

**Georgetown Track Club**



**Running hints**

Have a good look at your friends, and ask yourself how many of them are satisfied with their weight. Most North Americans probably would like to shed a few pounds. It is obvious from the raft of diet and nutrition books on the market that there is no simple answer. Achieving a weight that we are happy with can be a life-long quest. Too many people end up cycling in the yo-yo syndrome.

This occurs when a person diets, then binges, then diets again. We all have friends who resolve to lose the same 20 pounds they lost last year. Let's look at what our bodies need. As mentioned before, optimum dietary intake is a ratio of 65 per cent carbohydrates, 20 per cent fat and 15 per cent protein. Yet too many diets drastically reduce the carbohydrate and fat intake and increase the protein. After a couple of weeks, cravings set in and there goes the diet.

We should remember if you body burns 2000 calories a day, you will gain weight only if you consume more than this. Eight ounces of cooked spaghetti contains 335 calories while the same amount of turkey (white meat) has 400 calories. Eight ounces of steamed brown rice contains 270 calories and the same amount of skinned chicken breast has 106 calories more. A person could eat a lot of spaghetti and rice and only consume 1500 calories daily.

We must remember the body does have specific requirements not only concerning the three above elements. Vitamins, minerals, and amino acids are needed. It is interesting to note both rice and pasta contain seven of the eight essential amino in sufficient daily amounts. Both are low in Lysine, which is found in legumes, dairy products, fish, chicken and meat.

The answer seems to be we should maintain a 65-20-15 ratio but vary the total intake depending on if we wish to lose or gain weight. It seems by playing with the ratio can only get one in trouble.

By establishing a good daily exercise program such as running, one can easily consume 2000 calories daily and still lose weight. By increasing the mileage, you can really watch the pounds disappear.

**RUNNING SHORTS**

Why not make your own breakfast granola? Take two cups of rolled oats, two cups of dry rolled wheat, 3/4 cup of bran, 1/4 cup wheat germ, 1/2 cup brown sugar. Add to taste dried fruits, coconut, chopped nuts and sesame seeds. Bake together on greased cookie sheet at 300 degrees for 20 minutes. If you prefer yours moist, add butter. A little molasses will increase the sweetness also. Great as a cereal or snack.

**Gymnasts fare well in meet**

Three Georgetown gymnasts did quite well in the first Central Ontario Gymnastic qualifying meet Saturday in Burlington.

A total of 11 clubs took part. Gail Eastwood, competing in the Junior B (open age) class won the overall Gold with top finishes in the uneven bars, beam and floor routines. Her second place finish in the vault gave her a score of 34.61 and the Gold.

Jenifer Arnold was in the Tyro B (under 14) class, and despite an injured wrist, she finished third with the Bronze medal. She was second on the beam, fourth on the floor routine and sixth on the bars giving her a score of 34.35.

Melaine Jans was in the Argo (under 12) class, and was 12th in her first competitive meet. Sue was third in the floor routine, and her score was 32.70.

The second qualifying meet will be held Feb. 23rd in Milton. After the third qualifying meet, the top six competitors in each division will represent the Central Region in the provincial championships slated for May.

**Georgetown teams win pair**

Georgetown squash teams won two of three games played this week.

The Ladies "C" League team defeated Mississauga 3-2 as Linda Yardley (3-0) and Diane Andrews (3-2) and Jan Cook (3-1) had the wins. Pat Harris and Myra Britton lost their games by 3-0 scores.

In Men's D action, Georgetown edge Fitness Institute 3-2. Murray Jans (3-0), Ken Thorn (3-2) and Erwin Schandelmeyer (3-1) had the wins while Bryan Day and John McNally dropped 3-0 decisions.

In Ladies Day League Georgetown dropped a narrow 7-6 decision to Mayfair Parkway of Toronto. The contest was based on individual games won. Pat Harris (3-0) and Diane Andrews (3-1) had the wins for Georgetown. Linda Yardley and Gloria Sinclair dropped 3-0 decisions.

**Local bowlers qualify for team**

By TERESA MASLACH

Many eager competitors met in Streetsville at the Pepsi Tournament this weekend to try to qualify for the 15 spots available. In total there are eight mens positions and seven ladies position, which make up the Mens, Ladies and a Mixed team that will compete in the provincial tournament.

In the ladies area, Kelly McCorry dominated the play with her first game of 266. Not stopping there she continued to roll with a 269-193-225 for a total of 973 to lead the girls for top spot. Jane Hicks followed closely behind with a score of 948. Julie McCorry rounded up the team for fifth position with a 891. Others on the team include Kathy Kerr from Avondale and Julie Watt from Brampton.

