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Stanley Acme Track Midget Eagles capture Ontario crown

By Mike Zrostek

The Georgetown Stanley Acme Track Midget Eagles brought the Georgetown Baseball Association it's second Ontario Championship in four years, as they walked off with the O.B.A. Midget "C" title last weekend in Courtright.

The Eagles were the class

of the tournament winning five of their six games in the double-knockout format including an 8-4 comeback win in the championship over arch-rival Blenheim.

Down 3-1 after three innings the big turn around came off the bat of Doug Sheppard who crushed a 380-foot homer that lifted the Eagles spirits. Hitting is

contagious in baseball and the Eagles went on to score six in the fifth for an 8-3 lead, never looking back. Jose Mora relieved Paul Ingram in the sixth, shutting down Blenheim the rest of the way thanks to some great defense by Graham Kennedy, Joe Stephens and Ingram.

The Eagles had masterful performances in each of the six games by many players to help them capture the championship.

In game one, Mora threw a 52 pitch two-hitter and was backed by error-less defense in the 11-0 white-wash of Bolton. Roy Stuckless, Jim Katsilieris and Joe Stephens held the hot bats.

Game two had another pitching gem, this one from Don McLeod who scattered three hits in a hard fought 3-1 victory. McLeod also helped his team mates going 3- for -3 while John Del Cozzo and Kennedy had key hits.

Steve Onoprijenko, Brett DeSouza and Kennedy each drove in two runs in the Eagles 9-6 win over Blenheim, their third game of the day. Kennedy also

pitched strong allowing only two hits over five innings before McLeod came in for the save.

The Eagles then defeated Clinton 3-2 in game four

then dropped a 4-3 decision to Blenheim, leading up to the championship win.

Manager Boyd Hoddinott and coaches Andy Williams, Gord Anderson,

Harvey Green and Garnet Ross did an outstanding job.

The Eagles expressed their thanks to Stanley Acme Track for their sponsorship.

Activity Line Don't Cook Away Nutrients

By Laurie Burns
Exercise Physiologist



After you have selected and bought the leanest meat, the freshest vegetables, and only the healthiest of vegetable oils, you get home and wonder: How do I cook this stuff so that it stays low in fat and high in nutrients?

Luckily, the best methods for cooking foods so they are low in fat are also the best methods for cooking them to preserve their nutritional quality. Try some of these tips for preparing foods that will make them both nutritious and tasty.

No matter how careful you are with your food, any kind of cooking destroys some nutrients. In fact, as soon as fruits and vegetables are harvested, they begin to lose nutrients that are sensitive to exposure to heat, light, water and oxygen.

Some nutrients are destroyed and some are leached into the surrounding cooking medium. Thiamin, riboflavin and vitamin C are easily destroyed by heat. But many other vitamins will break down only after exposure to extremely hot temperatures over a long period of time.

By the time the food reaches your plate, the total amount of nutrients will depend on several factors: its freshness, the size of the cut pieces, how it was handled before you bought it, how well it was wrapped, how long you cooked it, how much water you cooked it in, and at what temperature you cooked it at.

Regardless of how you cook your food, some basic handling techniques can help you preserve its nutritional qualities. If you can't shop frequently, and fresh produce sits and wilts in your refrigerator, you have lost many of the nutrients before you've even begun to prepare the food.

Contrary to popular belief, frozen fruits and vegetables are fresher and retain nutrients better than wilted, improperly handled and poorly stored "fresh" produce.

Because exposure to air

and oxygen can destroy some vitamins, avoid buying pre-cut produce in the grocery store. Make sure that any cut produce you do buy is well wrapped and sealed. To avoid major losses of water-soluble vitamins, don't soak fruits or vegetables.

The less surface area of food that is exposed to water, the fewer nutrients it will leach. Therefore, it is best to leave foods unpeeled, but scrub them well and cook them whole or in large chunks. Remember that time is of the essence: always cook food as close to serving time as possible to avoid too much exposure to nutrient destroying.

