

Recreation and Sports

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Midget Eagles enjoying early success

By Mike Zrostek

Even though the baseball season is just underway the Stanley Acme Track Ltd. Midget Eagles have reason to be excited, thanks to a 4-0 start to the season in league play.

Head coach Boy Hoddinott credits the strong pitching rotation of Don McLeod, Jose Mora, Paul Ingram and Grahame Kennedy as the key to the perfect record.

"The pitching has performed great so far, the four of them have all pitched great and hopefully they can keep it up," said Hoddinott.

A source of concern for Hoddinott early in the season was the Eagles defense and so far it haven't cost the Eagles any league games.

Tournament play is something else for the Eagles who have boot-ed the ball around in two tournaments so far, including the most recent in Kincardine where the Eagles went 0-3.

"We just seem to have one bad inning where we make a lot of errors and it costs us the game," said Hoddinott, referring to a game against London where all five London runs were unearned.

The 0-5 record in tournament play fortunately hasn't spilled over into the regular season so far and Hoddinott would like to keep it that way. "We're really working hard in practise on defense and if we can teach the young players not to panic when an error is made and settle down, instead of more being made, it will definitely help," he said.

Another strong point has been the Eagles bats which have amassed 18 runs in the last two league games after going dry in the Kincardine tournament with just seven runs scored in three games.

"Guys like Joe Stephens, Doug Sheppard and Roy Stuckless have been swinging hot bats," said

Hoddinott.

Next action for the Eagles will be Tuesday against Oakville, in Oakville.

Lefebvre paces Green Machine

The Girls' Under-7 Soccer league had their kick-off games at Cedarvale park last week. The Green Machine sponsored by Leighton Image met with Ramrock Electric and came away with a 2-1 win. Both goals were scored by Susanne Lefebvre. Laura Czerwinski, Amanda Arnold and Adrienne Thompson were also valuable Green Machine players. Katelyn Gingras kept Ramrock in the game with her goal. Niki Harrison and Megan Sproule also played well for Ramrock Electric.

Young's Pharmacy and the Georgetown Lioness' Blueberries battled to a scoreless tie. Shelley Crane and Jaime Velten showed great defensive play for Young's Pharmacy as did the goalie, Brianna Motluk. Elizabeth Gogan and Stephanie Palichuk led the Blueberries in their offensive efforts. Diana Roberts-Long did a great job in goal.

Tillie McDonald nets winner

Cedarvale Park was again buzzing with enthusiastic soccer players in the Under-7 girls league games recently. The Green Machine, sponsored by Leighton Image, landed a 1-0 win over the Georgetown Lioness'.

Tillie McDonald scored the lone goal for the Green Machine. Dianna MacKay, Jessica Garvey and Laura Thompson showed great offensive play. Outstanding play was turned in from Blueberry players Elizabeth Gogan, Claire Latto-Hall and Stephanie English.

Ramrock Electric scored a 2-0 win over Young's Pharmacy with Niki Harrison and Kelly Longworth each scoring while Heathet Curzon turned in a strong performance. Katie Arch, Lisa Sorenson and Heather Foster were valuable players for Young's Pharmacy.

Lawn Bowling for CHAMPS

Once again this year, the Georgetown Lawn Bowling Club will be hosting its Canada Bowls Challenge Tournament, the 7th annual, in what has become a very successful event locally. Area service clubs have been invited to send representatives to bowl as part of a team in a fun day of bowling on June 19.

Funds from the day, and any donations received, are used to assist in the acquisition of specialized sports limbs for children in the (CHAMP Program), which is funded by the War Amps of Canada.

Last year, with the generous support of the participating clubs, as well as area business \$670.00 was raised for this cause.

As well as assisting an extremely worthwhile program, it provides people with a positive introduction to the sport of lawn bowling.

Additional information on this particular charity event or on the sport itself is available at the greens on Edith Street or by contacting any club member or Alice Gray at 877-2814.

Activity Line

Breakfast not just for champions

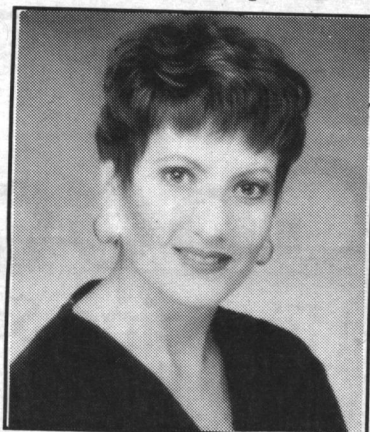
By Laurie Burns

Many people follow a lifestyle that precludes having a nutritious breakfast. If you skip breakfast, grab a medium-sized lunch, and then feast on a huge dinner followed by nonstop snacking, you may cheat yourself nutritionally. You would be better off budgeting your calories more evenly throughout the day — starting with a wholesome breakfast. By fueling your body's engine at the start of your day, you'll not only have more energy but you'll also be much more likely to eat healthful foods.

If you work out first thing in the morning, you want to forgo eating a big breakfast because the food may move around in your stomach and feel heavy and uncomfortable. However, a small pre-breakfast snack, such as a slice of toast, small glass of orange juice and/or a small banana, can enhance your performance by boosting your blood sugar and putting a little carbohydrate into your system. You will most likely have more stamina, endurance and enthusiasm for exercise.

After your workout, you may lack an appetite, feel rushed, and be more concerned about getting to school or work on time than eating breakfast. But if you use the old excuse of "no time", you have overlooked the importance of eating carbohydrates to refuel your muscles. Your muscles are most receptive to replacing depleted glycogen stores within the first two hours after you work out, regardless of whether or not you feel hungry. Remember, just as you choose time to exercise, you can also choose to make time to eat a refueling breakfast.

The post-exercise breakfast solution is simple: plenty of fluids!!! Since you may be more thirsty than hungry, you can simply drink a fluid breakfast. One or two glasses of juice followed by another glass of low-fat milk sets the foundation for a wholesome meal. Liquid breakfasts take no time to prepare and very little time to drink, yet they supply need



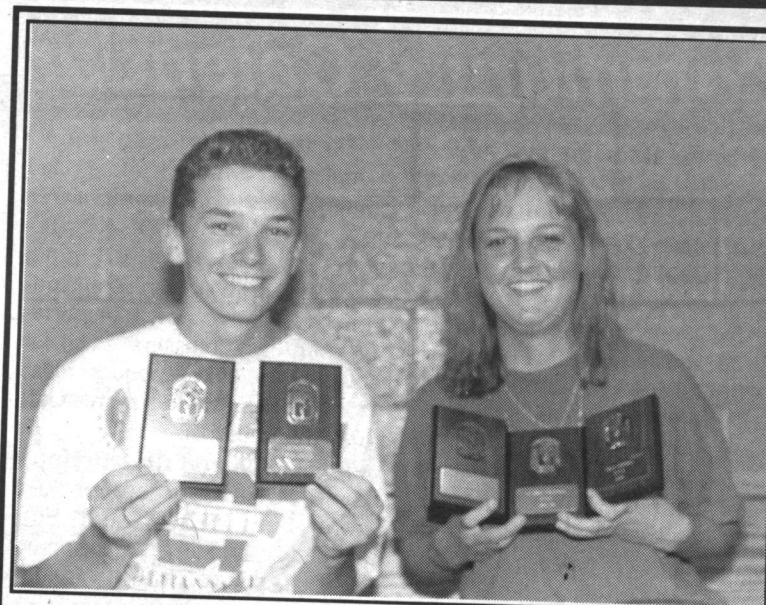
fluid, carbohydrates, protein, vitamins and minerals, and if you choose the right ones — very little fat. (Notice: coffee is not recommended).

Midmorning, when your appetite awakens, plan to eat the rest of your breakfast. Good choices include carbohydrate-rich foods. This midmorning snack will not only abate your hunger but also continue to refuel your muscles.

If you exercise later in the day, you will need a hearty breakfast to fuel your workout. Breakfast and/or a morning snack should provide at least one-third of your day's calories: approximately 600 to 700 calories for active women, most need 1800 to 2100 calories per day; and approximately 800 to 900 calories for active men, most of whom need 2400 to 2700 calories per day.

