

First ringette tournament a success

On the December 1 weekend, Terrace Bay hosted its first Sportsgal Tournament, according to a news release.

Teams from Nakina, Geraldton, Longlac, Schreiber, and Terrace Bay competed for Sportsgal prizes in three divisions during the ringette tournament. These divisions were Petites, Tweens, and Junior Belles. A total of approximately 175 players took part in the event.

The games began on Saturday morning and continued throughout the weekend until noon of Saturday morning with the presentation of awards.

A total of 16 games were played and one exhibition game was also held, consisting of the Burnies division.

A hospitality room was hosted both days with food and drinks supplied by the parents and also a generous donation from Costa's Food Market. Jean Fenton

and Lynda Baxter had the difficult job of seeing that every girl was billeted to her proper location. The executive wishes to thank the ladies for a great job. Both ladies also spent two days in the hospitality room along with the help of the following: Carolyn McLeod, Cathy Withers, Cathy Stachiw, Susan Luxmore, and Brenda Harper.

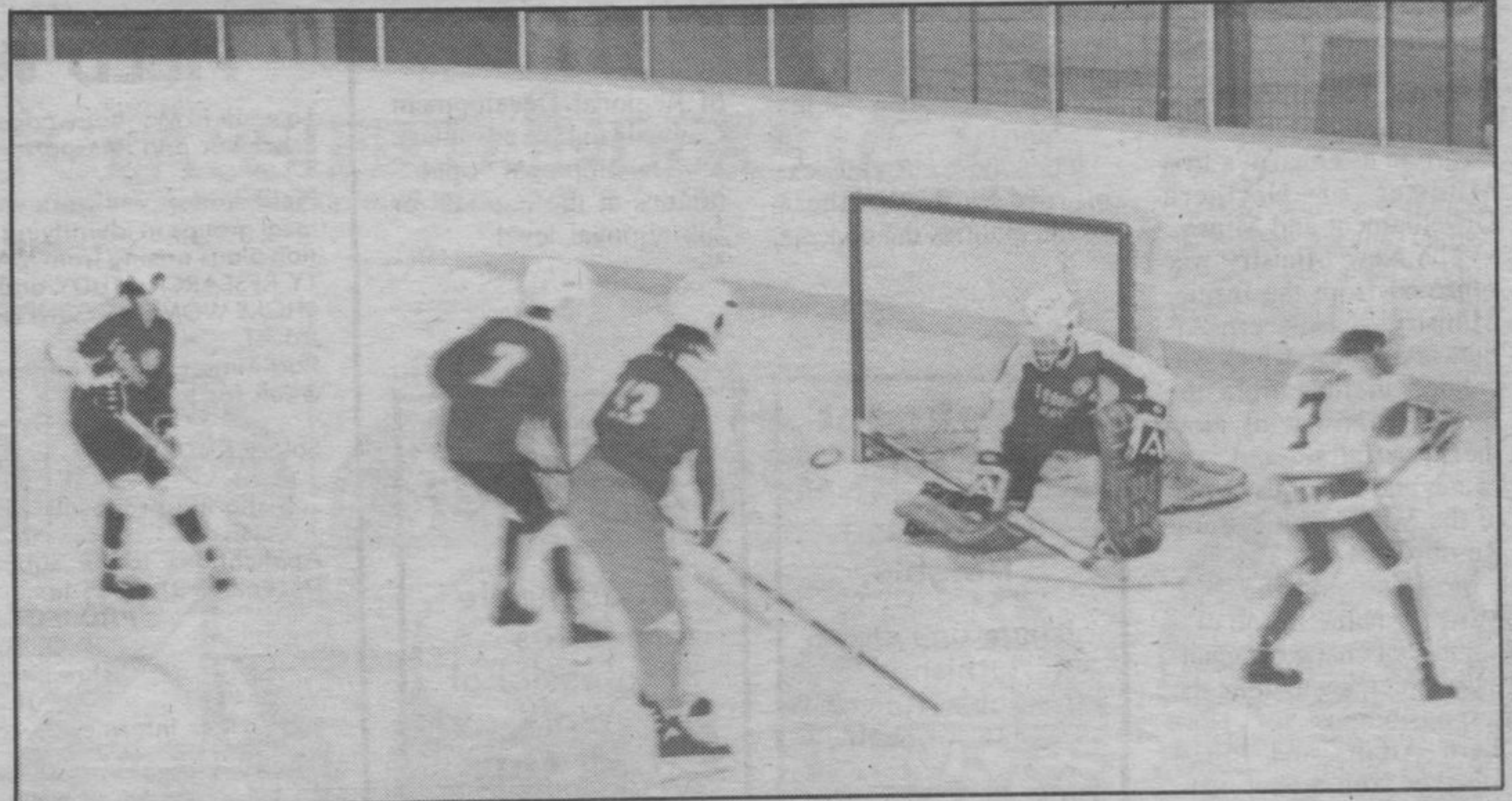
The games played on the weekend were judged on sportsmanship by the referees. After the points were totalled, there were three winners in the three divisions. Congratulations to Nakina Petites, Terrace Bay Tweens and Longlac Junior Belles.

