

Fall 3-1 to Woodbridge

Under-16 girls come up short

Milton's Under-16 girls rep soccer squad came up a little short in their bid for provincial championship advancement in Kitchener Sunday.

Following a win and a tie the previous day during Ontario Cup tournament play, the Sargent Farm Magic suffered through a couple of mental breakdowns — that, while brief, cost them to lose to Woodbridge 3-1.

This eliminated their quest to move on to next month's semi-final round.

'Solid effort given'

"They played well overall, but those lapses really hurt," said coach Louie DiPalma.

Michelle Merritt scored on a free kick to erase Woodbridge's initial lead before two goals against in the second-half did in the local ladies.

Delivering robust performances in the afternoon clash were Erica Ercolani, Ruth

Hamon, Krista Lenardon, Meighan McIntyre, Heather Moon and Cassandra Warner.

Saturday, Milton showed strongly in preliminary play-down action by tying highly ranked Newmarket 6-0.

Erin Greenfield and Holly Goddard each tallied twice in the shutout victory while single goals were chipped in by teammates Amy DiPalma and Sarah Osborne.

Earning the goose egg with impressive netminding was Davida Denich.

Moon did an absolutely amazing job faking out the opposing goalkeeper with just a couple of minutes remaining — converting a nifty header set-up from Greenfield — in the stalemate with Kitchener.

Exceptional defense was offered by both sweeper Lenardon and stopper Ashley Grant while an impressive effort up the right side was put forth from Alexandra Mennie.

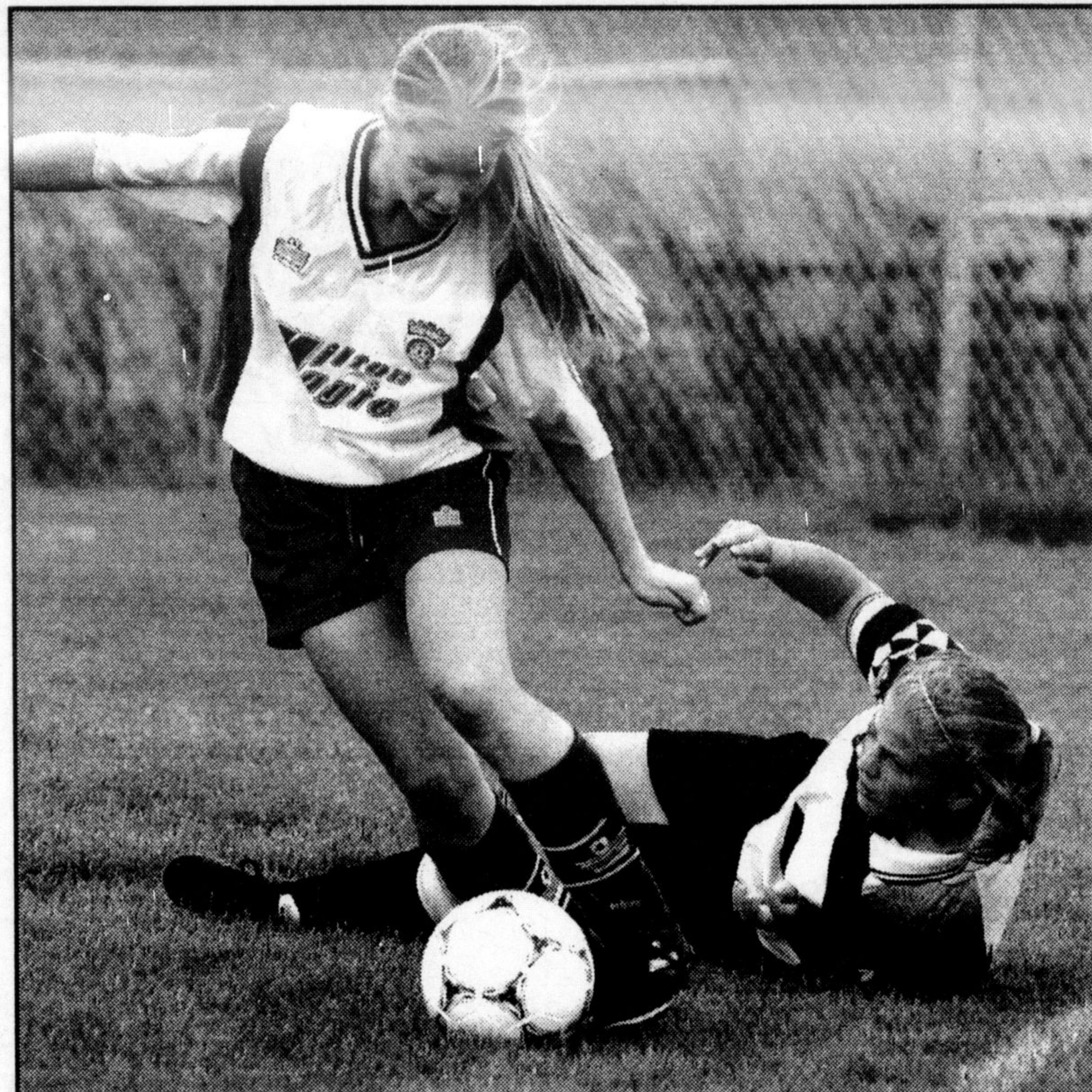


Photo by GRAHAM PAINE

Slippery when wet

Under-18 Magic Bridgette Milligan races past a fallen Windsor player on a rain soaked Thompson Field during Ontario Cup Tournament play Sunday. Milton won the game 5-4 and went undefeated over four games throughout the weekend to advance to the semifinals August 27.

