

Georgetown Minor Hockey will run amateur program

The folk at the Georgetown Minor Hockey Association are doing something to put more fun in the game. This year they are running the highly successful Canadian Amateur Association Initiation Program.

The program is designed for younger players who are new to the sport or could benefit from skills instruction.

The Initiation program gives 5 to 11 year olds some special individual attention in a series of

clinics.

League spokesperson Bill Blight says that the GMHA hopes this help will keep them in hockey longer.

"It's simply a case of improving the skill levels of these players who might be having a rough time with the game. When they improve, they enjoy the game more, and stay in hockey longer."

The clinics run one hour a week on Thursday evenings at

Memorial Arena.

Blight says that the program has been running for several years in other centres, one of them being Mississauga, with excellent results.

It is estimated that close to 100 players will take advantage of the 10-week sessions. Cost of the clinic is \$10.

For more information on the program, call 877-8379.

Four local riders qualify for provincial championships

Four local, young riders have qualified for the Provincial Trillium Circuit Championships: Laura-McGuire (Brampton) - Pony and Equitation Divisions; Alexander Pizele (Caledon) - Children's Division; Tina Royce (Glen Williams) - Pony and Equitation Divisions; Sarah

Stewart (Terra Cotta) - Equitation Division.

To qualify for the championships, the riders competed in 9 shows held during the summer in the Central West Trillium District. The top 7 riders from each division represent their district at the championships.

The Championships are being held on Thanksgiving weekend at the Coliseum (Exhibition grounds) in Toronto.

All four riders are coached by Lisa Newell of Stoney Brook Stables located just west of Georgetown on Chinguacousy Road north of Mayfield Road.

HALTON RECREATION NEWS

YOUTH ACTIVITY NIGHT

If you are in Grades 6, 7 or 8 we have an evening just for you. The Town of Halton Hills is offering a Youth Activity Night every Wednesday night at Ecole Sacre Coeur from 7-9 p.m. starting October 2. Volleyball, basketball, floor hockey and movie nights are planned. The cost is \$3.00 per night or \$20.00 for all 10 weeks of fun. For more information please contact the Recreation Department at 873-2600, ext. 268.

BAMBI BY

EREWHON THEATRE

Don't miss this chance to see the endearing story of "Bambi - A Life In The Woods" portrayed in realistic, life-size puppet form by Erewhon Theatre. Public sale of remaining seats to commence Oct. 8th, 1991. Lots of seats still available for the Tues., Oct. 15th, 1:30 p.m. performance, \$2.50/person. Call the Recreation Department at 873-2600, ext. 268 for more information.

CHRISTMAS CRAFTS

FOR KIDS

Save some money this Christmas by making a unique gift to give to that very special person. In 4 short weeks you will be able to create a gift that will make your family and friends say, "Wow, you did this for me? It's wonderful." Call the Recreation Department for more information at 873-2600, ext. 268.

Athletes of the week

ACTON HIGH SCHOOL



BILL ANDREW, a senior boy's volleyball player, was chosen for his outstanding performance recently as well as helping new players on the team. KELLY AMBROSE, captain of the senior girl's basketball team, scored 21 points in last Wednesday's game against E.C. Drury.

GEORGETOWN DISTRICT HIGH SCHOOL



PAUL INGRAM, quarterback for the junior football team, played an outstanding game in the team's first victory of the season against Lord Elgin. JEAN SYMMES, who plays centre on the junior girl's field hockey team, helped her team to a 2nd place finish in a recent tournament.



Focus on Fitness
by Laurie Burns
Exercise Physiologist

Say: "I saw it in The Herald"

Salt was once rare and as highly valued as money. Today, it is hard to imagine food without it. It is the sodium component of sodium chloride (table salt) which causes concern.

Sodium is essential to certain body functions, like maintaining blood pressure, transmitting nerve pulses and controlling fluid levels. The kidneys are responsible for keeping normal levels of sodium in body fluids. When there is too much sodium in the body, the kidneys excrete it, and they pump sodium back into the blood when the body needs it.

Research has linked high salt consumption to hypertension (high blood pressure), a risk factor in heart disease, stroke and kidney disease.

In hypertensive people, the kidneys cannot get rid of enough sodium, and the retention of sodium causes extra water and a higher blood volume. The higher blood volume puts more pressure on the narrow blood vessels and on the heart, which then has more blood to pump through the body.

The average Canadian consumes (10-20 g) 2-4 tsp. of salt a day, more than double the amount required. Your daily intake of salt comes from three sources.

1. Sodium is found naturally in a variety of foods, including the water you drink and some drugs. Usually, these amounts are not excessive, but they are sufficient to meet your daily requirements.
2. One quarter to one third of our sodium intake comes from salt or sodium manufacturers add to foods to preserve them, enhance flavour, control moisture levels and give texture. Example: sodium is added to vegetables during canning. A serving of fresh peas has only 2 mg of sodium, while the equivalent serving of canned peas contains 236 mg.
3. About one quarter to one half of our sodium intake comes from the salt we add during cooking and before eating. Here is where you have the most control, and you should try to "hold the salt".

Watch out for the following on food labels: salt, brine, monosodium glutamate, sodium benzoate, etc. among the ingredients. Fast foods are usually high in sodium as well.

Bridge results

Georgetown Duplicate Bridge Club results from Monday afternoon at the Georgetown Legion were as follows:

Number one winners: Mike Lorusso and Jake Timpson
Number two winners: George Seargent and Cora Fairbridge
Number three winners: Harry Arbic and Earl Ryder
The Georgetown Duplicate Bridge Club will not meet Thanksgiving Monday.

WORK THAT BODY'S FITNESS FAIR

(For The Family)

WHEN: OCTOBER 19, 1991
TIME: 9:00 A.M. - 4:00 P.M.
LOCATION: WORK THAT BODY
232 Guelph St., Georgetown
877-0771

COST: FREE

Come out and see various demonstrations, visit booths of community businesses who are involved in improving your health and promote active living.

ACTIVITIES

- Games (Bob for Apples, Chicken In The Pot)
- Fashion Show (Active Wear & Aerobic Shoes Available at Discount)
- Karate Demonstrations
- Skincare Demos
- Massage Demos
- Draw Table
- Jump Rope for Heart Demo
- Fortune Telling
- Aerobic Demos
- Cholesterol Testing
- Blood Pressure Testing

COME JOIN US!

BALLOT

YOU CAN WIN!
1 YEAR MEMBERSHIP
Drop off this Ballot on October 19.

NAME:
ADDRESS:
PHONE NO.: