

Spoljaric rehabing nicely after minor surgery

By **MIKE HAYAKAWA**
Sports Editor

While the winter months are supposed to be a time for rest and relaxation for a major league baseball player, it's been a rather busy one for Paul Spoljaric.

The Toronto Blue Jays' relief pitcher and Stouffville resident has been occupied during these dog days of winter in preparing for the rigors of the upcoming major league campaign.

After undergoing an acromioplast

operation on his left shoulder during the current off-season, Spoljaric is presently in the midst of rehabilitation.

"Everything is going well, actually," revealed the 26-year-old Kelowna, B.C. native from his Stouffville residence on Thursday. "It's just a slow process but I've got to build my arm strength back up."



PAUL SPOLJARIC

Spoljaric recalled the injury to his throwing shoulder took place last season in August. He was then placed on the disabled list but returned to active duty in September.

While Spoljaric managed to complete the regular season the pain in his shoulder, however, cropped up over the winter months.

"There were times when I'd wake up and (my shoulder) would throb and ache," Spoljaric noted. "I went to the team doctors and they said 'let's fix it.'"

With the operation a success, Spoljaric said he's now throwing a baseball and is doing it five days a week for some 20 to 25 minutes a day and playing long toss up to 120 yards.

"I should be ready for spring training," said an optimistic Spoljaric, who posted a 2-2 record and 3.08 earned run average in his first full campaign with the Blue Jays last year.

As for the upcoming season, Spoljaric is caught up in all of the fervor with the offseason moves the Blue Jays made in an effort to bolster its lineup in a highly competitive American League eastern division. With an improved lineup on paper, Spoljaric realizes he will

have to work extra hard this offseason if he hopes to maintain his spot on the roster. "I'm excited about the way things have gone with all of the trades and Roger (Clemens) being signed. But I've still got to go out there and earn a spot on the team."

In addition to his rehabilitation work, Spoljaric will be part of the Blue Jays' winter caravan that will make stops across Ontario before departing to Florida for spring training.

SCORE BOARD

WHITCHURCH-STOUFFVILLE GIRLS HOCKEY ASSOC. JUNIOR HOUSELEAGUE

Pizza Pizza 4 vs Credit Union 4
Pizza goals: Andrea Sadowski (2); Lindsay Hambleton; Crystal Pearce. Assists: Meghan Bradbury; Megan Miller; Pearce (2); Sadowski.
Credit Union goals: Shannon Blackman (3); Ashley Hill. Assists: Hill (3); Lindsay Wortzman, Sarah Hill.

INTERMEDIATE HOUSELEAGUE

EMS Carpets 9 vs Pronto Automotive 2
EMS goals: Brandy Ferrill (4); Kate Ross (2); Lindsay Cameron (2); Alison Grant. Assists: Grant (2); Ferrill (2); Cameron (2); Dee Nagymarosi (2); Emily Shinn; Bobbi Radford.
Pronto goals: Christine Hartnoll; Emily Sampson. Assists: Amy Carruthers.

Angie's Eatery 4 vs Play-It-Again Sports 0
Angie's goals: Laura Beaton; Carlie Buffan; Karen D'Andrea; Lauren Gainsbrook. Assists: Melanie Macchionne; D'Andrea; Cainsbro; Beaton; Buffan.

SENIOR HOUSELEAGUE

Randy's Appliances 2 vs Pizza Pizza 5
Randy's goals: Anna Durante; Mandy Vandenberg. Assists: Morgan Dubkowsky; Lisa Krisman.
Pizza goals: Stephanie Hughes; Rachel MacMillan; Andrea Meyer; Pam Boyce; Melissa Brown. Assists: Meyer, Hughes (2); Brown.
Smalley's Christmas Trees 3 vs VIP's 2
Smalley's goals: Sarah Smalley; Leslie Steiner; Tina Dart. Assists: Stephanie Rand; Katie Shanahan.
VIP goals: Lindsay Osaka; Ashley Barton. Assist: Logan Patterson.

DON VALLEY NORTH LEXUS - TOYOTA ATHLETE OF THE WEEK



RYAN HARDMAN
Curling over the last eight years has paid off for Ryan Hardman. The 14-year-old Hardman led his Unionville Curling Club entry of vice Lindsay Osborne, second Michael

Anderson and lead Tammy Sale to a berth in the Ontario Bantam Mixed Regional Championships. Hardman's rink earned the honor by winning their zone title recently at the Sutton Curling Club.

The win by the Hardman entry was their third zone win in as many years and his first as a skip.

Hardman is presently in Grade 9 and attends Markville Secondary School.

