Bodybuilding requires strict diet

Continued from pane Br

create intensity and competitiveness among them and give the bodybuilders a goal to shoot

for, he says. Some members are inexperienced and a club competition will give them a better chance of being ready for the Ontario championships, Parker says.

The average competitor for the Georgetown

By BILL LANE

The Kinsmen played

Random Car Club in the

first game of the championship series, second

The Kinsmen Unilocks played one of their better games of the season as they beat the league

runner-up by a score of 5-3 at the Glen Williams

In game two, Random was up to par for this game as they came back

to beat the Kinsmen by a

score of 10-2. This means

they take the two game

Royal Pizza had Choice

Air's number all the way

in this series as they won

both games 10-6, 12-7 with

a two game total of 22-13.

go this week with Royal

Pizza set to play Park

Lincoln. Random Car

Club gets a bye to the

championship series to

play the winners of the

CONSOLATION SERIES

Newfoundland Club went

up against the Lion's

In the second round the

In the first game the

Game two was the

Newfoundland Club came

out to play ball as they

Lions turn to play ball as

they took a five run lead

Then the Newfie club

figured it was time to get

things going as they scor-

ed a run in the top of the

fifth but the Lions scored

two in the bottom to make

the scoro 7-1 with the two

game total runs being tied

Then the lights went out

for the Lions as the

Newfles came back in the

top of the sixth and scored

four and managed to hold

the Lions to a triple in the

bottom of the seventh.

Final two game total was

Newfoundland Club 17,

Jaycees and Elk's Lodge,

the Elks played some of

the better ball at the park

over the summer. But as fate would have it, they

came up short on both

Game one the score was tied 7-7 at the end of six

innings and the Jaycees outscored the Elks in the seventh by a 2-0 score to

make the score 9-7 for the

Game two the Elks

started this game out

right as they took a two

run lead in the first

inning; scored two more

runs in the second inning

and had a lead of 4-3 at the

as the Jaycees scored two

runs in the fourth inning

and three more runs in

the fifth to make the final

Taste Treat

inkied on potatoes, cole slaw

and macaroni.

Dill seed is delicious spr-

Then the fire went out

end of two innings.

In a contest between the

beat the Lions 12-6.

after four innings.

13-13.

Lions 13.

games.

Jaycees.

Lincoln-Pizza series.

The third round is set to

total by a score of 13-7.

diamond.

Herald Special

contest will be working out five times per week for almost two hours of hard weight training.

Parker stresses that diet is very important to the bodybuilder who eats foods with lots of protein and low fat such as turkey, chicken and cottage cheese.

Once on stage a bodybuilder has only 60 seconds to prove he is the

score Jaycees 8, Elks 4

for a two-game total runs

of 17-11 for the Jaycees.

best of the group. But physically posing is arduous work for a bodybuilder. Competitors have to practise posing 10 hours per week because if you can't pose, the muscles won't be highlighted

The third round starts

this week with the Jay-

cees playing the firefight-

Slow-pitch championships

Brian Donnelly of Bramalea shows off his fish to

Million dollars good idea

Centennial school wins 1st

were Jelf Amato, first,

Joe Wilkins, third, Bob

Donker (a ten-year old)

fourth, Glenn Mulder

(who's eleven) in seventh

position and Rob Mc-

Stewarttown's top five

finishers were Jim Clark,

second, Chris Stoddart,

fifth, Chris Hodgins,

sixth, Mark Shepard.

11th, and Jim Bick, 17th.

Traci McFarlane led

the way for Stewarttown

In the girls division of 31

She was followed by

teammates Tammy

Green, second, Janelle

runners by placing first.

Guigan, ninth.

