

Georgetown students take Bishop Reding honours

BY JULIA SKIKAVICH
Special to The Gemini

Last Thursday evening, Bishop Reding held its annual Awards Night celebration. It was a true celebration of excellence, honouring those students who, in the previous academic year, proved to be exceptional.

After welcomes and congratulations were put forth by BR principal Mr. Pilibossian and Superintendent of Education, Mrs. Rabenda, the ceremony launched into full swing.

Throughout the night students from Georgetown were recognized for their abilities

BISHOP REDING NEWS

and contributions to Bishop Reding. By the end of the evening, more than 40 Georgetown residents were recognized.

Most of these students were of honour roll calibre, having better than 80 per cent averages in last year's studies.

Also, the Ontario Scholars of 1996 were saluted for averages over 80 per cent in their six best Ontario Academic Courses (OAC), with congratulations going out to Georgetown residents Elizabeth Crocker, Geoffrey Free-

man, Kevin Lumb, Amber Lyons, Sarah MacDonald, and Jennifer Wood.

As the evening proceeded, three students from Georgetown emerged to be acknowledged for higher levels of excellence.

Adrian Carreiro was honoured for having the third highest average in Grade 9. In Grade 11, Gwen Kerr was distinguished as having the second highest average and

Greg Artinoff had the third.

Finally, once again applause goes to Carreiro who also took home the St. Francis Xavier Prize, which is awarded to the Grade 9 student with the highest standing in Canadian geography. Adrian shared the award with Milton resident Ricky Chin.

Felicitations, to all students at Bishop Reding who were honoured.

Keep up the hard work!

Arrest in vicious Main St. assault

A 24-year-old Georgetown man faces a charge of assault causing bodily harm after a Main Street altercation, Oct. 27.

The victim, a 39-year-old Georgetown was kicked in the face repeatedly, suffering facial lacerations.

Amnesty chapter hosts Hootenanny coffee house

To lift the spirits this dreary fall, Amnesty International, Halton Hills, is offering an evening of outstanding music at its Coffee House, Nov. 2, at 7 pm, at St. John's United Church, 11 Guelph Street, Georgetown.

Edgar Thatcher headlines the evening of Songs for all Seasons. Other performers are Haydn Evans on piano, Don Albett and his Ragtime guitar, Phil Lewin and Janice Giddings, and the "slide and glide" of Brent Cooper's guitar. Host Jim Broughton will add Celtic Songs and lead a rousing sing-along.

Coffee, specialty teas and home made desserts will sweeten the evening. All proceeds go to support Amnesty International's ongoing work to protect human rights and free political prisoners worldwide. At the door admission is \$5 for adults, \$3 for seniors and students.

For further information contact Rosaleen Garneau at 877-8853, or Jim Broughton at 877-0331.



HEALTH AND FITNESS



How to start and stay with an exercise program

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PLEASE SUPPORT YOUR LOCAL HOSPITAL

BY JENNIFER DICARLO
Special to The Tanner

The best way to begin an exercise program you will stay with is to set yourself some realistic goals.

Decide why it is you want to exercise and list them according to importance. For example, your main reason may be to increase your energy level, decrease your body fat percentage, reduce stress or to meet new people.

Once you decide on your main reasons for exercising, then it is easier to set yourself a plan. If increasing your energy level and

weight loss are your main goals, you want to focus on your cardiovascular and strength training systems. If socializing is what you desire, then joining a club or group is probably the best idea, while stress reduction may include joining a yoga or T'ai Chi class.

There are many different ways to become active. Join a local health club or community centre, hire a personal trainer, start a walking or jogging program, join a recreational league, set up a home gym or simply rent some exercise videos.

Variety is the key to

maintaining an exercise routine. A couple of days a week treat yourself to an active rest day from your regular routine.

Try a new sport, go hiking with some friends, take some lessons in an activity you have always wanted to try. Allow yourself to enjoy being active and you will want to stay in shape for your days off!

If you are new to exercise, make sure you consult your physician before you begin. If one of your goals is weight loss and increasing muscle strength or endurance, make sure you start

out easily and gradually build yourself up.

It helps to discuss your goals with an expert in the fitness field who can perform a fitness and lifestyle assessment and set you up on an individualized program to suit your needs and abilities.

It is easy to make excuses, but remember nothing will make you feel better about yourself than a regular exercise routine and a healthy diet.

Jennifer DiCarlo is a certified personal trainer and fitness instructor at Body Connections Training.

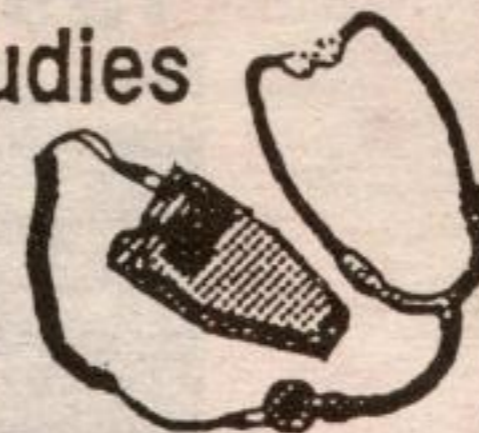
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