This recommended 600 to 800 calories could be a bowl of cereal with a banana, juice, and a muffin (watch the sugar and fat content) or even pancakes with maple syrup. This is probably far more than you might ordinarily grab as you rush out the door, but try experimenting with this full-sized meal. You will no longer have the hungries at 10 to 11 a.m. that leave you low on energy and tempted to eat a dozen donuts. You will be more energized for your work outs. Give it a trip, breakfast is not just for champions!!

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



Acton High School held its Athletic Awards barbeque at the school last Wednesday. Devon Ambrose selected as Outstanding Male Athlete of the Year and Deanna Louth was selected Outstanding Female Athlete of the Year. photo by Simon Wilson/HHTW

Acton athletes rewarded

By Ellen Piehl

It was nothing but pure fun last Wednesday afternoon at Acton High School, as the Redmen Athletic Association hosted a picnic which ended with an awards ceremony, recognizing the school's top athletes of the year.

The highlight of the ceremony was the presenting of the Outstanding Male and Female Athlete awards. These awards are awarded to the athletes not only for their excellent athletic ability, but also for their good sportsman-like attitude among their teammates throughout the school year.

This year's male recipient was Devon Ambrose, who participated in volleyball and basketball. He was also named this year's Most Valuable Player for the boys tennis team.

This year's female recipient won two other awards during the ceremony.

Deanna Louth was named the Most Valuable Player for both the senior girls softball and senior girls volleyball teams.

Louth, who also participated in basketball this year says she was very surprised by the number of

awards she received.

"I didn't expect any," she said. Here are a list of the other award winners:

- Swimming: Female - Shari Patenaude, Male - Dan Bonnell
- Badminton: Female - Shelby Dupont, Male - Steve Turkosz
- Midget Boys Basketball - Dave Dolliver and Shawn Hopskins
- Junior Boys Basketball - Adam Reynolds
- Junior Girls Basketball - Jenny Goy
- Senior Girls Basketball - Kelly Ambrose
- Midget Girls Volleyball - Jackie John
- Junior Girls Volleyball - Paula Hardy
- Midget Boys Volleyball - Matt Boycott
- Junior Boys Volleyball - Steve Bottero
- Midget Boys Rugby - Giancarlo Scappin
- Senior Girls Soccer - Janisse Bailey
- Senior Boys Soccer - Matt George
- Girls Tennis - Trish Denny
- Cross Country, Track and Field - Female - Amanda Bonnell, Male - Michael Andrews.

Lady gridders in action

By Leanne Fournier

In ladies flag football action this past Sunday, QES short-circuited Living Lighting by a convincing score of 25-7. CIBC had little trouble handling the new JV Jets 27-0 and Arnies beat M&M Bulldogs (formerly Burns Bullfrogs) 13-11.

QES obviously went to bed early on Saturday night and avoided the Big Chill as they were sharp on both offense and defense. QES got TD's from Shelley Harrison, Michele Robertson, Tammy McLaughlin and #37. Their defense posted three interceptions by unnamed players. Living Lighting

Ladies Flag Football

mustered a touchdown by #66 while Jeanine Larusso and Jennifer Palmer snagged interceptions.

In the second game of the day, CIBC saw a promising JV squad armed with new plays, new players and a coach to pace the sidelines. CIBC's experience outmaneuvered the best intentions of coach and players alike. Colleen Price posted two majors while Lori Hofing and Virginia Walker each had one. Monica Mastalerz was good for three singles on the day.

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Some fish story

Apologies are due to both our intrepid outdoor adventures writer Mike Leuenberger and other avid fishermen who spotted our error in the May 29 issue of Halton Hills This Week.

A picture of Mike appears and he is seen holding what we described as a 25-pound pickerel.

The fish was in fact, a 10-pound pickerel. Our typesetter got carried away with the size of the picture.

Sorry about that Mike. Maybe the next time you wet your line, that 25-pounder will become a reality.