Bob Ollivier who took this picture from a helicopter

pack. I never even saw any evidence of fights or

upsets and was generally well pleased with the

behavior of those around and on the water. When

asked if I thought the million dollars was a good

idea, I did and still agree it was fishing's finest hour.

the Toronto Star's Great Salmon Hunt. The contest

runs until next Sunday and with this in mind, and the

\$10,000 fish still at large, let's go fishing. The charter

boat for this week was introduced to me by my

friend Bruce Park of the Producer. Terry Byam

runs the Rod Wrestler fishing charter and comes

SOME CLOSED

has a great track record with Lake Ontario, and it

was pleasant to soak up bits of news while we shared

coffee. Terry can be contacted at 751-1508 for a day

rainbows and coho taken there last weekend) it

must be remembered that certain areas are closed

to fishing. The Ministry of Natural Resources at

Maple will send you a copy of the Public Fishing

Terry runs a 26-foot Trojan fully equipped and

As the fish enter the rivers (I watched several

Personally I hope it is repeated next year by

Continued from page B1

highly recommended.

on the lake after the big ones.

By JACK HARLOW

Herald Special

Public school cross-

country runners had a

chance to run last Satur-

day at the University of

Centennial was first

overall, winning both the

girls and boys divisions

Stewarttown was

second overall, as they

were in both divisions,

totalling 79 points. Both

the girls and boys were

Running exceptionally

well in the boys division of

44 runners for Centennial

open age divisions.

with 56 points.

McMaster In Hamilton.

Kinsmen looking strong

properly, Parker says. Charisma can affect the voting, but it's not the case of the strongest - it's the case of the best athlete who wins, he says.

"The judges are looking for muscle size, muscle definition, posing ability and symmetry," Parker

A pre-judging evaluation takes place three hours before the performance is scheduled before an audience, he says. At that time mandatory poses are marked and sometimes the winners are chosen at this evaluation.

ers with the Newfound-

land Club getting the bye

CANADIAN RE POST CREDIT 278-4424

closed areas.

season.

Lewis, ninth, Carolyn

Grasby, 11th and Tammy

Skan, 15th.

Mississon is Leading Marine & Fishing Herchenn

using a 200 mm telephoto lens.

Access pamphlet that has a complete map of the

so better make sure of where you are fishing. Trout

season closes Sept. 30 in this area, and there are

Association has been doing extensive work with its

deer feeding program. From \$330 in 1976, this

program cost them \$3,200 last winter. This work is

so important in my eyes that I will include the

address in order for you to help the association in its

Association, Box 1913, Huntsville, Ont., POA 1KO.

Send money, Oats, Corn, Clover, it is all needed and

appreciated. Gord Clow of Maple Rock shooting

range above Acton reminds me that you had better

get your ammunition soon for the duck and goose

have not done that already. Call him at 877-6859 for

details. Next week, Sept. 28 Hunter Skills demon-

stration at Kortwright Centre for Conservation.

Same place on Oct. 24, woodheat demonstration.

severe penalties for fishing out of season.

Most of the river south of Streetsville is closed

The Muskoka Parry Sound Hunt Camps

Write to Muskoka-Parry Sound Hunt Camps

Also a good time to sight in your guns, if you

in this round.

The athletes strive to look their best so most shave their hair and sport deep brown lans to accentunte their muscles.

The judging is first rate, according to Parker. Judges from the Great Lakes Classic bodybuilding competition are coming for the event and "they are the best you get in Ontario," Parker says.

Why does someone submit themselves to the rigors of bodybuilding? Parker says most participate for their own personal satisfaction. Most don't lift weights for attention - some are almost shy, he says.

"When your body looks good, you feel high on yourself," he says.

Herald photo

Girls are not usually the most responsive watchers at bodybuilding contests and actually some can get

Men are usually much

builder will be presenting the trophles on Saturday, Parker says.

team high jumper Julie

bored, he says.

more appreciative of the male physique because they understand the amount of work involved in increasing muscle mass, Parker says. However, a lady body-

The Brampton club has had little response from females wanting to join the male-dominated sport. However Canadian ski team member Laurie Graham trains there as well as Canadian Olympic

Jim Parker (seen above) wanted to start an inner-club competition to give his members more intensity and provide a goal to shoot for in participating in a bodybuilding contest. You'll be seeing the best bodybuilders in Halton Hills he

promises, with prizes outmatching even the Ontario championships, he says.

