

Batting Averages

Robbie Hatcher	.428
Greg Morton	.410
Darren Kuchmach	.375
Blake Emmerson	.357
Dale Rasmussen	.333
Terry Waldrum	.295
Paul Sargent	.294
Earl Malby	.290
Dave Townsend	.285
Joe Scott	.230
Randy Bergeron	.178
Rick Forbes	.103
BANTAM RECORD	
Played	18
Won	5
Lost	11



FOLK MUSIC AT COFFEE HOUSE (Herald Photo)

Jorge Lasso, Brian Day and Peter McCormick provided the entertainment at the Teen Program's coffee house held last Monday night. At the next coffee house more talent will be on hand to help make the night a success.

Teen Program In Operation

The summer Teen Program started on July 2 and so far teens have had a successful dance at GDHS and hopefully the next one at Acton will be as well attended. Teens have had two Monday night coffee houses, one featuring Phil Sykes on guitar, and another with a trio consisting of Jorge Lasso, Brian Day, and Peter McCormick. The next Monday night coffee house will feature another gifted talent to provide music to relax the body and soul. It's definitely worth getting out to enjoy with your friends. The Teen Program also has free gym time where teens in attendance play basketball, badminton, floor hockey and gymnastics, to name only a few of the unlimited possibilities that are available at the high school. This week the upcoming Golf Tournament at Georgetown Golf and Country Club promises to be challenging and fun for all involved. If you find you have nothing to do, come to the Teen Program, get active and involved.

That Nasty Sweet Tooth

By JEFF MOUCKLEY
Herald Staff

Sugar donuts, sugar daddys, sugar pills, soft drinks, chocolate bars and cotton candy. Nutrition Canada recently revealed that Canadians consume almost two pounds of sugar per person each week or about 105 pounds of sugar each year. In 1989 the sugar consumption level was a mere 25 pounds per person each year. The results of this enormous increase of sugar ingestion are painfully evident. The occurrences of tooth decay, diabetes, acne and cardiovascular problems have made startling gains in alarming proportions, mainly because junk, snack and pop foods - high in calories, high in fats and sugars, low in nutrition - account for almost 35 per cent of a typical family's food budget.

There is evidence to show that excessive sugar causes diseases. However, different genetic types respond to increased sugar in different ways. Heart disease, atherosclerosis, hypoglycemia, and increased blood fat have shown clear, discernible roles in contributing to these ailments. An enormous number of us suffer from the effects of excessive sugar consumption. We don't need to take all the blame on ourselves personally because irresponsible food producers, diet and eating fads and a plethora of TV and advertising gimmicks are equally to be faulted. However, every one of us does have some individual choice and that can make all the difference.

OFF THE RECORD

WHO EATS SUGAR? Who eats all that sugar? Not

Visible sugar only constitutes one half of a person's diet. It is insidiously found in the least likely places such as spaghetti sauce, baby foods, pickles, ketchup, canned stew, macaroni, pork and beans and dried breakfast cereal to name a few. It is practically impossible for a consumer to get past a supermarket checkout counter without having bought sugar in myriad guises. The white crystals seem to be everywhere. This is harmful for diabetics and for the obese, who may be eating sugar unknowingly, and it is infuriating for the consumer who likes to feel some control over what he buys.

SUGAR IS CALORIES
Sugar is calories alone. Although it is found in all natural fruits and vegetables we add it to all our food. Those persons who eliminate potatoes, bread and butter out of their diets to lose weight are only losing nutrition whereas a decrease in sugar intake is a decrease in calories. Nutrition Canada committee revealed that one out of every two Canadians is overweight. Since every pound of sugar has just under 1600 nutrient-free calories we pay a high price for a sugar-sweet society.

LIMEHOUSE NEWS

We extend sympathy to the Victor Galliford's in the death of her father, Mr. J. H. Rulledge of Streetsville, in hospital on Tuesday.

Mr. and Mrs. Walter Linham, Mr. and Mrs. Keith Cairns, Mrs. C. Sinclair and Miss Dheila Jamieson all attended the ceremonies at Mohawk College on Friday evening when Miss Velma Linham graduated as a nurse. Congratulations Velma!

Mrs. Harvey Norton spent a week of holidays at Braeside Camp, near Paris recently.

Best wishes to Robert Andrews and Wilhelmina Pool who were married in Georgetown Christian Reformed Church on Saturday. Her parents, Mr. and Mrs. D. Pool, and sisters, Mrs. J. Hebdon, and Mrs. R. Homan and daughter Angela Homan came from Victoria, B.C. for the wedding.

Mr. and Mrs. Bert Benton and John and cousin Barry King attended the King reunion at Thornbury on Sunday, visiting her parents, Mr. and Mrs. Gordon Quinton in

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