Frying exposes foods to very high temperatures for extended time periods and also adds fat. Other forms of cooking are your best bet for low-fat, healthy dishes. Exposure to high temperatures for very short periods of time can cook foods thoroughly and still preserve their nutrient integrity. The fastest, as well as the healthiest, cooking methods for vegetables are stir-frying, steaming and microwaving.

Keep in mind that even though you will lose some nutrients when you handle and prepare food, the amount of vitamins and minerals lost may be insignificant compared with the amount that remains. If you follow these few tips, you can get the most out of the food you buy by keeping the fat out and the nutrients in.

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



Georgetown Stanley Acme Track Midget Eagles, celebrate winning the Ontario Baseball Association "C" Division championship last weekend. Team members include; manager Boyd Hoddinott, coaches Andrew Williams, Garnet Ross, Harvey Green, Gord Anderson and players John Del Cozza, Brett De Souza, Paul Ingram, David Kalbarski, Jim Katsilieris, David Kelly, Graham Kennedy, Joel Koeslag, Scott Lahey, Donny MacLeod, Jose Mora, Stephen Onoprijenko, Doug Sheppard, Joe Stephens and Roy Stuckless.

photo by Barb Stephens

Rookie-Ball Georgetown Eagles win silver

Georgetown Rookie-Ball Eagles took part in the All-Ontario championships Labor Day weekend in Exeter placing second after coming up just short in the final game against Georgina, 8-6.

The team, consisted of eight and nine year-old boys batting against a pitching machine. Rookie-Ball was introduced several years ago as a stepping-stone between T-ball and mosquito.

The Eagles had a great start in the tournament winning their first two games 9-0 and 1-0 with Andrew McGourty and Scott Rostrup getting MVP awards in the respective games.

The next one was a tough game as the Eagles dropped a 12-3 decision to Georgina before rebounding to win their next two games 10-3 over Mitchell and then getting some revenge on Georgina giving them a 7-2 drubbing, scoring four in the fifth inning.

In the championship game, the first year rep squad from Georgetown held their own against Georgina as the teams exchanged runs throughout the contest with Georgina scoring two more for the win.

Manager/Coach Naomi Patterson would like to give credit to the boys who gave "110 per cent" in the tournament and to the parents for their support throughout the season.



The Georgetown Eagles, Ontario Baseball Association Rookie Ball "B" silver medallists. Front row, left to right; Matt Tales, Andrew McGourty, Alex Foster, Vince Burke, Jay Lawrence and Brent Beaumont. Back row, left to right; Assistant coach, Rob Mossop, Scott Rostrup, Kris Shepard, Bradley Whittiker, Michael Mossop, Brad Lunn and Manager/Coach, Naomi Patterson.

photo submitted

Raiders top Guelph in chippy affair

By Mike Zrostek

It wasn't pretty by any means, but a win is a win. If Georgetown Chrysler Raiders get victories like the 9-6 penalty-filled game against Guelph Thursday at Gordon Alcott Memorial Arena I don't think the fans will mind.

The Raiders amassed 55 minutes in penalties, 40 of which were from minors, while the Platers weren't exactly angels themselves racking up 34 minutes.

The game got off on the right skate as both teams played a well-paced back and forth effort with the Raiders getting on the board first when Doug Sheppard scored the first of his two goals on the night. Trevor Brandt then put the Raiders up 2-0 on a power play goal knocking in a rebound after some nice work

from Brent Ford and Will North.

Guelph made it 2-1 in the first minute of the second frame on a power play marker.

Mike Bajurny made it 3-1 before Dean Roberts went to work for the Raiders scoring one of his three goals on the night banking the puck off the Guelph goaler.

Both teams exchanged goals late in the second including a nice three-way passing play by Ian Ellis and Roberts that ended up on North's stick for a 6-3 lead after two. Both teams scored three goals in the final period.

The two teams met Friday night in Guelph with results not available at press time. Next action for the Raiders is Thursday at Bramalea with a return match in Georgetown the following night.