Jim Parker is a George Brown graduate in their Fitness Instructor Program. In Toronto. before buying his Brampton club, he worked at the

exclusive Cambridge Club for elite Canadian businessmen.

He has always taught general fitness, but his

speciality is the technical side, such as fitness test-He has only been weightlifting himself for

eight months.

(Herald photo)

John Vandemeer was 'tired of being skinny'

A Georgetown bodybuilder says he started training to improve his physique because he was tired of being skinny and weak.

Six foot, 180 pound John Vandemeer was originally 165 pounds before he started serious weightlifting almost three years ago.

A tropical disease down south interrupted his training when he had increased his weight to 175, but he soon recovered.

Vandemeer started when he and two other friends began weightlifting in the basement of a house. One of his partners, John Kuenzig, is competing with Vandemeer in the Halton Hills

bodybuilding competition this Saturday. Also competing from Georgetown will be Robert Stilles and John Wright in a field of 19 bodybuilders. The 24-year-old is entering competition in this

field for the first time. He has been training at Brampton's Olympic Health Club for one year on specialized equipment. The club has a good atmosphere and the other

members working out around you provides an incentive to train hard, Vandemeer said. He is weightlifting four times per week for two

and a half hours while jogging and posing the other three days of the week. It takes a lot of motivation, the DRG Stationery

employee said. He could be out with girls or drinking with the boys, but so close to the competition date a strict diet is required, Vande-John's 57 second routine will consist of poses

classical piece which will hopefully symbolize. aloftness, Vandemeer said. Many of the competitors use disco music, rock

timed to background music. He has chosen a

and roll and popular movie themes like "Rocky" he said.

You can lose points for not showing all the parts

Armstrong Collision ---Centre Ltd.

— Auto —

Free Estimates

All Work Is Guaranteed

247 Armstrong Ave.

877-5163

- Truck -

of your body, but the best routine is the one that downplays your weakest part, he said.

Look to see lots of emphasis on his back muscles, John said, because his calfs and arms aren't his strongest point.

Most bodybuilders work out because they have a desire for self-improvement, Vandemeer said. "I liked the results I was getting," he said.

There are some myths about bodybuilders that just aren't necessarily true, John says. For instance, some say that just because he has big arms doesn't mean he's strong - that isn't true.

Also not all girls are turned off by bodybuilders and they usually will let you know at a party that they approve, John says. Since he has increased his muscle mass his

friends have treated him the same, but they ask him to do more lifting chores, he says. John would like to increase his body weight to

200 pounds and that means extensive power-lifting for the next few years. He said he'll always keep up with weight lifting even if not for competitive bodybuilding.



Goebelle Wagner

MacAdam 37 Main Street South Hallon Hills (Georgetown) 877-5155

453-5532 6551 Mississauga Rd.

Mississauga, Ontario

826-6352

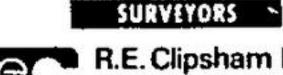
- Personal & Corporale Taxation Returns Hookkeeping Services - Financial Statements

C.A., R.LA.

Chartered Accountant

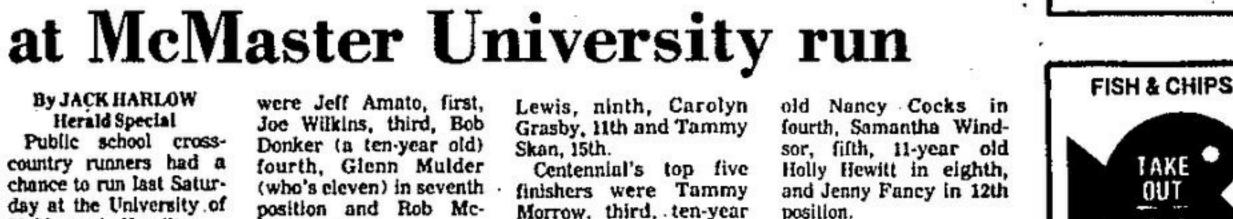
30 Melanie Dr., Suite 201 Brampton 793-4544 Mes: 877-3830

Everyone reads small adsi You are!



