

# Get Out and Play!



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The Super Bowl is over and the Giants pulled off possibly the upset of the century. When people say, "Nobody thought we can do it," they may as well put up a picture of Eli, Strahan and the rest of the G-Men. Though I'm no Giant fan, I felt inspired watching a team that had been ridiculed for most of the season, end the year on top.

While watching your favorite team win a championship is great, there's nothing like doing it yourself. So today my friends, I'm asking you to put down the remote, and join in one of the many sports leagues on the Island.

Stop and think for a second. Do you realize how lucky we are? Sure rent, gas, and everything else costs more here than almost anyplace else, but you know what? It's worth it. I love the fact that if I want to play a sport, I don't have to travel far to find one. As my loyal readers know, I've played dek hockey since 1991. When I lived in Utica, the nearest dek hockey rink was five hours away, in Farmingdale!

But if hockey isn't your sport, there are plenty of softball leagues here. There's fast pitch, modified, and slow pitch. There's also co-ed and I think women teams. Two of my couple friends play on a co-ed team. They say it's a lot of fun because instead of being full on competitive, the atmosphere is a lot lighter than a same sex team. My co-worker is a big Mets fan, and I told her I'm not allowing her to watch any games unless she joins a softball team with her husband.

There are plenty of other sports to play here. We have tennis, baseball, soccer, flag football, golf, the list goes on and on. I think I could find a curling league if I wanted to!

My point is I don't think enough of us are taking advantage of some great opportunities here. How many of us that played sports in high school, are physically still able to play but decide we have too much going on? These sports leagues won't add to your distractions, they'll help take them away. Trust me, I loved watching the Mets win it all in 1986, but it feels better to be a part of something, then to root for other people you've never even met. I'm not saying don't be a fan, but be a player as well.

Hey, if the Giants can beat the Patriots...anything can happen! And we have a million places to choose from on the Island.