Overall the tournament was a success as players and parents all enjoyed themselves. A special thanks is extended to the executive, coaches, and all referees for donating their time to make this tournament a big success.

The executive President is Paul Turpin, and the Vice President is Carol Waldenburg. Jean Fenton is Treasurer while Diane Renette is Secretary. Lynda Baxter is the executive's Fund Raiser and Wes Fenton is Referee-in-Chief. Linda Falzetta was in charge of the tournament and games.

Thanks are extended to Costa's Food Market, all referees, score keepers Kevin Boucher and Derek Roy, photographer Jerry Whithers, janitors, minor hockey for the referee sweaters, Connie Sadaro, all parents, and all out of town participants.

The executive also regrets that due to lack of ice time they could not accommodate all of the surrounding towns in the tournament. See you next year!



The action was fast and furious during this ringette game, just one of several matches which took place in Terrace Bay on the December 1 weekend. The Terrace Bay Tweens won one of the three divisions in the first Sportsgal tournament.

The other winners were the Nakina Petites and the Longlac Junior Belles. The above photograph is courtesy of Gerry Whithers.

LSHS News

Senior boys' basketball try outs are taking place this week in Terrace Bay, according to a news release from Lake Superior High School's Student Council. Mr. Powell is coaching the senior boys basketball team this year.

The student council has announced that the date of the Christmas Dance this

year will be Saturday Dec. 21. Canada's newest recording artists, City, from Montreal will be performing at the event.

Advance tickets can be purchased from any council member for \$8 each. Tickets will be sold at the door for \$10 each. Stay tuned for further information on the dance.

Sugar is OK

Sugar shouldn't be a dirty word.

And nutritionist Elizabeth Hamilton of the Canadian Sugar Institute feels sugar shouldn't be blamed for a host of illnesses and health problems, from obesity to heart disease, hyperactivity and cancer.

In an interview Thursday with Lakehead Living, Hamilton said that "over the last 25 years, various illnesses have been blamed on sugar. But the only health concern related to sugar is tooth decay."

Nevertheless, there has been a marked decline in the use of sugar. One reason is that high fructose content corn syrup has replaced sugar as a sweetener in soft drinks. And the surge in the use of artificial sweeteners, particularly aspartame (or Nutra-Sweet) has also had a negative impact on sugar sales, said Hamilton.

"People don't realize that sugar has just 10 calories per teaspoonful. Sugar, used appropriately in your diet, isn't fattening."

"You have to have carbohydrates in a balance diet, and sugar is a pure form of carbohydrate." If you cut sugar out completely, and followed the meal plans outlined in the Canada Food Guide, you would have "a nice reducing diet, giving you about 11 to 1400 calories per day."

By adding sugar, you have an appropriate calorie level without having a huge increase in bulk food consumption, said Hamilton. Public pressure has also

prompted the pharmaceutical sector to look at ways to cut sugar out of their product line. But artificial sweeteners, like aspartame, are more expensive than sugar... and that increased cost for medication is passed on to the consumer.

"There have been some concerns about the use of artificial sweeteners... are they really safe, should I use them. But aspartame is the single most researched new product ever to be introduced, and I'd be very, very surprised if they ever find any problems with it," Hamilton said.

But people, she noted, are "using artificial sweeteners for all the wrong reasons." Many people find that a diet pop, or diet salad dressing, doesn't fill them up. That's because aspartame, while tasting sweet, has virtually no nutritional value.

"It's just a highly concentrated, sweet-tasting chemical," she said. Yet people are buying diet products in droves.

"Diabetics don't have a choice. But as for the rest of the public, I don't know why they would use it. It doesn't taste quite like sugar. And by putting it in your coffee, what are you really saving (in calories)?"

While saying she has no objection to aspartame, Hamilton concluded by saying that "we would like people to feel that sugar is a safe product, a pleasant addition to the diet, and a nutritious food when used sensibly in a balanced diet."

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