Sox sweep

Milton's midgets delivered a two-game sweep earlier this week to join the top third of the Central Ontario Baseball Association (COBA) standings.

The Red Sox — who've won four of their last five contests — began by upstaging the Martingrove Express 7-3 Monday. Victory came on the strength of impressive pitching by Michael Volpe, Kevin Cooper and Paul Duff. Each went three innings and gave up one run at Maplehurst Ball Park.

Offensively, Milton's efforts were highlighted with a second-inning triple from Andrew Kirkland — who also registered a single plus a couple of runs and three RBI.

Chris Dumencu also scored twice.

The following night the locals offered another robust performance to outlast the host Mississauga Majors 11-8.

Brian McComb worked four solid innings on the mound while pitching the balance of the game in fine style was James MacDonald.

A 5-for-5 clinic by Scott Connolly highlighted an explosive evening for the Red Sox. Volpe had a pair of hits and scored three times while Cooper, MacDonald and McComb each had two RBI.

The 11-8-1 Red Sox' next challenge comes tomorrow in Owen Sound, where they'll resume tournament play that was postponed last month due to rain.

They'll square off against Simcoe in the semifinals.

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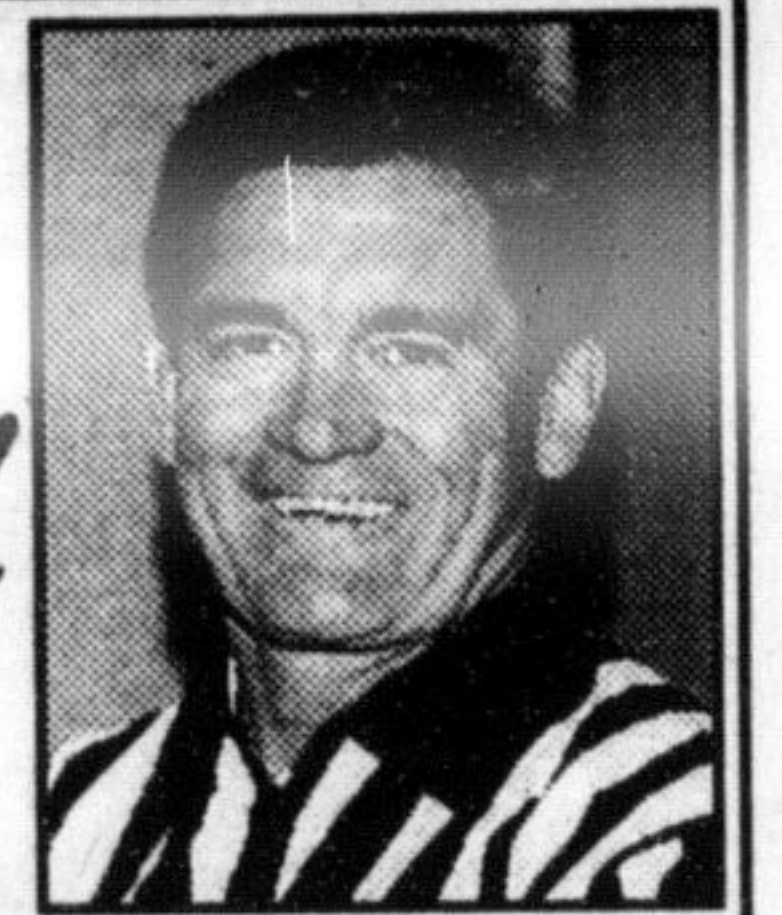
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Travel

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TRAVEL TIPS!

THERE ARE MANY, MANY TRAVEL TIPS out there for everyone to consider. As a matter of fact, YOU WILL PROBABLY HAVE SOME 'TIPS' to share when you return from your next trip, based on your experiences! So I have included some 'food for thought' for your perusal in your travel planning - here goes ...

TRAVEL INSURANCE - make sure you have proper coverage when you travel, your own current insurance package may, or may not cover you. ALSO, always carry your medicinal supplies with you in carry-on bag, as compared to in your checked luggage.

YOUR MONEY - A fanny pack, a money belt, or whatever way you are comfortable to carry your currency, passport, tickets, and any other VALUABLE PAPERS CLOSE TO YOUR BODY is a good idea. But not in a purse or handbag, especially when in crowded areas.

RAINCOAT/UMBRELLA! - take very little space in luggage and can be a lifesaver when travelling in unfamiliar weather conditions. (or even in Ontario so far this summer!)

DEHYDRATION - we need to drink more water even when at home, but especially so when travelling on a long flight, to help avoid jet lag. Drink lots of water during the flight and after. On arrival rehydrate your skin - go for a swim or take a shower.

DON'T OVER-SCHEDULE YOURSELF - especially the first day of arrival. Allow your body to ease into its new time zone and schedule. Don't over-indulge in food and beverages on flights - have a light meal when you land.

USE LUGGAGE TAGS ON EVERY PIECE OF LUGGAGE (including carry-on) - a colorful sticker or ribbon is good for checked stuff - helps you identify yours from those many, many others upon arrival!

PICTURES, PICTURES - film is often more expensive there, take extra.

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CORRECTION NOTICE

WE WISH TO DRAW YOUR ATTENTION TO THE FOLLOWING IN OUR CURRENT 'MORE WAYS TO SAVE' FLYER.

PAGE 16 - **MUFFLERS**

COPY READS: Installed Free Installation. Free Exhaust System Inspection and Installation

SHOULD READ: Mufflers, Free Installation. Free Exhaust System Inspection.

WE SINCERELY REGRET ANY INCONVENIENCE WE MAY HAVE CAUSED YOU.
note D329 - All Zones