

# Be an athlete and become a monster?

By Bob Thompson

Local Richmond Hill Athletic Club athletes Cheryl Paxton and Jan



Jane Toporowski  
pondering to do

Toporowski will be watching with great interest the 1976 Olympics planned for this summer in Montreal.

Although the field throwing events will attract their viewing times, the backroom and medical decisions concerning the use of "steroids" will have a far greater impact on their future track and field efforts.

**Distort muscles**  
To date, steroids injected directly in the muscles of field athletes, contribute to increase size of these muscles, an artificial, or drug induced which is banned by international sports organizations.

The recent expulsion of Canadian runner Joan Wentzel for life from international competition is an example of the determination of the amateur sports organizations to eliminate drug induced performances.

**Cold tablet**  
Miss Wentzel took a cold tablet called Dimetapp, an antihistamine containing one of the banned drugs, Phenylephrine.

Routine checks following competition showed traces of the forbidden drug and Miss Wentzel had to return her third place medal won at the Pan-

American Games and was banned from competition for life.

**Abnormal growth**  
Unfortunately, steroids injected into



Cheryl Paxton  
Big decision, too

the muscle clear the body system quite rapidly and tests to detect their use have, so far, proved inconsistent.

The large, and often, abnormally muscled females competing in the throwing events at this Year's Olympics are all well aware of the steroids value.

This drug may have contributed to some of the fantastic shapes and sizes which will be on view during the discus, shot put, and javelin events.

**Is it worth it?**  
The question constantly in Cheryl and Jane's minds will be, "is it worth the grotesque results of using steroids to stay in international competition?"

Constant hope springs eternal that a foolproof test will be devised to detect the use of the illegal muscle builder, or that the Olympic committee will ban all athletes involved in steroid injection which can be proved without support of medical test evidence.

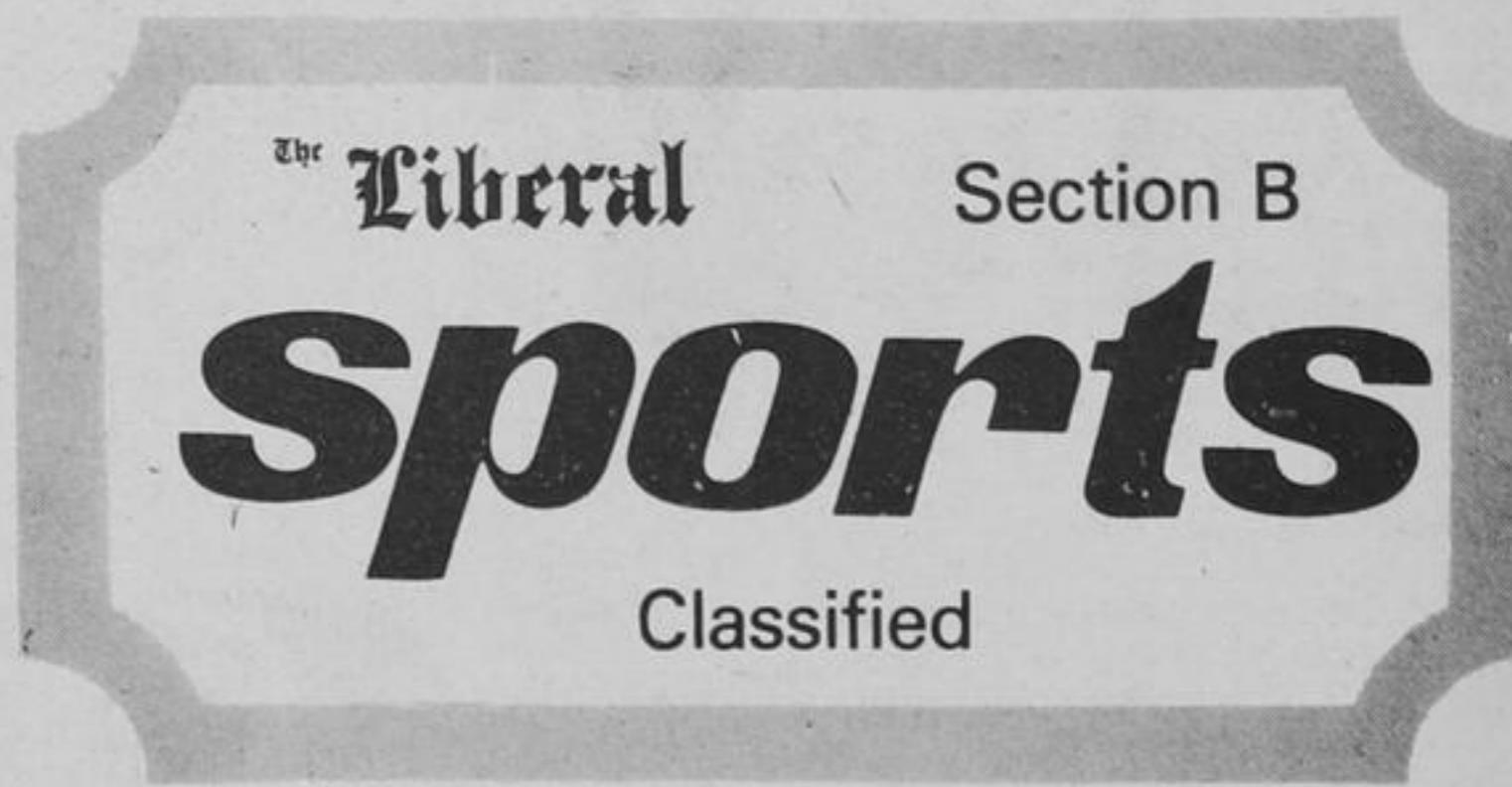
**Drop outs**  
Many young athletes drop from competition because they do not wish to subject their bodies to drug induced aids to greater development or performance.  
So what happens to the Paxtons and

