went 3-for-4 with a double. Linda Armstrong scored a run and got an RBI. Penny Presley had a great game at shortstop. Janet Viljama went 3-for-4 and had an excellent game behind the plate. Good pitching by Donna Leuenberger and Linda Anderson. A special thanks to Al Presley for umpiring.

Powderpuff Standings

	GP	W	L	T	Pts.
Catch the Wave	13	10	2	1	21
Field of Dreams	12	10	2	0	20
Jaded Bunch	13	9	4	0	18
Fireballs	15	9	6	0	18
Fallen Angels	14	7	5	2	16
Field Mice	15	8	7	0	16
Blew by You	15	7	7	1	15
Morning After	12	7	5	0	14
24 K	13	7	6	0	14
Bar-b-qued by Charcoal	15	6	8	1	13
Hoyas	13	6	7	0	12
Double Bubble Club	12	4	8	0	8
Snowy's Grapevine	12	1	10	1	3
SaFires	14	0	14	0	0

Canada thumped in Gold Cup

By Alex Tough

Canada's fortunes in the Gold Cup are at a new low after the huge defeat by Mexico. 8-0 is the assessed damage and Canada is out of the Gold Cup. However, the team may now concentrate

on the World Cup qualifying tussle against Australia. Our chances do not look promising.

The draws have been made for the European competitions for next season and some interesting ones appear.

German league champions, Werder Bremen host Dinamo Minsk. Honved of Hungary open at home against Manchester United - shades of the past! Should Olympic Marseilles save their necks in the current frauds/bribes investigation, they meet AEK Athens. The winners of Odense/Publikum will play Arsenal. Hadjuk Split versus Ajax of Amsterdam looks like being a good match. Both Milan clubs are in this season; Ac meet the winner of a preliminary tie and Inter travel to Bucharest.

Atletico Madrid (hey, Juan) go to Edinburgh to meet the other team (i.e., not Hibernian). A few years ago, England's club teams were allowed back into European competition and I was privileged to watch the first game. Aston Villa, a club I had often seen during the 50's, was drawn against a Czech club and here they are again - this time drawn against Slovan Bratislava.

The competitions are the European Cup, the Cup Winners Cup and the UEFA Cup. Lots of competition and many good looking ties for all.

Inter County games Wednesday (tonight) are Mariners vs. Merseyside at Cedarvale at 8:45 p.m.; United vs. Stingers, Meadowglen at 7 p.m.; Blazer vs. Meteor at Alcott at 7 p.m. followed by Ajax vs. Falcon.

Make-up games in vogue at the current time, all due to weather in town and field problems in Brampton and Streetsville. Meadowvale has three, Falcon and Blazer two each, with United, Ajax, Meteor, Mariner, Eagles, Stingers, Caledon, Winchester and United all involved.

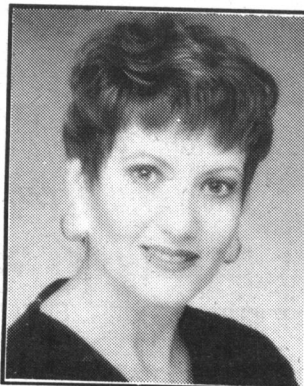
Activity Line Health obsession is not healthy

By: Laurie Burns
Exercise Physiologist

Some healthy lifestyle images are attractive, even inspirational, but unobtainable for most of us. When we compare ourselves to them, the disparity is very discouraging. We will never get there. We become frustrated with our feeble attempts and end up throwing in the towel. We develop an all or nothing attitude which only sabotages any chance we have at achieving our goals.

A good attitude is the initial start you require for an improved healthful lifestyle. If you can enjoy your new ways, you will have a much better chance at succeeding. Worrying too much about what you eat or whether you are following the best exercise program is harmful to you, if it becomes a new stress in your life. A healthy lifestyle change will only happen if you have a positive attitude.

Choose professionals to help you determine the best eating and exercise plans for your lifestyle. They will help you be realistic in terms of time commitment, types of programs available and suitable and most of



all, they will help you make choices that you like.

There is no denying that good nutrition, not smoking and moderate exercise are connected to good health. But the ways in which you respond to this connection can be the difference between a healthy desire to take good care of ourselves and an unhealthy obsession with following the "perfect" lifestyle.

Enjoy your new lifestyle. Do not let health become an obsession that is always just around the corner. A positive attitude and small steps of change make that "new" healthy lifestyle within everyone's reach.

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