

## Cimmerians hope to hit in Vernon

The Custom Walls and Ceilings Cimmerians went 0-2 at last year's senior men's baseball provincial in Victoria.

Things should change this weekend in Vernon.

The Cimmerians, which are basically an all-star team from the Prince George Senior Men's League, have a few key players who couldn't make the trip last year.

Guys like Derek Knight and Derek Goodine were coaching the Central Interior Knights last season and Perry Alexander spent the summer in Newfoundland.

"We'll do better this year," says player/spokesman Norm Goetke. "We've got some key players back."

While Goodine and Goetken make up the strength of the team's pitching corps, the true strength of the Cimmerians will be their bats.

"We're a strong hitting club," says Goetken. "Before, pitching used to be our strong point but now hitting is it."

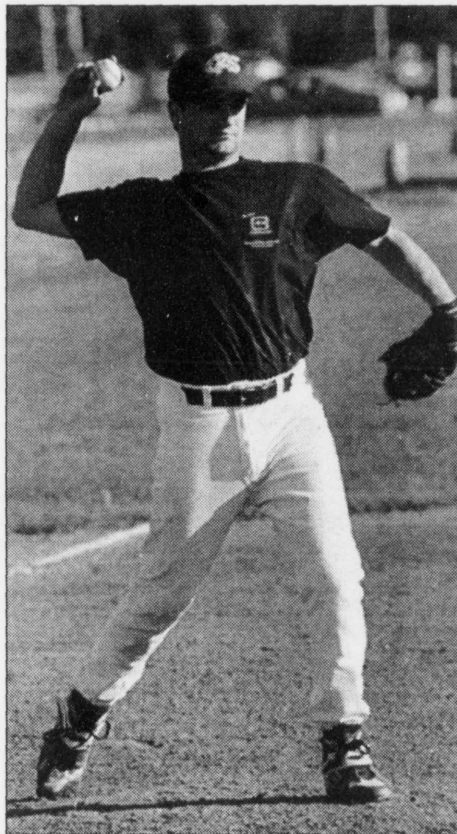
The main reason for the resurgence at the plate is Paul Wilson. Wilson played at Northern Idaho College this year and was second in his conference for batting. He hit four home runs in the 15-game Prince George Senior Men's League schedule earlier this season. Alexander and Knight are also accomplished hitters.

To win the provincials, Goetken says the team needs those guys to hit and some good defence.

"We have to hit the ball and get strong defence," he says. "If we do that, the pitchers should be able to shut the other team's down."

This year's tournament will be in Vernon and the Cimmerians don't get an easy draw.

They played the defending champions from Victoria yesterday.



Derek Goodine is one of the two pitchers the Cimmerians will rely on this weekend.

CHRIS SIMNETT/FREE PRESS

## East rattled at provincials

The rest of the province threw them a curve and Prince George East Little League just couldn't adjust.

The local 11 and 12-year-old all star team won the district title over Freeman Park but lost both of their games at the provincials in East Vancouver.

PG East lost their first game 11-1 in five innings to the eventual champions Kennedy-Surrey and lost their second game 8-5 to the host Victoria Drive team.

"The guys just didn't come to play ball, that's all," says East manager Al Bielinski. "The guys just got rattled. We had Dave LaCasse pitching for us and he hit three batters in the first inning."

LaCasse was the same pitcher that shut down Freeman Park in the district final and gave East an easy mercy rule victory. "You have to be able to pitch and hit curveballs," says Bielinski.

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While popular in other countries, the practice of homeopathy is only now becoming popular here in Canada. Homeopathy is based on a theory that "like cures like" and was founded in the 1800's by a German Physician Samuel Hahnemann. Double blind clinical studies on homeopathic remedies have proven the effectiveness of this type of medicine. One such trial on 60 people who had tooth extraction, 1/2 with the combination of Arnica and Hypericum and the other with a placebo, showed that 76% of the people who used the homeopathic remedies found relief compared with only 40% of the placebo.

According to the "Canadian Guide to Homeopathic Self Medication", Arnica is recommended for Bone Pain, Breast Pain, Burns, Fatigue, Hemorrhoids, Muscle Pain, Neck Pain, Nosebleeds, Surgery, Trauma and Wounds. Arnica is said to work best when given as close to the time of the injury as possible and in many cases may cut the amount of time required for healing significantly.

There are many good books available on Homeopathic Medicines including "Discovering Homeopathy" by Dana Ullman, "Before Calling the Doctor" and "Arnica" by Phyllis Speight as well as many more available from your local bookstore or health food store.

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## Errors, bats kill Knights

The Central Interior Knights should have done so much better.

Despite the fact that the team went down to the provincials in White Rock at its strongest ever, they went 1-2 and bowed out early.

The Knights started things off well with a 16-3 pounding of Cranbrook in their first game. They followed that up with a 4-2 loss to the favoured Coquitlam Reds. The Knights were leading 2-1 in that game before they allowed three Coquitlam runs on three errors.

They lost their final game 11-5 to the mid-Island team.

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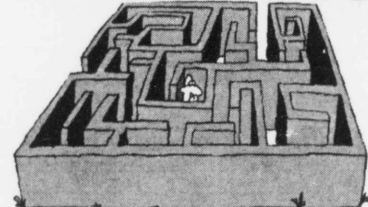
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