



Focus on Fitness
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.

GEORGETOWN 30 PLUS NON-CONTACT HOCKEY LEAGUE

TEAM	GP	W	L	T	Pts.
Royal Pizza	4	4	0	0	8
J.T. Young	4	3	0	1	7
Discount Car Rental	4	3	1	0	6
Colonial Tree	4	2	1	1	5
Neanderthals	4	2	2	0	4
O'Tooles	4	1	3	0	2
Derbys	4	0	4	0	0
Barriger's	4	0	4	0	0

SCORING LEADERS

NAME	G	A	Pts.
Brian Stapleton, Disc.	10	6	16
Doug Thompson, Roy. Piz.	10	6	16
Scott Lindsay, Nean.	7	6	13
Charles Knoepfl, Roy. Piz.	5	8	13
Chris Milne, Roy. Piz.	5	8	13
Tim Gunn, Disc.	3	9	12
John Vieira, Roy. Piz.	2	9	11
Paul Murphy, Col. Tree	3	7	10
Steve Christopher, Nean.	2	8	10
Ron Lefebvre, O'Tooles	7	2	9

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Georgetown Baseball Association

REGISTRATION HOUSE LEAGUES

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


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

T-BALL PEE WEE 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.



COMMUNITY SPORTS CALENDAR

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the HERALD

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48 Guelph St. Georgetown 877-2201

FRIDAY

Curling
Mixed curling 7:00 and 9:00 p.m. at North Halton Golf and Country Club.

Skating
Noon skate 12:00-12:50 p.m. Parent and tot at 1:00-2:50 p.m. at Alcott Arena.

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

Hockey
Georgetown Bantam Tournament at Alcott Arena. Acton at Nepean, 8:00 a.m., Gloucester at West Ferris, 9:15 a.m. Divisional semi-final playoffs - 10:30 a.m. to 10:00 p.m.

SUNDAY

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.

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SATURDAY

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

Skating
Public 1:00-2:20 p.m. at Alcott Arena. Public 3:00-4:30 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 Acton Indoor Pool.

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.

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RECREATIONAL SWIMMING SCHEDULE
Pre-Spring - March 11 to April 7
ACTON INDOOR POOL

Saturday - Public 2:00-4:00 p.m. Family* 4:00-5:00 p.m. Adult* 5:00-6:00 p.m.
Sunday - *Disabled 11:00-12:30 p.m. Public 2:00-4:00 p.m. Family* 4:00-5:00 p.m. Adult* 5:00-6:00 p.m.
Monday - Public 7:00-8:00 p.m. Adult* 8:00-9:00 p.m.
*Saunas Open.

WEDNESDAY

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

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GEORGETOWN INDOOR POOL

Saturday - Public 2:00-4:00 p.m. Family 4:00-5:00 p.m. Adult 5:00-6:00 p.m.
Sunday - Public 2:00-4:00 p.m. Family 4:00-5:00 p.m. Adult 5:00-6:00 p.m.
Monday - Public 7:00-8:00 p.m. Adult 8:00-9:00 p.m.

RECREATIONAL SKATING SCHEDULE
ACTON ARENA (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)
Saturday - Public 1:00-2:20 p.m.
Sunday - 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.

GEORGETOWN MEMORIAL ARENA (to March 31)
Sunday - Public 2:30-3:50 p.m.
Wednesday - Adult 8:00-9:20 p.m.
For more information call: Acton Arena - 853-0020, Gordon Alcott Arena - 877-8488, Georgetown Memorial Arena - 877-9612.

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