In the mens area Brent Osachuk lead the way with his strong games of 247-192-285-255 for a total of 979, beating the second competitor, Derek Booth from Brampton by over 58 pins. Brent became the only Georgetown bowler to qualify for the mens' team, others include two from Brampton and two from Avondale.

On the Mixed team two Georgetown bowlers qualified for the team. This team is made up of three men and two ladies. Teresa Maslach from Georgetown and Annette Pasquale from Avondale qualified for the girls half of the team. Whereas Jerry Irvine, Greg Franklin, both from Brampton, and David Hicks from Georgetown completed the other half of this team.

All three teams will be bowling in Toronto on March 23, and help with help of a telephone hook-up they will be competing with other bowling centres across Canada.

**Senior Rebels drop defensive battle to Q.E. Park**

Georgetown Senior boys basketball team won two more games this week to keep their playoff chances alive.

The Rebels defeated White Oaks Monday 66-46 and T.A. Blakelock 55-45 Wednesday, but could not finish the week off on a winning note as

the home team lost 45-30 to Q.E. Park.

The recent wins put the Rebels at a 4-6 win-loss mark. The top four teams in the East Halton Senior Boys basketball league make the playoffs but Georgetown is fifth. The Rebels trail Blakelock by two games, but if

Georgetown can win its next two games and Blakelock loses its next two games, the Rebels would make the playoffs on the basis of a better record in competition between the two teams.

Friday Peden said it was a case of good team

defence by both teams.

"They shut down our big guys inside, and we couldn't get it going for the outside," Peden said. "All of the teams we haven't scored against have played good defence."

Dean Marks was a

one-man show Friday, notching 18 of his team's points.

"I've been happy all year with our defence," Peden said. "We try to keep our opponents under 50 points, and if we can do that we think we can score more than 50

points. If we can't then we shouldn't win."

Even if Georgetown does win its last two games, Peden said there is a real possibility the Rebels could miss the playoffs.

"Being 6-6 might not be good enough. This is a

good league.

"I'd be disappointed if we didn't make the playoffs."

You are always disappointed if you don't make it, especially when you know you can. This team does have a lot of potential," he said.

**Sunny Acres leading series**

Georgetown's Sunny Acres Farms major midgets hold the edge over Brampton after two games in their Ontario Minor Hockey Association (OMHA) playoff action by virtue of an 8-3 win and a 2-2 tie.

At home for the first contest, the two teams battled to a scoreless first period. But home ice advantage began to show as Georgetown took a 4-1 lead after the second. Dave Bertrand opened the scoring with assists going to Brian

Arthur. Brampton tied the score up but Chris Marling then netted two goals with Rich Clivitti and Bertrand assisting both times. Mike Teetzel scored the fourth goal unassisted.

**Roxy atoms shut out opponents**

Roxy minor atoms recorded their second shut-out in a row this week as goaltenders Trevor Knight and Andrew Ashenurst shared netminding chores in the team's 2-0 win over Orangeville. Earlier Knight shutout

Marling had two more goals in the third period as Arthur and Bertrand had the others. Teetzel had two assists while singles went to Clivitti, Brian Doherty and Heath Lohurst.

**Chinguacousy 6-0 in Tri-County play**

Steve Boyle scored the first goal for the winners on a break-away after receiving feeds from Mike Wilkinson and Jeremy Hamp. Steve Molykuty scored the insur-

ance lally late in the period as Todd Fuller and Dave Rivard drew assists.

**Once again the defence of Ryan Pirle, Hamp and Rivard turned in a strong effort as they broke up many Orangeville scoring drives.**

**Spear, Evans pace ReMax hockey win**

Dick Spear and Rob Evans both had three goals and one assist to pace Acton ReMax over Nick Martina Motors 9-2 in Georgetown Non-Contact Hockey League action Sunday at the Alcott Arena.

Scott Malcolm had a goal and four assists for the winners while Todd McIntyre had a goal and three assists. Doug Anderson had the other goal. Tim Fleming had both

goals for the Nick Martina team.

In other games O'Tooles dumped Halton Hills Rad 7-1 and Exchange House nipped North Star Cleaners 3-2. Gary Walsh led the O'Tooles attack with three goals while Brian Beaumont had two goals and three assists. Paul Martin had two goals and an assist. Gerry Milne had the goal for the Rad team.

Kevin Phillips had three goals, including the winner with 32 seconds left to play to pace Exchange House over North Star Cleaners.

Tony Sheppard and Terry Winters had the goals for the North Star team. Next week Acton ReMax takes on North Star Cleaners, Exchange House plays Halton Hills Rad and Nick Martina Motors will play O'Tooles. All games are at the Alcott Arena Sunday.

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