Toporowski's who choose not to be massive muscular minions of their sport?

**Few scholarships**  
They can hope for action at international level to ban the practice or try to catch one of the few athletic scholarships available from United States colleges to further their education.

Both girls are being trained by local coach Bob Thompson who is in constant communication with USA Colleges and supplying up-to-date records of the girls' progress for future scholarship consideration.

The year 1976 is more than just an Olympic year to many young athletes. It's the year of decision as to their future in track and field.



Wednesday, January 14, 1976

## Thunderbirds blow lead twice to tie

By Fred Simpson

The Thornhill Thunderbirds not only can't buy a win — of late they've been giving some away.

That was the situation Monday night as the Mid-Ontario Junior B Thunderbirds did everything but win against Owen Sound at Thornhill Community Centre in the final 20 minutes, only to end up with a 6-6 tie.

**Bad tie**  
It was a bad tie for Thornhill as the last place Birds are trying to catch Owen Sound for the last playoff position and this game was tantamount to a four pointer. Both got one.

It wasn't for lack of determination that the Thunderbirds failed to win.

**Dominant play**  
They came out in that final period trailing 4-3 and completely dominated play in the early seconds and tied the game 27 seconds from the opening whistle as Billy Cromb grabbed a Don Somers rebound and shoved it past Owen Sound's Paul McLaren.

The hyped-up Thunderbirds rolled to the offensive and it was 5-4 at 3:23 as Ross Gordon took a break pass along the boards from Al Heintzman and lifted the puck home as goalie McLaren rushed out to save.

**Sure winners?**  
The Birds looked like sure winners at this point as the visitors walked into double penalties but their offensive suddenly stalled despite having a man advantage for four minutes.

In fact, the penalty backfired as the Owen Sounders were still a man short when the over anxious Thunderbirds were caught cold by Pete Playford who grabbed a loose puck, went in alone, and beat goalie Danny Hildebrand easily.

**Outshot Owen Sound**  
The Thornhill team kept applying the pressure and were outshooting Owen Sound 16-6 at this time.

