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## 'Wellness' is the word of the '90s

**By Colin Gibson**  
 The saying, "A healthy body, a healthy mind" has been with us for quite some time. Georgetown resident Sandra Cousens is a staunch believer that the saying could just as easily be reversed and carry just as much weight.  
 She is a 'Wellness Consultant', offering a unique course, "Just for me".  
 Basically, the course mates the healthy mind, healthy body concept.  
 A Georgetown resident for 12 years, she and her husband Don, who works for Halton Region, have two children and Sandra is

well-versed in the fitness concept.  
 She teaches Lifestyle and Fitness Education at Sheridan College in Oakville, has been a fitness instructor for 10 years and is, in fact, a registered Fitness Appraiser.  
 Sandra also finds time to play in both the Georgetown Ladies Flag Football League and the Georgetown



Sandra Cousens

Ladies Basketball League.  
 She feels it's time to get realistic about what it takes to feel good about oneself. It's time to make better food choices, get rid of excess weight, firm up, and most important, just enjoy life.  
 "The '80s emphasized exercise, exercise, exercise," she says. "That was great, but that's

not all there is to feeling good. Wellness is the word of the '90s. And it's about time.  
 "The experts have realized there is more to feeling good about yourself than just exercise. That's where wellness comes in. The main question I get asked is what is wellness? Wellness is an overall concept dealing with nutrition exercise, spiritual (meaning your inner self), stress management and a lot more."  
 One of Sandra's wellness philosophies is "You have to get your mind a-thinkin' if you want your hips to start shrinkin'."

Her course is different, she maintains, because, "The program isn't just for people who want to lose weight. It's about learning proper nutrition or how to get motivated to get out there and get fit, maybe even learn something about yourself."  
 "Whatever it is you're after, you have to get your mind thinking first. I'm going to show you how you can do that."

The course is 10 weeks, at the end of which, says Sandra, clients will have learned new ways towards a "lifetime of feeling great."  
 Two sessions have been run since January, with the next session scheduled to get underway the first week of October.  
 A maximum of six people per session gain entry, to keep things on a more personal level. And individual sessions at the client's residence are also available.  
 For more information and registration forms, contact Sandra at 877-2082.



The 1993 Gordon Alcott Tennis Club Ladies "C" team. From top to bottom, left to right; Agnes Lawrence, Mary Hughes, Margot Prior, Gloria Sargent, Muriel Fraser, Maureen Burgoyne, Trudy Roy and Norma Maynard. Inserts (l-r) Marg Macenko and Karin Wilson. photo submitted



Brian Budd, Toronto Maple Leafs superstar Doug Gilmour and Kathy Wade-Vlaar, Publicity Director for Mohawk Raceway in Campbellville, were front and centre for the drawing of post positions last Tuesday at Greenwood for tonight's (Saturday) running of the \$205,000 Molson Export Pacing Series Final, the Canadian Pacing Derby. Smile for Smiley photo

## Ladies "A" finishes first

**By Norma Maynard**  
 The Ladies "A" team ended up in first place.  
 The Ladies "C" team ended up tied for third place but only four points from first and two points from second.  
 The "B" 1 Mixed played Regency and took four points. Mike Hurley and Gord Buchan won 6-3, 6-2. Dean Jackson and Ken Kavanagh lost 3-6, 4-6. Jay Anderson and Vin Mitera lost 4-6, 4-6. In three sets, Carol Beeney and Doug Yool won 6-3, 4-6, 6-4. Ouida Graville and Rene March won in three sets, 6-2, 2-6, 6-4. Kay King and Chris Steen won 6-4, 6-4.  
 The "B" 2 Mixed played

Bramalea and did not fare well. Winning team in three sets, David Harris and Ryan Brain 7-6 (7-5), 2-6, 6-4. Losing teams were John Dallyson and Andy Humenny, Ed Rieger and Gary Lewis, Audrey and Murray Jans, Deb Koster and Bill Ken, Sandy Lewis and Louise Campbell.  
 Next season we will have "B" and "C" Mixed teams.  
 House League windup will be Sept. 8. Last chance for G.A.T.C. adult members to enter Doubles and Mixed tournament Sept. 17, 18 & 19.  
 Get a partner and sign up in the clubhouse or call Norma 877-8918. Deadline is Sept. 13.

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## Inter County Soccer

as of August 23, 1993

**First Division**

	GP	W	L	T	GF	GA	PTS
Meteor	15	12	1	2	31	8	39
Merseyside	14	9	5	0	60	23	27
Meadowvale	14	6	5	3	22	17	24
Mariners	15	5	8	2	22	28	17
Blazers	15	4	7	4	23	47	16
Winchester	14	1	12	1	18	53	7

**Results - July 14, 1993**

Winchester 2 vs. Meadowvale 2 Merseyside 0 vs. Meteor 4  
 Winchester 2 vs. Meadowvale 1 Winchester 0 vs. Mariners 1  
 Meadowvale 5 vs. Blazers 2

**Second Division**

	GP	W	L	T	GF	GA	PTS
Eagles	12	9	1	2	56	16	29
Caledon	12	9	2	1	57	9	28
Falcons	12	9	3	0	25	15	27
United	12	7	5	0	22	26	21
Stingers	12	3	8	1	14	26	10
Milton	12	2	10	0	9	37	6
Ajax	12	1	11	0	13	56	3

**Results**

Falcons 1 vs. Caledon 2 Stingers 0 vs. United 1  
 Falcons 4 vs. Ajax 0