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Paintball no longer involves red paint

From page 25.

al shooting part. While I didn't have a hockey team to aim at, I did manage to shoot a few rounds at some targets to get a feel for the sport.

Having done that, I can tell you this: Shooting really, really feels good.

I know that's not a politically correct thing to say, especially with snipers terrorizing our neighbours to the south, but there's just something about squeezing that trigger and watching the paintball go splat! against a target that speaks to the warrior within.

I say that as someone who, until this week, had never so much as held a slingshot in his life and would probably faint in the presence of an actual firearm.

"It's just a game," said Mr. Licastro, who has seen people ages nine to 72 take part in the sport. "Everyone called it 'war

games' at first, but it's changed now."

Ever mindful of public opinion, most paintball suppliers refuse to sell red paintballs. Gone, also, is all the camouflage gear in favour of brightly coloured uniforms and helmets today's paintball leagues — yes, there are leagues and tournaments — prefer.

One thing that hasn't changed is the unusual requests participants bring to the field.

Like the fellow who wanted to bring a life-size cutout of Saddam Hussein for target practice.

Or the bachelor party where the groom was dressed as a bunny and repeatedly shot at by his buddies.

"We had to design games that were geared for him getting shot a lot," Mr. Licastro said, chuckling.

Not to fear for Fluffy, though, because paintball is safe as it can get, as long as you wear proper

eye and face protection.

Statistics from the Canadian Paintball Association show more people get hurt playing golf than paintball, a point made by Mr. Licastro.

"I've had two broken legs and a dislocated shoulder," he said. "One guy was 385 pounds and he tried to run through a swamp when he broke his leg in three places."

"We had to carry him about a quarter of a mile on a stretcher and he was laughing the whole way."

"The other guy broke his leg by jumping off a building. That will happen when you jump off a building."

To learn more about paintball, visit www.area51paintballpark.com or www.ultimatepaintball.ca

Been There, Done That is a regular feature following the exploits of staff as they try to keep up with experts in a wide variety of sports and recreational activities.

Notice

Information Session

The Markham community is invited to attend a public information session hosted by the Greater Toronto Airports Authority (GTAA). GTAA representatives will be available to answer questions regarding the interim planning for a potential regional, reliever airport on the federal lands in north Pickering.

Wednesday, October 30th 4:00 p.m. - 8:00 p.m.
Cedar Grove Community Centre
Reesor Rd. & 14th Avenue
Markham, ON

For further information about this session or future sessions in neighbouring communities please call the GTAA's Site Office at (905) 619-4822 or visit our website at www.gtaa.com

Don't expect to score 300

From page 25.

birthday party. Everyone can be guaranteed a great time.

"Bowling is a game that keeps them occupied," Mr. White said.

Bowling is an inexpensive activity compared with other sports.

"For a family to go to a movie, it can cost you a fortune. Bowling isn't that high-priced a form of entertainment. It's something that everyone can enjoy," Mr. Crozier said.

Because his facility does not

have automatic scoring, Mr. White charges \$2.75 a game or \$7.50 for three games. More modern facilities charge about \$3.50 a game.

For those who intend to take up the game seriously, the purchase of bowling equipment costs far less than other sports such as hockey.

In five-pin bowling, two balls can be purchased for about \$100 and a pair of shoes for \$50 to \$60.

Wanna bowl a few frames? Mr. MacLean suggests going out, having fun and meeting people, but never taking the game too

seriously.

Don't walk into your local 10-pin establishment expecting to score 270 out of a possible 300 right away. Mr. James warned a 300 game is nearly impossible and only avid bowlers average around 260.

Keep your expectations low or, better yet, don't set any, he said.

For more information, go to the Bowling Proprietors Association of Canada webpage at www.bpac.ca or call 905-479-1560 or contact a bowling centre in your area.

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