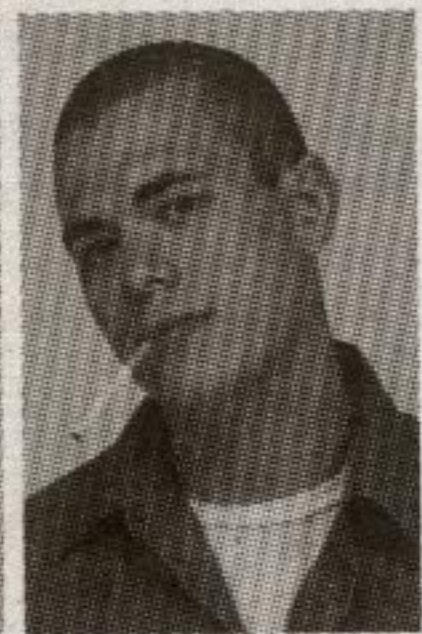


## Cool or Clueless?



Is there really any question?

There's no doubt about it: smoking pollutes your body and takes years off your life. Cigarettes are very addictive, very expensive and very unpleasant for those around you. If you do smoke and have thought about quitting, prove to yourself you can do it. It takes a lot of hard work and dedication, but you can live smoke-free if you try.

## Tooth Chatter



by  
**ALEX  
TRENTON  
DENTURIST**

### OLD AGE IS GOLDEN?

There is nothing the matter with me, I'm healthy as can be, I have arthritis in both of my knees, And when I talk, I talk with a wheeze, My pulse is weak and my blood is thin, But I'm awfully well for the shape I'm in.

Arch supports I have for my feet, Or I wouldn't be able to be on the street, Sleep is denied me night after night, But every morning I find I'm all right, My mem'ry is failing, my heads in a spin, But I'm awfully well for the shape I'm in.

How do I know that my youth is all spent? Well, my "get up and go" has got up and went, But I really don't mind when I think with a grin, Of all the grand places my "get up" has been.

Old age is golden, I've heard it said, But sometimes I wonder as I get into bed, With my ears in the drawer, "my teeth in a cup", My eyes on the table until I wake; E're sleep comes o'er me, I say to myself: "Is there anything else I should lay on the shelf?" Author "unknown."  
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[www.georgetowndentureclinic.com](http://www.georgetowndentureclinic.com)



Kellie Hayward



905-702-1774

## FIT TIP

Joining a fitness club can be very intimidating. Many people feel that they have to be in great physical shape or already exercise before they even enter the doors of a fitness club. This should not be the case!

A fitness club should provide their clients with the service of:

- working together with you to set realistic goals to help them succeed (lose fat, reduce stress, have more energy, strengthen your heart, increase muscle tone, avoid back pain, etc.)
- making sure that you are familiar with all pieces of equipment, how it works, and what to do in order to make going to the gym a rewarding experience. Not just send you out on the gym floor alone!
- helping you track your progress and positively reinforce your achievements, and encourage you through the more difficult times!

When you join a fitness club everyone who is there respects the fact that you are working towards bettering your health. No one should be nervous to join a club because of their size or shape; we are all individuals!

The Power Zone Fitness Centre is a new upscale co-ed fitness club located on Hwy #7 between Tim Horton's and Swiss Chalet opening in January 2004. Take advantage of our special presale offer: **no initiation fee for the first 100 members!** Save \$175.00. Our presale office will be open on **Saturday, November 8th from 10:00 am to 3:00 pm.** - located in the same building.

Kellie Hayward, B.A.,  
CanFit Pro FIS, NESTA Yoga Certified,  
General Manager and Group Fitness  
Coordinator at:



905-702-1774

# Raiders post two wins as streak hits 20 games

Continued from pg. 15

Georgetown set the tone early against Buffalo firing 29 shots at the Lightning net in the opening period. The Raiders got scoring from throughout the lineup, including two goals from rookie Kyle Friday and two from OHL veteran Leggo.

For Friday, who first caught the Raiders' attention at this year's OHA Under-17 camp, it gave him seven goals in 16 games. The 16-year-old Burlington resident wasn't concerned about joining a veteran-laden team.

"I'll do whatever it takes the

first year," he said. "My time will come."

The Raiders began the weekend with a 7-2 win over Burlington. Del Monte had two goals and two assists while John Winstanley, Knowles, John Wheaton, Ross Smith and Matt Bacon also scored.

**RAIDER RAP:** The Raiders bolstered their blueline by picking up Alex MacDonnell from the OHL's Sarnia Sting. The 6'6" defenceman started his junior career with the Raiders in 2000 before joining the Brampton Battalion.

—By Herb Garbutt, staff writer

## Sprague heading to the Windy City

The Georgetown Raiders suffered their first loss of the season but it won't show up in the standings.

The Raiders are losing Jay Sprague to the Chicago Steel of the United States Hockey League. The Georgetown resident played in Florida last year and because of the number of credits required, he can graduate earlier by returning to the States.

"I liked playing here with all my friends and family here," the 17-year-old forward said.

"It's a great organization but

this is the best decision for me. I'll be able to graduate after this year and I wouldn't be able to do that here."

Sprague played for Chicago coach and general manager Wil Nichol last season at IMG Hockey Academy. While there, he had a chance to see some USHL games.

"It's a little less physical but they are fast up-tempo games," he said.

Sprague had 10 goals and 19 points in 17 games for the Raiders and was among the top 25 scorers in the conference in scoring.

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