

## Acton Figure Skating

The Acton Figure Skating Club was well represented at the Peel-Halton Region Interclub held in Mississauga on Feb. 2. Acton placed third overall out of eight different clubs. Amongst the medalists were:

Gold Medal: Bronwyn Marshall - Pre-Juvenile Ladies; Stasha Vencek - Intermediate Ladies; Bronwyn Marshall and Jon Routledge - Jr. Bronze Mixed Dance; Debbie and James Mashinter - Pre-Preliminary Mixed Dance.

Silver Medal: Sam Brunelle - Pre-Preliminary Men; Cara McGilloway - Preliminary Ladies; Jon Routledge - Pre-Juvenile Men; Krista Petty - Pre-Novice Ladies; Kara Leatherland - Bronze Artistic.

Bronze Medal: Caitlin Dick - Canfigure Ladies; Jennifer Roberts and Connie Storey - Jr. Bronze Similar Dance.

The four gold medalists plus Krista Petty will be representing the Acton at the Central Ontario Championships later this month in Hanover.

## Indoor soccer

Indoor soccer for girls under 12 started on February 1st at G.D.H.S. in gym 3. This age group is the pilot test for future indoor soccer by the Georgetown Soccer Club. Many parents and spectators came out to watch two exciting exhibition games on Feb. 1st.

The Purple People Eaters coached by Colin Royce won their first game 1-0 with a goal by Kim Moore over the Red Devils coached by Roger Roy.

The Blue team coached by Mark Coates won their game 3-1 with goals by Rebecca Leferink and two by Crystal O'Reilly over the Gold team coached by Lindsay Baines with their goal scored by Katie Morris.

February 8th saw the Purple People Eaters win 2-1 with both goals by Jenn Royce over the Gold team with Branwen Williams as the striker. The Blue team won their game 6-0 over the Red Devils with a goal by Rebecca Leferink, three goals by Charlene Roche and two goals by Stephanie Lefebvre.



Soccer skills

Local soccer coach Steve Robbins demonstrates a throw in pass to youth Louis Archambault during the second week of special soccer clinics for Georgetown youngsters held Sundays at GDHS. (Herald Photo)

## Georgetown Sunny Acre Midgets eliminated early in playoffs

The Georgetown Sunny Acres Midgets made a hasty exit from the OMHL playoffs this year, dropping a pair of games by scores of 8-7 and 6-4 to the Orangeville Midgets.

In Georgetown the visitors scored on their first shot on net, 30 seconds into the game. Mark David and Chris Barrow erased that effort, putting Sunny Acres ahead 2-1 late in the first period. Justin Wees and Ryan Pirie assisted on David's marker while David provided the only assist on Barrow's goal.

The lead was short-lived, however, as Orangeville proceeded to pump in the next four goals in the span of less than six minutes. Georgetown crawled back to within one on the strength of goals by Ryan Ward and Greg Dobbin. Mark David again assisted on Ward's goal, while Dobbin's was an unassisted effort.

The teams traded goals over the next five minutes. Georgetown's Tim Presswood tallying from Ward and Dustin Thompson but the Sunny Acre



crew found themselves trailing 8-5 late in the third. The locals made things interesting when Mark David scored his second of the night from Pirie and then added his third assist of the contest on Tim Presswood's second goal.

The game ended with Georgetown pulling their goaltender and pressing hard but they were unable to come up with the tying goal.

In Orangeville the next evening the Sunny Acre group knew they


were going to have to play better defensive hockey to defeat at the home side.

The game started out well as the first period was scoreless, featuring hard checking and end to end rushes. In the second period Georgetown let down their guard for a moment and Orangeville popped in three goals in a minute and a half.

Georgetown showed great character as they once again mounted a comeback on goals by Paul Kalbarski from Ryan Pirie and Greg Dawson's effort from Ryan Pirie and Tim Presswood.

Trailing 5-2 early in the third, the Sunny Acre squad rallied yet again to make a one goal game on goals by Presswood from Kalbarski and Brent Couling and Ryan Pirie on an unassisted effort.

Although Georgetown pressed hard late in the third period, a late Orangeville goal put the game out of reach and the Sunny Acre Midgets out of the provincial play downs. The team must now wait until the league championships which begin in late February.



*Focus on Fitness*  
by Laurie Burns  
Exercise Physiologist

## Cut down on fat

Everything you read these days about nutrition usually tells you to reduce the amount of fat you consume in your diet. Do you know how to reduce it and do you know how much fat you should intake daily?

Daily recommended fat intake for men age 25-49 - 90 grams of fat.

Daily recommended fat intake for women age 25-49 - 60-65 grams of fat.

Fat in our diets is necessary in small quantities, but when it is consumed in large amounts it can contribute to many illnesses. High fat diets are contributing to obesity, early heart disease and possibly some types of cancer.

Fact

Based on 1990 Nutrition Recommendations for Canadians, it advises us to get no more than 30 per cent of our daily calories from fat. It is recommended that:

An average man between 25-49 needs 2700 calories daily and a female 25-49 needs 1900 calories daily.

By taking 30 per cent of this number and dividing it by nine (each gram of fat equals nine calories) you can estimate roughly the amount of fat in grams, that you need to consume to have a healthy diet.

Tips for Cutting Back on Fat:

1. Read Labels.
2. Purchase more fresh fruits and vegetables.
3. Watch your food toppings; salad dressings.
4. Buy leaner meats and low fat dairy products.
5. Choose lower fat crunchies like popcorn, pretzels etc. (watch out what you put on top).

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 **GEORGETOWN SOCCER CLUB**  
**SPRING GENERAL MEETING**

**WED., FEB. 19, 1992**  
**7:30 p.m.**  
**at ALCOTT ARENA**

- Presentation of 1992 Budget for approval
- 1992 Season plans
- Suggestions from the public welcome

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