

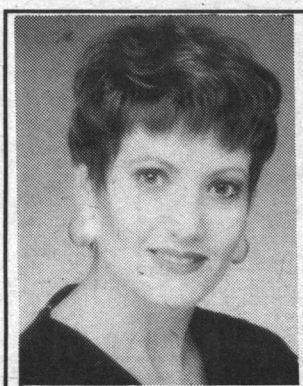
## Activity Line

### Snack Attack

By Laurie Burns  
Exercise Physiologist

To snack or not to snack, that is the question. Does snacking make you fat? No, snacks are not inherently bad for us. Approximately 50 per cent of all fresh fruit consumed is eaten as a snack. The unfortunate truth, though, is that snackers also generally consume more fat, sodium and sugar than those who don't snack all the time.

"We believe people should snack for the right reasons," says Bonnie Spring, M.D., professor of psychology at Chicago Medical School. One good reason is that it has been a long time since your last meal. You may be light-headed or truly hungry. Snacking at this time corrects performance dips. (Think of your snack as fuel for your body just like a car, when the tank gets low, you fill it up.) Another group of snackers primarily snack in the late afternoon or evening and may have a biological reason. Those showing this pattern are prone to obesity and moodiness. They may be trying to correct a functional deficiency in the brain chemical, serotonin. (Note: This is not an excuse for your eating habits, consult your physician.)



Snacks are a good way to avoid overeating at meal times. By snacking between meals that are low in fat and sugar, you will keep your energy level boosted, your metabolism working efficiently and you will not be starving when it is time to eat your next meal, causing yourself to over indulge.

Overweight people nibble, they tend not to eat real foods, like vegetables or fruit. Try to let snacks fill your nutritional needs instead of providing empty, excess calories. Try to eat tasty, high-carbohydrate, low-fat snacks.

Snacking is one way to meet all the requirements of the Canada's Food Guide daily requirements. Do not let snacking be a bad habit, make it a good habit.

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

### Junior Rebs lose opener

By Mike Zrostek

A field goal with no time left by Oakville Loyola ruined the season opener for Georgetown District High School's junior Rebels football team as the visitors edged GDHS 10-8 Wednesday.

Overall, coach Fred Kotani credited the boys with playing a well-rounded game and felt the rough edges will be smoothed out with time.

"Offensively they showed potential," said Kotani. "Jeff Wilson threw well and the receivers will get better with time. Both Paul Ruttimann and Scott Teeter ran the ball well."

The Rebels had a couple of drives where they couldn't

punch the ball across the goal line but Kotani doesn't seem overly worried, saying that practice will iron it out.

Kotani credited the defense with a very strong effort, including the play of linebacker Paul Sandifier and defensive back Jaimie Bottomley and several juniors he feels will develop.

Kotani sees the juniors as a competitive team this year that will end up in the Tier II playoffs. Last year the junior Rebels made it to the semi-finals.

The Rebels next action is this Thursday against St. Thomas Aquinas in Oakville, with their next home game Oct. 13 against Oakville Blakelock.

### Tennis season finale

By Norma Maynard

The Gordon Alcott Tennis Club is winding down after another successful tennis season.

There will be a Round-Robin, Annual General Meeting and refreshments on Oct. 13 at 7 p.m., rain, shine or frost. It is hoped all our members will partici-

pate.

G.T.A.C. wishes to thank Halton Hills This Week for all the great tennis coverage each week.

Watch for your 1994 registration forms in April/94. Mail in - don't delay.

For further information call Norma, 877-8918. Have a healthy fall and winter.

### Public schools set for cross country

Students from Halton Hills public schools will compete in a cross country meet Thursday at Bronte Creek Provincial Park to see who advances to the county meet on Oct. 13.

Schools from Georgetown and Acton will join schools from Milton and Campbellville to compete in two divisions.

In Thursday's meet, one

division will involve runners from Grades 3 to 6, who will compete from 10 a.m. until 2:30 p.m.

From 1 p.m. to 2:30 p.m. the Grade 6 to Grade 8 students will be running.

The top five runners from each age group advance to the finals Oct. 13 at Bronte Creek Provincial Park to face competition from Burlington and Oakville runners.

## '93 Metro could be a "Historic" Event

By Kathy Wade Vlaar

Robert Grand's ace freshman colt, Historic, cashed in big for his owner as he paced to a 1:53.1 victory in the \$534,200 Metro Pacing Stakes final, Canada's richest harness race for two year olds at Mohawk last Saturday night.

Driver Doug Brown sent Historic out quickly to take the nine horse field to a :28.2 quarter, a "57.2 half before being challenged by rival Expensive Scooter and Jack Molseyev. The pair dueled down the backstretch but Historic fended off the Direct Scooter colt to open up and cruise to a 3 and-a-half length victory to post the riches payday in his young career.

Grand admitted he had a difficult week sleeping as he kept thinking about the 1991 Metro when his colt Digger Almahurst finished a disappointing 7th.

Historic is a full brother to Digger Almahurst, who, despite missing the Metro win, enjoyed considerable success including a Breeders Crown championship.

Historic now has seven wins in 10 starts and \$380,531 on the year.

He's trained by Stew Firlotte, one of the sport's most successful conditioners of young horses.

He's the best two year old I've ever driven," praised driver Doug Brown. "He hasn't gone a bad race yet.

