

Focus on Firness

by Laurie Burns Exercise **Physiologist**

Eliminating sugar

Take sugar off your grocery list, brown sugar too. We consume about 130 pounds of sugar per person per year. This is more than a third of a pound daily for every woman, man and child.

Besides being devoid of nutrients, sugar is a full-time promoter of tooth decay, obesity, heart disease and diabetes. Sugar is often listed on labels as corn syrup, dextrose, maltose, glucose and invert sugar. Stay away from it!

Alcohol is also extremely high in sugar. If you have problems such as high blood pressure, diabetes or heart disease, you shouldn't drink any alcohol. If you are healthy, limit yourself to a glass or wine or two beers a day.

If you need a sweetener, use uncooked honey, which besides containing copper, iron, calcium and potassium - in addition to other important minerals - and all nine essential amino acids, is a mild laxative and sedative as well. Pure maple syrup, apple juice, true fructose and date sugar are other healthful replacements for sugar.

There are times of day (usually the afternoon) when our blood-sugar level drops and we feel a need for a quick sugar-hit for energy. Protect yourself against the sugar urge by carrying an apple or other piece of fresh fruit. Raisins, sunflower seeds, raw almonds and carob drops will also do the trick. But stick with fruit if you are trying to lose weight.

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Georgetown Baseball Association



REGISTRATION **HOUSE LEAGUES**

PEE WEE Ages 12, 13 T-BALL Ages 5, 6, 7 BANTAM Ages 14, 15 SQUIRT, Ages 8, 9 MIDGET Ages 16, 17 TYKE..... Ages 10, 11

House League T-BALL players must be at least 5 years of age by August 31, 1991. All other house league ages are as of December 31, 1991.

REP TEAMS

PEE WEE T-BALL MIDGET TYKE BANTAM & JUVENILE

* * *

REGISTER AT THE HIGH SCHOOL CAFETERIA

Thurs., Mar. 21 — 7:00-9:00 p.m. Wed., Mar. 27 — 7:00-9:00 p.m. Sat., April 6 -- 10 a.m.-4:00 p.m.



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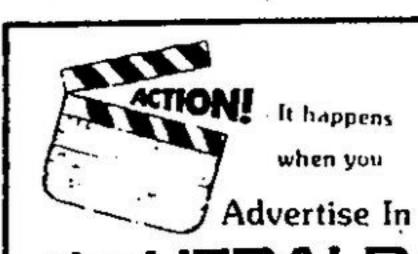
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1:00-2:50 p.m. at Alcott Arena.

playoffs - 10:30 a.m. to 10:00 p.m.

3:00-4:30 p.m. at Acton Arena.

5:00-6:00 p.m. at Acton Indoor Pool.

4:00-5:00 p.m. Adult* 5:00-6:00 p.m.

5:00-6:00 p.m.

*Saunas Open.

p.m. Adult 5:00-6:00 p.m.

p.m. Adult 5:00-6:00 p.m.

p.m.

p.m.

SPORTS TEAMS! 853-3641

FRIDAY

Curling

Skating

Bowling

close. Limited lanes available, so call for reserva-

Hockey

Arena. Acton at Nepean, 8:00 a.m., Glouchester at

West Ferris, 9:15 a.m. Divisional semi-final

SATURDAY

Bowling

close. Limited lanes available, so call for reserva-

Skating

Swimming

RECREATIONAL SWIMMING SCHEDULE

Pre-Spring - March 11 to April 7

ACTON INDOOR POOL

Saturday - Public 2:00-4:00 p.m. Family*

Sunday - *Disabled 11:00-12:30 p.m. Public

Monday - Public 7:00-8:00 p.m. Adult 8:00-9:00

GEORGETOWN INDOOR POOL

Saturday - Public 2:00-4:00 p.m. Family 4:00-5:00

Sunday - Public 2:00-4:00 p.m. Family 4:00-5:00

Monday - Public 7:00-8:00 p.m. Adult 8:00-9:00

2:00-4:00 p.m. Family 4:00-5:00 p.m.

Public 2:00-4:00 p.m. Family 4:00-5:00 p.m. Adult

Public 1:00-2:20 p.m. at Alcott Arena. Public

Open bowling at Georgetown Bowl, noon until

Georgetown Bantam Tournament at Alcott

Open bowling at Georgetown Bowl, noon until

Mixed curling 7:00 and 9:00 p.m. at North Halton

Noon skate 12:00-12:50 p.m. Parent and tot at

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and 4:00 p.m. Grand Championship Final - 8:00 p.m. SUNDAY

Hockey

Georgetown Bantam Tournament at Alcott

Arena. Divisional Final Playoffs - 8:00 a.m. to 1:30

p.m. Grand Championship Semi-Finals - 2:30 p.m.

Skating

Public 1:00-2:20 p.m. at Alcott Arena. Public 2:30-4:00 p.m. at Acton Arena.

Swimming

Public 2:00-4:00 p.m. Family 4:00-5:00 p.m. Adult 5:00-6:00 p.m. at Georgetown Indoor Pool. Curling

Sinners League, 10:30 a.m. Junior curling 1:00 p.m. at North Halton Golf and Country Club.

MONDAY

Curling Men's Curling - 7:00 p.m. at North Halton Golf and Country Club.

TUESDAY

Bowling

Open bowling at Georgetown Bowl, noon until close, limited lanes available, so call for reservations.

WEDNESDAY

Curling Ladies curling, 7:00 p.m. at North Halton Golf and Country Club.

(to March 24)

Saturday - Public 3:00-4:30 p.m. Sunday - Public 2:30-4:00 p.m.

GORDON ALCOTT ARENA (to March 31)

Sunday - Public 1:00-2:20 p.m.

GEORGETOWN MEMORIAL ARENA

Sunday - Public 2:30-3:50 p.m.

For more information call: Acton Arena -853-0020. Gordon Alcott Arena -877-8488. Georgetown Memorial Arena - 877-9612.

RECREATIONAL SKATING SCHEDULE **ACTON ARENA**

Saturday - Public 1:00-2:20 p.m.

Tuesday - Parent and Tot 10:00-11:50 a.m. Noon skate 12:00-12:50 p.m.

(to March 31)

Wednesday - Adult 8:00-9:20 p.m.

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