

# Recreation and Sports

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## Raiders give Cougars a scare

By Mike Zrostek

Putting impressive back-to-back efforts together still seems to be a problem for the Georgetown Chrysler Raiders. They lost Friday, 7-3 in Oakville, before putting together a spirited effort Saturday in front of a large crowd at Gordon Alcott Memorial Arena, coming up just short against the first place Burlington Cougars 7-6.

Friday night, Oakville scored three times in the second after a scoreless first period giving them a 3-0 lead after two.

The teams then split seven goals in the third with Will North, Trevor Elinesky and Ian Ellis replying for the Raiders.

Montessano was brilliant, stopping 49 shots in his first game back since suffering a groin injury. Chris Monk, who joined the Raiders two weeks ago, now has seven assists in his first four games with the Raiders.

With forwards Elinesky, Mike Bajurny and goalie Nick Montessano all back in the lineup, the Raiders once again gave the first place

Burlington Cougars fits Saturday.

If it wasn't for the Cougars seventh goal that was gloved into the net, the Raiders may have pulled this one out.

The game was tied 1-1 after one period with Trevor Brandt scoring on the power play from Ellis and Shaun Healy.

Both teams combined for six goals in the entertaining second period with the Raiders grabbing a 3-1 lead on a beautifully placed back-hander by Ellis.

David Bouskill then deked out Cougar goalie Brent Tombs after some nice work at the Burlington blue line by Doug Sheppard.

The Cougars then scored two in just under two minutes to tie the game before North rammed home a Bouskill pass from the side of the net at 11:26 of the second. Paul Colontino tied it for Burlington just as Brandt was leaving the penalty box at 15:31.

After Burlington took their first lead of the game at 3:11 of the third, North's second from Sheppard and Kevin Lamb tied the game.

Burlington made it 6-5 at 7:17 of the third and then the eventual game winner came as a rebound in front of Montessano was apparently batted in by the glove of Cougars Barry McDonald.

Lamb scored from Brandt and Chris Monk with 36 seconds left but it was too little to late for the Raiders as they dropped to 5-18 on the year.

Coach Gary Ford was impressed with the Raiders effort against Burlington compared to Friday's in Oakville.

"The effort was their tonight, unlike Friday in Oakville. It wasn't the same team they did what they were told but you should win if your score six goals."

The Raiders are at Gordon Alcott Memorial Arena Friday against winless Royal York at 8 p.m. and Saturday Milton is in town for a 7:30 p.m. start.

## Raiders duo moving up scoring ladder

Georgetown Chrysler Raiders forwards Ian Ellis and Doug Sheppard are both moving up the list in the Provincial Junior A West Division scoring race as both players have been red hot lately.

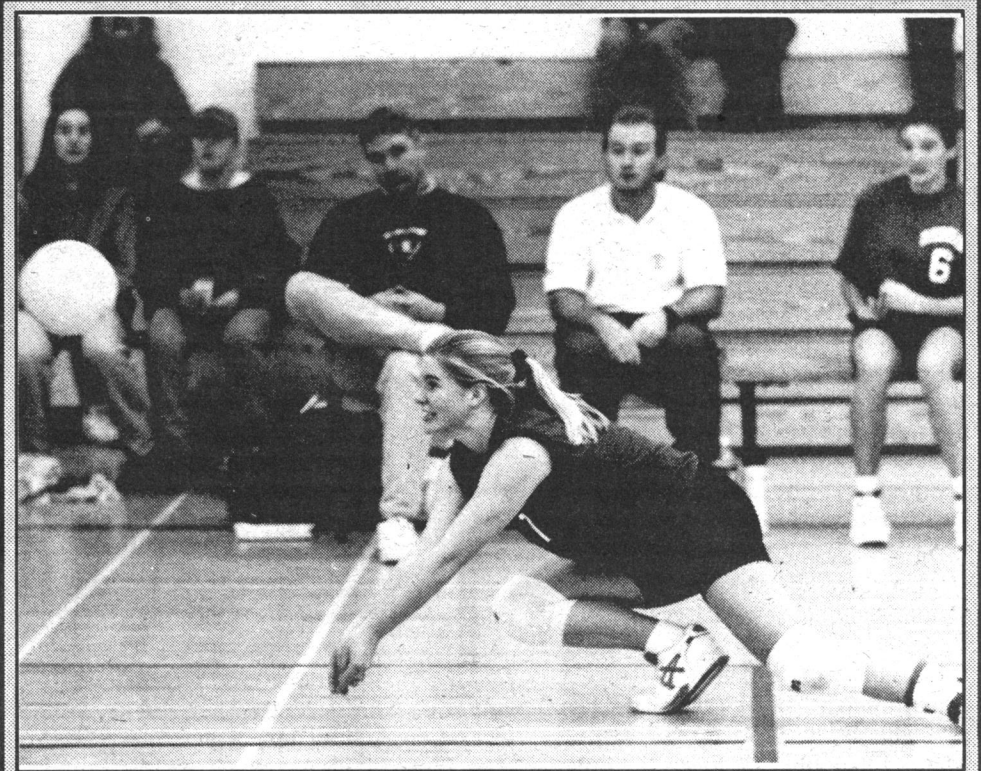
Following this weekend's games, Ellis is sixth in the West Division with 26 goals and 21 assists for 47 points. Sheppard is 19th with 16 goals and 16 assists for 32 points at the half way point, and has been one of the outstanding rookies in the league this year so far.