Just after Owen Sound's Chris Bass hit the post on a soft slider, Thornhill's Danny Jones sent local hearts fluttering as he sneaked the puck out from behind the Owen Sound net and slipped it past McLaren at 15:45 with assists to Barry Howson and Paul Hogg.

**Letdown**  
Then came the all too familiar letdown by the Birds as they lost the puck behind their own net and it miraculously found its way in front onto the stick of Jeff Nichols.

His weak shot sailed straight as an arrow into the net past Hildebrand who appeared to be screened and didn't make a move on the play. Time was 17:57.

**Outshot Owen Sound**  
Big letdown.  
The Thunderbirds outshot Owen Sound 18-12 on the period and 42-13 on the game but it was the same old story. Minor lapses proved fatal.

The game was 2-2 at the end of the first period with Bill Corbett opening the scoring for Owen Sound at 6:06 and Thornhill's Mitch Edwards tying it at

8:02 from Ross Gordon and Kim Mabley.

The Thunderbirds went out in front 2-1 at 12:05 as Somers scored from Mabley only to have Chris Ball come back to tie it at 14:09.

The early part of the second period was all Owen Sound as Thornhill

appeared disorganized and the visitors moved in front 4-2 on goals by Playford, his first of two, and then Mark Aitken.

Thornhill got renewed life at 13:26 when Howson got one back from Jones and Somers to set the scene for the final 20 minutes.

**Thunderbird notes**

It was a tough tie for the Birds who really came out skating in the final 20 minutes.

A standout for Thornhill throughout the game was Somers who was all over the place.

Also coming up with a fine effort was

Jones, a Richmond Hill product, and Al Heintzman, of Oak Ridges, along with Howson and Mabley.

The birds are at home to Collingwood next Monday in another must but also tough encounter with the high-flying shipbuilders.



(Photo by Hogg)

### No doubt about this goal

It was a rather frustrating night for Thornhill goalie Danny Hildebrand shown here sprawling too late as Owen Sound's

Chris Bass flips the puck into the yawning Thornhill Thunderbird net as Steve Cromb (7) arrives too late. The game ended in a 6-6

tie as the Thunderbirds blew a one goal lead twice in the third.



Fred Simpson

### Roffey Country

Whenever you're passing through Oak Ridges (Richmond Hill is a suburb of the place) I'll make you a wager that if you stop and talk to anyone there he'll be a Roffey or one of their cousins.

About the only exception would be the mailman and he'd be carrying a letter for them.

Come to think of it, I'm not too sure about the mailman. He's probably a Roffey too.

Why this beginning? Simply because I've been planning to say it for the past six or seven years.

he likes doing best. Playing pro hockey.

**Never gave up**  
"It's always been my ambition," Jim was saying the other day between car-hops to Buffalo.

"I never gave up on the idea. There were a lot of scouts at our games.

"The money won't be great but the Norsemen are affiliated with the Toros and Buffalo Sabres and it's a start."

**Took off**  
Jim got notice the Norsemen were interested in him one day last week.

"They called my home around 2 p.m. to get me to drive to Buffalo for a game that night. I was out. I got home at 4 p.m. and got the message.

"I took off right away. I figured I couldn't afford to miss the chance. I got there just before game time, expecting to sit on the bench most of the way. Instead I was on the ice most of the time."

Jim played defence with Norsemen coach Guy Trotter (ye olde Maple Leaf, remember?) and came up with a solid game.

His five-day trial resulted in the Norsemen deciding to sign him.

"It's much faster up there and they stress puck control," said Roffey, "but I didn't have too much trouble adjusting. They're bigger than me, like taller, but I'm 185 pounds.

**Dirty look**  
"They try to intimidate you at first a little, but I just look sideways at them and glare, and they go away."

I've always like watching Roffey play hockey because of his aggressiveness. I'm referring to his two previous seasons with the Rams.

