

On the run

Georgetown Rebel junior football player Brad Cuthbert attempts to outrun a defender from St. Thomas Aquinas during their game at GDHS field on Wednesday. The Rebels got good field position after this play, but weren't able to get to the Raider's end zone as often as they had hoped, losing the game 23-8. (Herald photo)



Focus on Fitness

by Laurie Burns Exercise Physiologist

WATER IS YOUR BODY'S LUBRICANT

As a lubricant, water helps keep your joints fluid and muscles flexible. This is an important consideration for both serious and casual athletes, who can lose as much as a gallon in a hard hour of exercise

Most of the energy you release during exercise is heat. As your body heats up, millions of sweat glands release perspiration onto the skin to cool it. You also lose a lot of water when you breathe rapidly. It is therefore critical for athletes of all levels to prevent dehydration by drinking water.

HOW MUCH WATER IS ENOUGH?

Theories vary, but a good rule of thumb is to ingest about to an ounce of water for every pound you weigh tif you are relatively inactive) and 2/3 of an ounce if you are more athletically inclined. This adds up to about 8 to 10 eight ounce glasses a day for a 130 lb adult.

Adults weighing 170 lbs. should consume between 10 to 12 eight ounce glasses daily, depending upon activity level. Whatever your weight, however, many doctors recommend a minimum of 8 glasses of water every day.

Of course, all of us consume fair amounts of water-based liquids and foods during the day. What we don't realize, though, is that many of these water substitutes - soft drinks, sodas, coffee, beer and even some fruit juices - usually carry with them other chemicals which nullify much of their benefit.

Sodium, sugar, caffeine, saccharine and alcohol are ingredients commonly found in these beverages, each of which can significant. ly affect your metabolism. Caffiene is a diuretic for example, and alcohol dehydrates the body as well. This is why water substitutes like beer and sugared or diet sodas tend to bloat us before they really quench our thirs! and fully replace needed moisture

In addition, your own internal thirst mechanism can be deceptive It usually signals you when you're well past normal dehydration, then turns off before you're fully hydrated again

WATER: YOUR BODY'S MOST EFFICIENT THIRST QUENCHER

Water is assimilated by your stomach faster than any other fluid. making it your body's most efficient coolant as well as its most so slying thirst quencher. Interestingly, your body absorbs cold water even faster than hot a

On the other hand, beverages such as the majority of carbonated or drinks and so-called "sport" drinks contain sugar (glucose 'this and sucrose's sodium and other dissolved solids which can "bally increase your body's need for water. So when it comes to non-roung a thirst and maintaining a healthful diet, there is simply cosubstitute for water

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Peewees ready for action

Coach Brian Markham has been spending time, working with the Minor Peewee team to get them ready for this year's tough season as it is the first year of contact.

With only nine skaters and two goalies, the boys have a tough job ahead of them, but are determined to do their best.

The goalies for this year are Geoff Beauparlant and JC (John Moon). Geoff is a veteran with this team and if he has a season like last year he'll be tough to beat. J.C. is a new member to the team and from practises he shows he'll fit just fine and be a strong addition to the team.

Centre Gary McNiven, Chris Goodhew and Steve Markham are back again this year, hoping to turn the scoreboard for Georgetown. With Gary's excellent stickhandling ability and Steve's passing and Chris' action in front of the net, the three of them could round out to be a good scoring line.

Defencemen Chris Corney, Ken Armstrong and Andy Kerslake have all shown in practices they do. not intend to be easy pushovers at the blueline. These boys are ready for contact.

Left winger Rob Pilgrim, also a veteran, has been showing some nice moves in practices. His patented reached comes in handy. New members Mike Wilinga and Darrin Martin are working hard through each practice and the coaches are sure with a little ice time and experience under their belts, these boys will be an asset to the team. They have shown lots of hustle and determination.

The team welcomes all new and past members to the group. This is the year for fun and learning. The coaches must give these boys both credit and support, because if they didn't love hockey, they certainly would not be taking on such a tough task.

Rebels (cont'd)

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against Nelson here at the school. The seniors play Nelson as well, but are playing on their field.

The junior and senior basketball teams remain consistent. with the juniors beating Pearson 43-30 at GDHS, while the seniors handled the older Pearson team, defeating them 51-22.

The senior football team fared a little better than their junior counterparts earlier in the week, tying the T.A. Blakelock Tabbies 19-19 in a strong comeback effort.

The Rebels had trailed 19-0 at the half, but controlled most of the remainder of the game to manage the tie. The senior squad was scheduled to meet Aldershot on their home field at 3:30 p.m. yesterday, before playing Milton later this month.

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Cathy, 12, of Georgetown, has been a carrier for the Halton Hills Herald for just over a year. She delivers 100 papers for the Heraldevery Wednesday and Saturday. Cathy is saving her money to buy clothes in Texas at Christmas.

Cathy is entering Grade 8 at Centennial Middle School. She enjoys soccer and windsurfing.

Future aspirations for Cathy lie in the field of veterinary medicine.

For her efforts, Cathy will receive a large pizza courtesy of Pizza Hut in Georgetown.





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