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Burlington Cougars draw first blood as Raiders enter post-season play

By Colin Gibson

A weary Georgetown Chrysler Raiders crew trudged to Burlington Monday night for the first game in the best-of-five Central Ontario Jr. A West Division playoff set with the hometown Cougars only to be summarily dismissed by a 7-1 count.

The Monday night contest was the Raiders fourth game in five nights, a factor Raiders president Finn Poulstrup attributed to the loss.

"The guys appeared nervous,"

said Poulstrup, "and seemed to lack concentration. No doubt, four games in five nights had a lot to do with the final score. I'm sure things will be a lot different when we get them on our home ice Thursday."

Burlington jumped out to an early 2-0 first period lead, extended the margin to 5-1 after two periods, then coasted to the 7-1 triumph.

Dave Milek scored the lone Raider marker in the second period with assists going to Randy Bond and Ante Galic.

Jason Sirota, who went the route

in the Georgetown nets, made 25 saves.

The second game in the best-of-five opening round playoff series goes Thursday (tomorrow) at Gordon Alcott Memorial Arena, with a 7:30 p.m. starting time.

Game three is slated back in Burlington Friday night, while game four, if necessary, will be played Saturday, 7:30 p.m. at Gordon Alcott Memorial Arena.

Should a fifth game be necessary, it would be played in Burlington Monday night.

Raiders limp into playoffs

By Colin Gibson

Georgetown Chrysler Raiders limped into the 1992-93 Central Ontario Jr. A West Division playoffs not with a bang but a whimper.

After scrambling over the past few weeks to secure the seventh - and final - West Division playoff berth, Raiders ended the regular season on a bit of a downer, losing their last three games.

Last Thursday, in a game high-

lighted more by questionable officiating than the hockey efforts of the players, the Raiders dropped a 7-3 decision to Caledon Canadiens in a game played in Bolton.

Before a hometown crowd last Saturday at Gordon Alcott Memorial Arena, Raiders bowed 5-3 to Burlington Cougars and in their last regular season outing Sunday in Mississauga against the Derbys, Raiders wound up a frustrating

three-game set on the losing end of an 8-5 score.

Jamie Szyk saw action between the pipes in the Raiders game against Caledon and made 21 saves.

The game could have gone either way after two frames with the game tied 3-3, but then Caledon turned on the afterburners to score four unanswered goals to post the comfortable win.

Ian Ellis netted a pair of goals for the Raiders, with Brent Ford counting a single.

Trevor Brandt picked up two assists.

At home against Burlington Saturday night, a third period let-down combined with some stellar goaltending by the Cougar's Mark Gowan, allowed the visitors the win.

A three-goal Burlington outburst in the third period -with but one reply from the Raiders- decided the contest.

Gowan turned aside 43 shots, while Jason Sirota in the Georgetown nets made 28 saves.

Trevor Elinesky was the main sharpshooter for the Raiders Saturday night, netting two counters. Ian Ellis rounded out the Raiders scoring, with Jake Mashinter picking up two assists.

The Raiders wrapup of the 1992-93 regular season came on Sunday - again, on a losing note.

Once again Georgetown was in the game through two periods only to falter over the final 20 minutes and suffer the loss.

Mississauga enjoyed a 3-1 first period lead but the Raiders rebounded to narrow the count to 4-3 after two frames.

Derbys outscored the Raiders 4-2 in the third to salt away the win.

Sniper Ian Ellis scored twice for the Raiders, with Jake Mashinter also potting a pair. Randy Bond wrapped up the Raider scoring.

Mark Lunn and Trevor Brandt each collected a pair of helpers.



McGilloway advances

Cara McGilloway will represent Acton Figure Skating Club at the Central Ontario's Section Interclub championships in Scarborough on March 5 to 7. Cara qualified for this following a first place finish in Preliminary Ladies Freeskate at the Interclub competition held in Milton and Erin Mills on February 13 and 14.

Also showing excellent results were: Cora Routledge, eighth in Senior Bronze Ladies Freeskate final; Joy Christopher, sixth and Alison Coe, fifth in Jr. Silver Ladies Freeskate final. In the Jr. Silver Solo Dance category, Cora Routledge was fourth in the final and Candice Timbers took home eighth place. Diane Burt was tenth in Gold Solo Dance finals and Stasha Vancek was fourth and Alison Coe, sixth in the Open Gold Solo Dance category.

In Preliminary Ladies Freeskate Flt. 1, Candice Timbers placed fifth and Jenny May took seventh place in the Senior Bronze Ladies Solo Dance Flt. 2.

Adriann Coe was sixth and Bronwyn Marshall, fifth in the Jr. Bronze Ladies Freeskate. Marshall was also eighth in Sr. Silver Ladies Solo Dance.

Debbie Mashinter and Krista Petty competed in the Senior Bronze Ladies Solo Dance and Senior Ladies Solo Dance, respectively.

Registration is now underway for Glen Williams minor ball

The Glen minor ball association held its last euchre for the season on Saturday night. Winners for the past two weeks were M. Zilio, K. Annett, W. Norton, B. Hancock, M. Hives, G. Morton and M. Norton. Thanks to all those who supported euchres for the past seven weeks. First registration was held Saturday afternoon with a good attendance. Next registration Saturday, March 6 from 10:00 a.m. to 1:00 p.m. at St. Alban's hall.

Activity line

Basic calorie facts

By Laurie Burns

The traditional approach to weight reduction centers on the idea that you can count calories and then determine, by weight and age, how many calories to cut to produce a given weight loss. According to this theory, you simply use printed "caloric value tables" to calculate calories of food intake and subtract activity output, arriving at a net daily figure.

However, as weight control professionals now realize, 3500 calories may equal a pound of fat in the chemistry laboratory but in the real day-to-day world of "adaptive metabolism", the equation doesn't hold up. Sedentary, overweight people struggle with a metabolism that works against them, often failing to achieve desired results even when they closely follow traditional weight management rules. Before long, in confusion or frustration, they turn to fad diets, hoping for an answer.

Dr. Dennis Remington, Garth Fisher and Edward Parent in *How to Lower Your Fat Thermostat* say, "If weight loss were merely a reflection of total caloric intake, it would be a simple matter to lose weight by simply missing breakfast and eating normally the rest of the day, then theoretically, this should result in a 30 to 50 pound

loss each year. With more drastic changes in eating patterns, we would expect to see even more dramatic weight changes. But that's not what actually happens.

Two variables determine what you weigh: energy balance, the number of calories you consume each day (energy input) in contrast to the number of calories you burn off (energy output), and body composition, your percentage of body fat compared with lean tissue.

Energy output depends on body composition and basal metabolic rate (BMR). Lean tissue is active tissue, producing and using energy by metabolizing — "burning" — calories. In general, the greater your body percentage of lean tissue, the more energy you automatically expend and the more calories you can usually eat in small meals throughout the day without becoming fatter. (Careful, this is not an open door to eat a lot more food.) The greater your body's percentage of fat, the less energy you expend and the less food you can eat without gaining fat.

For more information about exercise, feel free to contact Laurie Burns at 877-0771.

Laurie Burns is an Exercise Physiologist and operates *Work That Body Fitness Programs Inc.* in Georgetown.

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