He was a trifle crude in his tactics, but he always had a definite distaste for oncoming forwards attempting to cross his blueline.

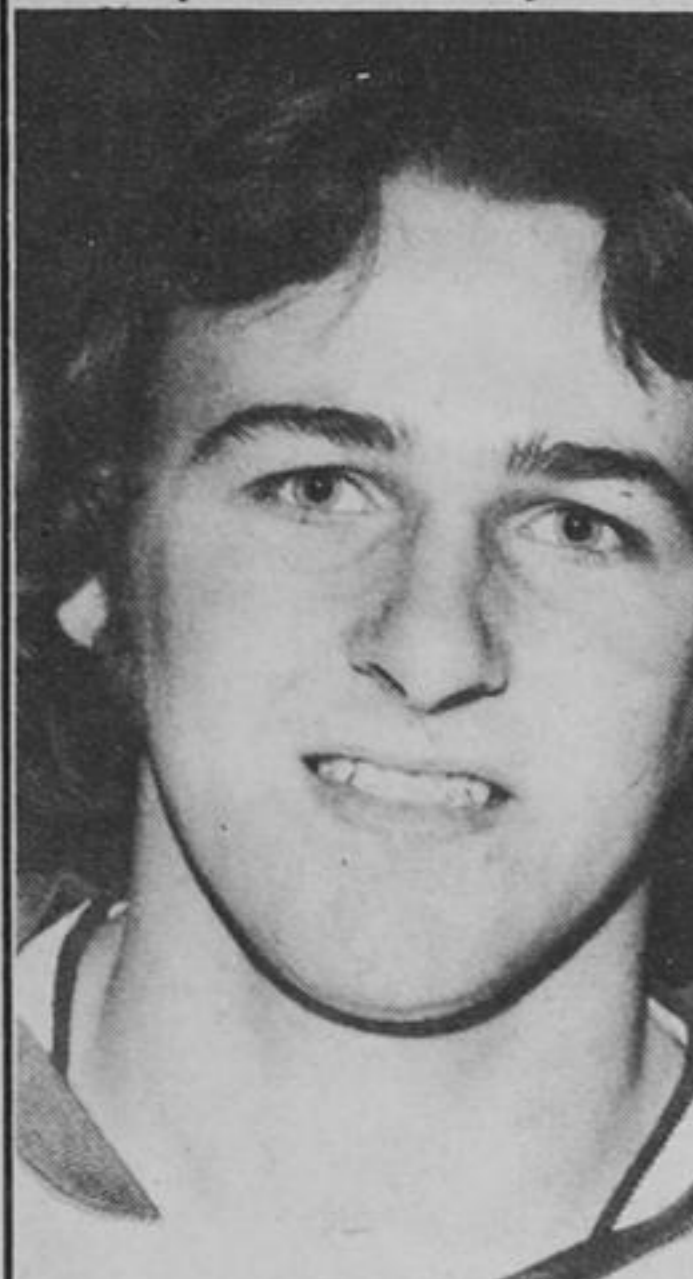
**Crunch**  
He'd miss a few headlong checks. But when he connected there would be a distinctive crunch. Roffey likes to hit.

You don't see that too often these days. When he was a Ram he owned the boards.

You've seen people walk into glass doors? Did it myself once in Sudbury. I stopped quickly.

That's what happens when someone tries to sneak past Roffey on the boards.

(continued on B-2)



Jim Roffey  
off to Buffalo

Never got around to it. There are thousands of Roffeys and cousins in Oak Ridges. More on this later.

**Off to Buffalo**

Right now all this elaborate lead-in was inspired by the news defenseman Jim Roffey of the Oak Ridges Dynes Jewellers of the Mid-Ontario Junior B League (pew) has turned professional with the Buffalo Norsemen of the North American Hockey League.

Don't ask me about the Norsemen because I've never met them.