R.E. Clipsham Limited Surveyors . Consulting Engineers

14 Mountainview Road South, Suite 101, HALTON Hills (Georgetown) Ontarie L7Q 4K1 (414) 877-2111 457-2002



Major atom boys soccer

	w	L	т	F	A	PT
Bullets	4	0	0	14	1	1
Stingrays	2	1	1	9	8	
Cobras	1	2	0	5	6	
Destroyers	1	2	0	3	5	
Jr. Attackers	0	3	1	2	9	
				100		

TAKE • EAT · Hallbut · Shrimp · Cod · Chicken Skipper Fish & Chips Georgelown Market Place 877-0239



Centennial's top five and Jenny Fancy in 12th finishers were Tammy Morrow, third, ten-year

GEORGETOWN TIRE SALES LTD.

Over 24,000 miles? It's time to have your brakes checked!



Phone for appointment now!

Beorgetown Tire Sales Ltd. 345 Goelph St., Georgetown 877-1535

GOODEYEAR



 RADIATOR REPAIRS & RECORES GAS TANK REPAIRS

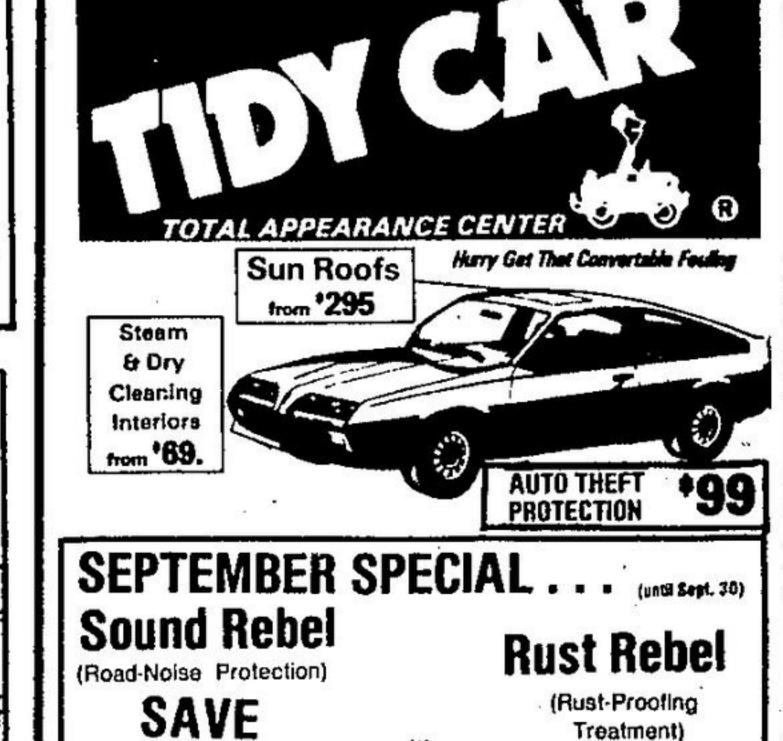
-- HOURS --Mon.-Fri.

8:00 a.m.-6:00 p.m. Saturday 8:00 a.m.-1:00 p.m. 347 Guelph St. Georgetown



877-7042 877-7823

CHARGEX VISA



\$79°° FROM every

TIDY CAR'S OTHER SERVICES INCLUDE:

• UPHOLSTERY GUARD

· VINYL ROOF RESTORATION SAME DAY SERVICE

• PIN-STRIPING **ASSOCIATE DEALER** TOUCH-UP PAINT SPLASH GUARDS **CHRIS BYDEVAATE** • PRESERVE-A-SHINE

FOR FREE ESTIMATE, CALL OR DROP IN AT 71 MOUNTAINVIEW RD. N., GEORGETOWN (AT ARMSTRONG AVENUE)

FREE PICK-UP & DELLYPRY

CHARGEA VISA

877-6136