### Hoof Beat



Kathy Wade Vlaar

Half way down the lane, I was smiling!"

Metro Consolation

John Campbell and JBS Andrew teamed up for a 1:54.2 victory in the \$100,000

Metro Consolation over Duke Duke and JB Stena. The Jate Lobell colt is trained by Wade McCoy for owners V A Enterprises and Barretti Kooock Stable of New York.

Armbrro Luxury notched her fifth win on the season as she trotted to a 1:59.1 victory in the \$101,720 Ontario Sires Stakes Gold Final for three year old fillies.

Dave Wall was in the bike for trainer Scott McEnemy and owner John Grant of Hornby. Luxury now has over \$350,000 in '93 earnings.

Miss Milton Again!

Shady Daisy, referred to by many in the sport as the best mare ever to look through a bridle, reinforced

her dominance of the pacing mare ranks as she paced to a tremendous 1:52.4 victory in the \$108,000 Milton Stakes Final at Mohawk Raceway last Sunday night.

The win marked the second consecutive year that Shady's managed to capture the Milton Stakes. Last year, she clocked a 1:53 effort in the \$115,250 final.

Regular driver Ron Pierce was at the helm of the five-year-old daughter of Falcon Seelster for trainer Lou Bauslaugh and owners Ron Jackson and his daughter, Tamela Bauslaugh.

Shady took over for the :26.4 opening quarter and never looked back from that station, clocking a :55.2 half, a 1:23.2 three-quarters enroute to her half length win, and impressively held off a serious challenge from Swing Back, who poised a menacing threat, racing first-up from the clubhouse turn to deep stretch. Swing Back had to settle for second money while Cinnamon Reel closed for third.

"That was a tremendous mile", admitted Bauslaugh,

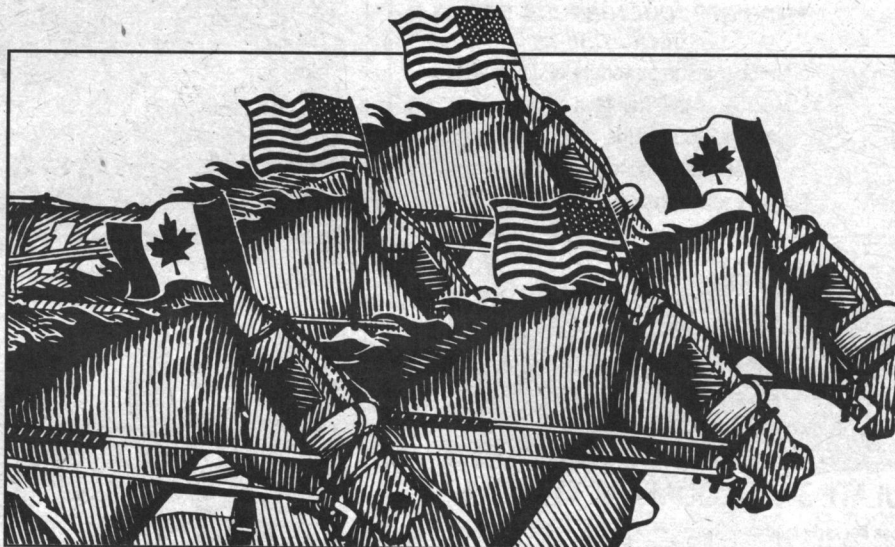
"she's as good as she's ever been. I was feeling a little apprehensive about her chances all week but after I warmed her up tonight, I felt very confident."

The win was the 11th in 28 starts for Shady and bumped her '93 bank account to \$370,437 on the year. Lifetime, Shady has earnings in excess of \$1.3 million.

After Shady's win in the Milton, Ron Pierce feels very good about her chances in the upcoming Breeders Crown on Oct. 8. That will be a hectic day for Pierce who will drive American Winner in the Kentucky Futurity at Lexington's Red Mile before flying on a charter to Mohawk for the Cadillac Breeders Crown that night. If American Winner can manage a victory in the Futurity, he will also become trotting's crown winner. And it could be an especially big day if Shady Daisy can manage a repeat performance in the Cadillac Breeders Crown for pacing mares.

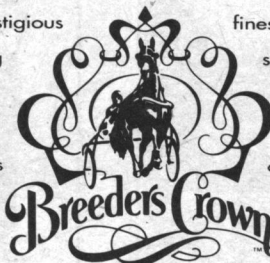
**ATTENTION SPORTS GROUPS**  
Halton Hills This Week wants to publish your teams results.  
Drop them off at our office,  
232 Guelph St., Unit #9, Georgetown  
or fax them to us at 873-3918

## MONEY SHOULDN'T COME BETWEEN BEST FRIENDS.



### UNLESS IT'S \$1,200,000. THE BREEDERS' CROWN, FRIDAY OCTOBER 8.

This is harness racing's most prestigious event. With prize money totalling \$1,200,000, The Breeders' Crown Divisional Championship can make even the best of friends fierce rivals. Be at Mohawk Raceway to watch this continent's



finest pacing and trotting champions strive for country, glory and fortune. Highway 401 and Guelph Line. General admission and clubhouse admission: \$3.50. Call 1-416-854-2255 for more information. Post time is 7:30 p.m.

**MOHAWK RACEWAY**  
WHERE CHAMPIONS RACE