## Billets needed for Raiders players

The Georgetown Chrysler Raiders of the Ontario Hockey Association's Junior A League, West Division, need billets for two new players who have joined the Raiders.

The Raiders will pay \$325 a month for anyone willing to provide room and board for the players.

For further information contact Raiders General Manager Finn Poulstrup, at 877-5165 or 873-2855.



Georgetown District High School Rebels senior girls volleyball player Erin Steringa dives at the ball to help put the finishing touches on the championship victory over the Oakville-Trafalgar High School Devils last Saturday. The Rebels hosted - and won - the 1st annual Jay Anderson Senior Girls Volleyball Early Bird Rebel Classic. photo by Simon Wilson/HHTW

## Rebels not quite perfect hosts

By Mike Zrostek

Hosting a volleyball tournament you're supposed to make the other teams feel at home, make sure everything runs smoothly and perhaps fill in for a team that pulls out late.

The Georgetown District High School Rebels senior girls volleyball team did all of the following Saturday and along the way won their own tournament, defeating Oakville-Trafalgar in the championship match in three straight games.

GDHS who hosted the 16-team pre-season tournament had to split their team in half and ended up having to play in two pools after a late pull-out by one of the schools.

It didn't affect the girls squad however as the two GDHS teams of six finished second and third respectively in the round-robin with Hamilton's Brebeuf finishing first.

In the opening playoff round, the Rebels defeated Burlington's Aldershot in two games allowing GDHS to advance to the semi-finals against Grimsby, which the Rebels won in three games.

GDHS then went up against O.T. in the finals dropping the first game before rebounding to win the second and third games. Game three had the Rebels win in exciting fashion 18-16.

Jill McMenemy was called up from the juniors and filled in nicely for the senior girls team, coached by Bevin

Clark along with Jay Anderson. The squad begins league play in two weeks.

"There's a lot of club players on the team who have an incredible skill level. They won't win too many points at the net but the back court and the serving will be strong,"

said Anderson. Key players for the senior girls team during the season will be Erin Steringa, Jenn Murray, Steph O'Brien, Kim Wiltshire and Deanna Guignard with a couple spots still available on the team.

## Rebels show improvement despite loss

By Mike Zrostek

You're never happy as a player when you lose. However, the Georgetown District High School Rebels boys hockey team must have felt a little optimism following an 8-3 loss Monday at Georgetown's Memorial Arena against

Burlington's Lord Elgin after scoring their first goals of the season. The Rebels, shutout in their first two league games, got on the board in the first period on a Ryan Hay goal with Jamie Stephenson and Mike Bahr assisting, but still trailed 3-1 after one.

After Elgin scored two early in the second to make it 5-1, Hay scored his second of the game on a beautiful slapshot which found its way past the Elgin netminder.

The Rebels then scored on a nifty tic-tac-toe passing play in the Elgin end with Rob Copland burying the

puck home from the slot. This made it 5-3 in Elgin's favor and it appeared the Rebels were going to make a game of it.

GDHS then got into penalty trouble which ended up costing them any chance of coming back as

Elgin added a goal on the powerplay late in the second for a 6-3 lead.

Rebel goalie Zack Szczebonski made the score respectable stopping two Elgin breakaways in the second playing strong throughout the game.

Elgin added two more in the third to close out the scoring. With the loss, the Rebels are now 0-3 on the year.

The Rebels were at Burlington Assumption Tuesday (results weren't available at press time) and return home Monday against E. C. Drury of Milton, 3:30 p.m. at Memorial Arena.

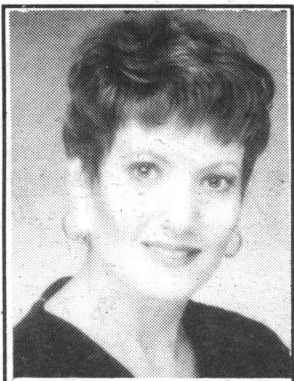
## Activity Line Seven winning supermarket strategies

By Laurie Burns Exercise Physiologist

- 1) Never shop when you are hungry
- 2) Have a mental image of your grocery store, so you can go directly to the products you need
- 3) Walk past tempting displays of food samples
- 4) Beware of products at eye level. High-fat, high-profit items are often placed here to encourage impulse buying
- 5) If you must venture down a "fat" aisle to get an item, leave your cart at the top of the aisle so you can't fill up with extra items
- 6) Stick to the perimeter of the store. The outside aisles contain the healthiest items, such as breads, meats, dairy products and fresh fruit and vegetables
- 7) Don't buy high-fat treats "for the kids". Chances are they'll end up in your mouth too! Besides, your kids don't need the extra fat in their diets either.

### Cost-Saving Tips

- Buy your staple items



in bulk. Pastas, rice and beans can be bought in high quantities at a lower cost;

- Buy fruits and vegetables in season. If you're ambitious, try canning or freezing extras to use throughout the year;

- Be a coupon clipper;
- Take a detailed shopping list of what you need and don't stray from it;

- Sweets and snack "junk food" are expensive "empty calories".

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

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