



**ORSA CHAMPS:** The Rockwood Rebels Midget Girls won the Ontario Rural Softball Association's championship title hands down. Team members are: Whitney Carroll, Jessica Dean, Melody Debartolo, Jessica Mann, Melisa Matlashewski, Jamison Merkly, Megaan McNamara, Alexandra Mothersole, Jaclyn Parkinson, Mary Parkinson, Andrea Tangney, Jenna Timmings, and Rebecca Warmington. Coaches are Randy Parkinson and Paul Parkinson. - *Rebecca Ring Photo*

# Rockwood's Midget Girls take ORSA championship

**By Rebecca Ring**  
The Rockwood Rebels Midget Girls' team won the finals to become the Ontario Rural Softball Association's fastball champions. They beat out Douro in the best of three finals in two games.

On Friday night, they "merci'd" Douro after five innings on home turf at Lloyd Dyer Park. The league stipulates that games end if one team is ahead by at least ten runs after five innings. Jessica Mann pitched an excellent game and Melody Debartolo hit a home run.

Sunday night, in Douro, the Rebels won again by a large margin of 12-2 after seven innings. Coach Paul Parkinson said the team played a "good, solid game," with Jessica Mann

pitching. An awards ceremony banquet will be held by ORSA this fall, where the girls will receive their trophy. The Rebels stand to take the Intercounty League championship as well. On

## Amend budget for extra costs

Guelph/Eramosa council has had to amend its budget by about \$18,000 to cover a couple of unexpected costs.

Council included a \$5,000 grant for the East Wellington Advisory Committee (EWAG) in this year's budget, and \$3,000 of that sum has already been used. Now EWAG needs an additional \$4,000 to re-establish the diner's club, and assist with older adult programs along

Monday night, they won the first in the best of three finals against Drayton Moorefield in Eden Mills. Rebecca Warmington pitched a no-hitter and they "merci'd" Drayton after five innings to win 10-0.

with some other initiatives in the township.

Council agreed to use funds from the municipality's Working Fund Reserve in order to increase the group's grant.

The municipality's Fire and Emergency Services department was unsuccessful in its application for a JEPP grant to cover the \$6,055

Coach Parkinson said, "Everybody played a solid game with no errors. All the bats were working." He added proudly that the team is having a really good year, having lost only one game all season.

cost of an all terrain vehicle for rescues and emergency responses in places where their existing equipment cannot operate.

Then the department was offered a chance to partner with the Guelph Emergency Services - Fire/Ambulance in a fire safety/public education truck and trailer for a \$10,000 donation.

# New deputy clerk for twp. council

**By Maggie Petrushevsky**

Guelph/Eramosa residents will find a new face in the municipal office these days.

Meaghen Reid joined staff as the new deputy clerk on July 13, replacing Debbie Thompson who has taken a position in another municipality.

A Bowmanville native, Reid came to the area to study Political Science at the University of Guelph, and liked it too much to leave even while she took her masters degree at McMaster in Hamilton.

She worked as an administrative assistant in the Town of Milton for a year and has already completed half of the Municipal Administration Program which is offered by the Association of Municipal Clerks and Treasurers. She also spent four summers working as a clerk in the building department in her



**Meaghen Reid**

home municipality of Clarington.

She admits to having a family connection to the work. Her mother was the administrative assistant to the Mayor of Clarington for 25 years.

Reid says she enjoys working with council and likes the meetings. She enjoys knowing what's going on and is looking forward to helping Clerk Janice Shepard with the upcoming municipal election.

# Terry Fox Run

The Rockwood Terry Fox Run organizing committee is busy planning this year's run on Sunday, Sept. 17.

The Rockwood Run is celebrating its 21<sup>st</sup> anniversary this year. Last year they exceeded their greatest expectations by almost doubling participation and raising over \$7,900. This makes the grand total raised in 21 years over \$60,000.

This year's run starts at Rockwood School's library entrance from 12:30 til 2p.m. and winds through the streets of Rockwood. Registration will open around noon. Visit the website at [www.terryfoxrunrockwood.freeservers.com](http://www.terryfoxrunrockwood.freeservers.com) to get more information on this year's run, to see pictures

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**CAPSULE Comments**

If you are travelling on a long flight, consider wearing compression stockings during the flight. Wearing stockings reduces leg edema decreasing the risk of deep vein thrombosis and blood clots, which can occur during long flights.

Metabolic syndrome is a group of conditions that can greatly increase your risk of heart attack stroke and diabetes. The conditions include: Blood pressure above 130/85; elevated fasting blood glucose of over 6; triglyceride levels of over 1.7; HDL (good cholesterol) less than 1.0; waist circumferences over 40" for men and over 35" for women. How are you doing?

Leg cramps can really disturb a good night's sleep. Remedies that have been tried include vitamin E, magnesium and B complex vitamins. Some people say these help. Others say they don't. If you get leg cramps often, try stretching the leg muscles for a few minutes before retiring, this sometimes helps.

If you are considering buying an electric toothbrush, look for ones with heads that rotate one way then the other. These seem to remove plaque more efficiently than those that oscillate from side to side.

It's important to know about the medications that you take. Knowledge is the greatest tool to prevent incorrect or unsafe uses of medicines. Remember there is no such thing as a silly question about drugs. Ask us!

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