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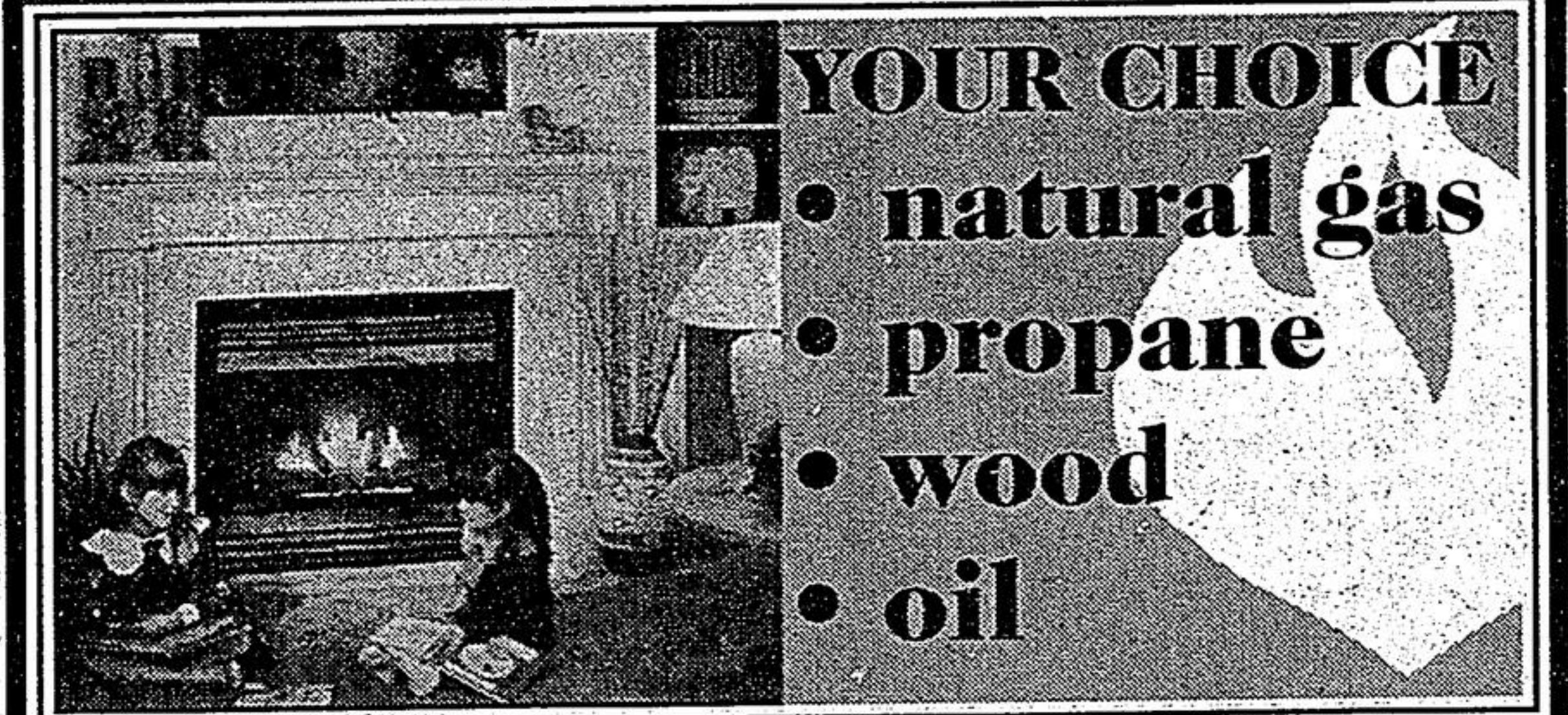
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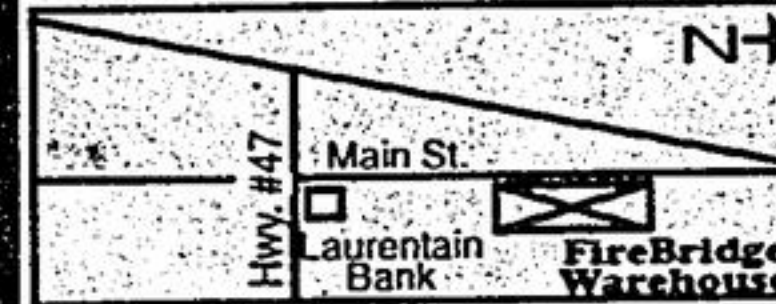
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Give us our daily bread, and grant Thine increase in the necessities of life, that we may be dependent on none other but Thee, may commune wholly with Thee, may walk in Thy ways and declare Thy mysteries. Thou art the Almighty and the Loving and the Provider of all mankind.

-Abdu'l-Bahá

With loving greetings from
the Baha'i Community of Whitchurch-Stouffville

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