I wasn't even around to meet the original fellows that used to cavort around Iceland, or is it Greenland? Anyway, I was happy to see 20-year-old Jim get a chance to do what

## Lenneville leads Dynes to win

The Oak Ridges Dynes Jewellers have come up with what amounts to a "secret" weapon in their last few games although it was never really a secret.

The weapon is a rejuvenated John Lenneville who led the Jewellers to a 3-2

win over Midland Monday night with a two-goal performance including the winning counter in the final period.

It was a much-needed win for the Jewellers who lost two previous games by 5-3 Sunday to Barrie and 6-3 to the same Midland team last Friday.

**Lenneville stars**

But the whole story was Lenneville, an Oak Ridges product, who was hoisted recently from the juveniles and has been the best thing that has happened to the Jewellers.

"He played terrific last night," said Dynes' coach Pete Artemchuk. "He was a two-way player all the way and what more can you say?"

It was Lenneville's power play goal in the first period that got the Jewellers off on the right foot as he sent a patented blazer into the twines on a pass from Tony Robinson.

**Midland ties**  
Midland tied the game late in the second on Bill Pressgrave's goal and went ahead 2-1 with 21 seconds remaining as John Beauchamp took advantage of a Dynes' defensive lapse to move ahead 2-1.

Oak Ridges' Brian Carruther tied the game in the second from Randy Humphries and Ian Crockford.

**Lenneville wins it**  
Then came Lenneville's winner around the four minute mark of the third as he blasted a darter from 20 feet out that was in as soon as it left his stick.

**Brumwell hot**  
The Jewellers had another hero in this contest in goalie Doug Brumwell who was sensational throughout and particularly in the dying minutes of the third period.

"Doug really came through for us in that period," said Artemchuk, "He saved the game when he stopped a clean breakaway."

**Only 9 penalties**

The game itself was a quiet although hard-hitting one with the Jewellers picking up only four penalties to Midland's five . . . defenseman Jim Roffey, who has joined Buffalo Norsemen of the North American League saw limited service on a pair of borrowed skates.

**Lose to Barrie**

Sunday's game in Barrie saw Lenneville opening the scoring for Dynes in the first period only to have Barrie's Eric Cummings tying the game with four seconds remaining in the period.

Barrie took a 2-1 lead in the second on Don Martin's goal but it was tied on Tony Robinson's score from Lenneville and Ian Crockford.

Then it was Barrie's John Garner scoring again but Ian Crockford got that one back with a little over a minute remaining in the period from Dale Roffey and Kirk Stover.

**All Barrie**

It was all Barrie in the third with goals by Garner and Giffen, one of them a shorthanded goal.

Goalie Harold DeGeer was outstanding in the nets for Richmond Hill.

The Midland game saw the winners leading 2-0 at the end of the first and 3-2 going into the third.

Richmond Hill goals were by Dave Stuart from Humphries; Scott Davey from Lenneville and Humphries; and Lenneville.

The Jewellers are in Owen Sound Saturday and back at home to Barrie Monday night.



(Photo by Hogg)

### Pretty please, pretty please

There's nothing like staring that rock into the house. That's what Joan Patterson of Coral Harbour Cres., Thornhill, seems to

be doing in action at the Thornhill Ladies Open Bonspiel last Friday. She curls for Bayview. (See story Page 3.)

## Rams in split

The Richmond Hill Provincial Junior A Rams maintained their precarious hold on the top rung last week managing to split two games.

Saturday night they were edged out 6-5 by an improved Markham Waxers outfit after getting by Ajax 3-2 in a somewhat rugged encounter Tuesday night of last week at the arena.

**Blew it**

"We just blew it in the last period," was the succinct comment of Rams' coach Karl Brimblecombe as he

assessed that Saturday game against the Waxers.

"We were leading them 5-3 going into the last period and we just quit skating," said Brimblecombe. "We went to sleep and we paid for it."

**Penalties kill Rams**

Brimblecombe was also unhappy about the efforts of his penalty-killing team observing that "We didn't come through with a man short."

They scored three goals on us while (continued on B-2)