

Athletes of the Week

With the 1991-92 school year well underway, the Herald will, as in the past, recognize student athletes who have demonstrated dedication and leadership to their individual sport. Two athletes will be recognized from both Georgetown and Acton High School.



Georgetown District High School

John Jickling, 18, an O.A.C. student, has been a member of the boy's senior volleyball team for three years.

During the team's first tournament, held Sep. 14 at GDHS, John was voted a tournament all-star after the team finished first.

He also enjoys playing volleyball outside of school. John plans to study engineering at university after high school.

Margaret Tse, 18, an O.A.C. student, has played for the senior girl's field hockey team for three years.

During the team's first two tournaments, held Sep. 13 and 14, Margaret played outstanding defense, helping her team to a second place finish.

She also plays tennis and plans on attending university to study political science.



Acton High School

Brad Thorpe, an O.A.C. student, has been on the senior boy's volleyball team for two years.

During the senior boy's volleyball tournament held at Georgetown District High School Sept. 14, Brad was named a tournament all-star. His team missed the playoffs.

He also enjoys playing lacrosse and hopes to attend university after.

Deanna Louth, 17, a grade 12 student, has been a member of the senior girl's basketball team for two years.

Deanna had an outstanding game, with 9 points, against Milton District High School last Wednesday. However, her team was beaten.

Deanna explains she's big on other sports as well, especially volleyball and baseball. She plans on becoming a physical education teacher.

Darts competition in gear

Region of Halton Dart League

The results for Sept. 16 are: Dave Rutherford shot a 146, Stan Rhynold, Glen Hillier, Ed Paterson, Derek Hendley, Mike Pepper, Al McFarlane, Keith Radcliff all shot a 140. Ashley Windsor, Paul Kirby and Dave Scutt shot two 140's. 180's were shot by Pete Puckering and Russ Hillier.

High finishes are Mike Sinaeve with a 115, Jim Fisher 102 and Ken Gritten with a 100.

We would like to also mention that on October 11th to 13th there is a 3rd annual dart tournament at the Skyline Hotel. Please contact Ian McDonald for further information for anyone interested.

TEAMSTANDINGS

(as of September 19/91)

| Team | GP | PW | PL | DP | TP |
|-------------------|----|----|----|----|----|
| Legion 1 | 28 | 23 | 5 | 0 | 23 |
| Hollywood 2 | 28 | 21 | 7 | 0 | 21 |
| O'Tooles 2 | 27 | 21 | 6 | 0 | 21 |
| O'Tooles 3 | 28 | 20 | 8 | 0 | 20 |
| Timeout Roadhouse | 28 | 20 | 8 | 0 | 20 |
| Copper Kettle 1 | 28 | 18 | 10 | 0 | 18 |
| George-Dragon 1 | 28 | 14 | 14 | 0 | 14 |
| O'Tooles 1 | 14 | 12 | 2 | 0 | 12 |
| O'Tooles 4 | 28 | 10 | 18 | 0 | 10 |
| Hollywood 3 | 28 | 8 | 20 | 0 | 8 |
| Legion 2 | 28 | 8 | 20 | 0 | 8 |
| George-Dragon 2 | 14 | 7 | 7 | 0 | 7 |
| Hollywood 1 | 28 | 6 | 22 | 0 | 6 |
| Copper Kettle 2 | 28 | 4 | 24 | 0 | 4 |
| George-Dragon 3 | 27 | 3 | 24 | 0 | 3 |

GP - games played. PW - points won. PL - points lost. DP - default points. TP - total points.

Focus on Fitness
by Laurie Burns
Exercise Physiologist

Breakfast importance

Many factors in our lives affect our health. Unfortunately, we cannot change some of them - age, sex or hereditary make-up. We do have control of some other factors: our physical activity level and our eating habits. We continuously make decisions daily that affect our health.

Consider the breakfast meal, you consciously or unconsciously make decisions regarding what you will eat based on habit. For example:

You sleep in late for the fourth time this week and realize that you have little or no time for breakfast so you decide to just have a cup of coffee to get you going. The cup of coffee you drank early in the morning does not last very long in your system and by midmorning you are beginning to feel rundown so you decide to run out to the coffee truck on your morning break and in a rush you grab yourself a honey bun and another coffee as the day continues you drink coffee as soon as you begin to feel sluggish. Sound familiar.

Most of us treat our cars better than we treat our own bodies. We do not expect our car to run without gas and yet, we expect our bodies to run without fuel. Our body uses energy during the night to keep the heart pumping, lungs breathing, etc. so that by morning our body needs to be refuelled. Breakfast means the fast that our system has undergone while we were asleep. Studies have shown that both children and adults are more alert and perform better in work and play if they eat their breakfast.

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