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Activity Line

Tips on fasting and low calorie dieting

By Laurie Burns
Exercise Physiologist

Do you know that when you fast or go on a low-calorie diet that up to 30 per cent of the weight lost will be muscle - the very tissue you need to burn up the food you eat? Do you know, fasting and low-calorie dieting stimulate the activity of the lipogenic (fat-conserving) enzymes and depress lipolytic (fat-burning) activity. Simply, your metabolism slows down.

You may be thrilled with your weight loss, but with less fat-burning tissue (muscles) and increased fat-storing ability, you are going to gain fat more easily than ever before.

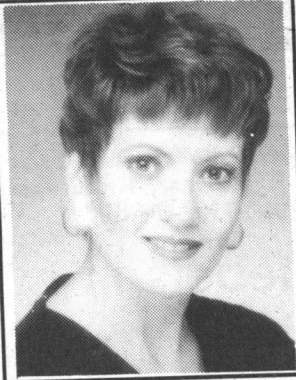
A new diet craze that claims to be good is consumed in special liquid or tablet mixtures that we are ensured have all the essential vitamins and minerals we need included. They claim that one need not worry about muscle protein loss because the diet's formula supplies the protein required by the body.

Facts About Fat-Loss vs. Weight Loss

1) Weight loss is not important. Fat loss is all that matters.

2) Many people who have been tested who have lost weight on one of these diets have lost pounds of muscle along with pounds of fat. This fact is countered with the argument that a loss of one pound of lean is worth it if you lose lots of fat. What concerns me is that the one pound of lean (protein) may include the enzymes that metabolize fats. It may also include the antibody proteins that protect us from disease.

3) When muscle tissue



loss occurs, glucose storage (as glycogen) in the muscles is reduced, enhancing any tendency toward diabetes.

4) The diets make us that eating a set of chemicals put together in a laboratory is a healthy approach to life. While most of us are trying to eliminate chemicals - food additives, preservatives, pesticides - from our food, these diets urge us to live on chemicals.

5) They are not balanced diets! The brain demands blood glucose far in excess of that supplied by such a diet. The result is that the liver converts most of the protein in the diet, and possibly the Vitamin C as well, to glucose. No diet is balanced when the liver wastes the nutrients in that diet by converting them to glucose.

Like most people, it didn't happen overnight (your weight gain), so why would you expect to be able to lose it in just one week?

Sensible fat loss is a slow process. In order to burn fat, you must exercise and eat a well-balanced diet.

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

Raiders come up short in overtime

By Mike Zrostek

Georgetown Chrysler Raiders came up with one of their better efforts of the year Saturday at home against the Milton Merchants, but lost a tight one 4-3 in overtime extending their winless stretch to seven.

Scott Bertoli's low shot from outside the face-off circle with 2:19 left in overtime got past Raider goaler Nick Montessano to give the Merchants the win.

Raiders Coach Gary Ford was pleased with the improved play of the Raiders in this one, after getting blown out in their last game 10-3 by Streetsville.

"I'm happy with the effort," said a relieved Ford. "If they keep it up, the team will be successful. Everybody gave a better effort, there was no hesitating, no looking back to see who was behind them they went after the puck."

The Raiders, who deserved a better fate on the night, saw the Merchants score the first two goals of the game in the first seven minutes of the second period for a 2-0 lead.

Both teams played to a scoreless first period thanks to the continued brilliant play of Montessano who turned away 19 shots in the opening frame.

Raiders' Ian Ellis scored his ninth goal of the year at 13:46 of the second after receiving a pass from Chris Logue to cut the lead to one.

However, as has been the case in most of the games this year, the opposition came right back to score as the Merchants Jamie Janjevich made it 3-1, a minute after the Ellis goal.

Georgetown came right back before the period ended when Randy Bond notched his first of the year. A lead pass from Shaun Healy resulted in Bond unloading a slap-shot past Milton goalie Bob Lillie making it 3-2.

The Merchants, strangely enough, only registered five shots in the second with three bulging the twine.

Brent Ford's wrap-around



Georgetown Chrysler Raiders goalie Nick Montessano and Chris Lobinowich (No. 6) keep the puck out of the net as a Milton Merchants player attempts to score in Saturday's Provincial Junior A game at Gordon Alcott Memorial Arena. The Raiders lost 4-3 in overtime. photo by Simon Wilson/HHTW

underneath Lillie tied it at 10:48 of the third with Bond and Doug Sheppard assisting. It stayed that way until the overtime.

The Raiders, who had been outscored 20-7 in their first eight games, came out in the third period and shut down

Milton with Ford liking what he saw, calling the game a confidence boost.

"They picked it up in the third period," he said. They're seeing that if you work hard it will pay off. They were losing their confidence and this effort should

help. But it's up to them to continue it."

The Raiders will try and continue the effort with games Friday in Oakville at 8 p.m. and Saturday, 7:30 p.m. at Gordon Alcott Memorial Arena when the Raiders will host Streetsville Derbys.

Leferink scores nine in Tyke action

Tom Leferink of Armstong Insurance had a season full of goals in one game, notching nine in his teams 12-2 win over Terra Cotta Cookies in Georgetown Minor Hockey Association Tyke Division action last Saturday.

Jonathan Turner, Taylor Gabel and Brock Grin added singles for Armstong Insurance.

Mike Carter, Andrew Parsons, Bryan Lunn, Deron Cousens and Matthew Turner each had two assists, while Scott Robertson and Jonathan Rogers each had helper.

Andrew Rebetoy and Nick McLaughlin scored for Terra Cotta Cookies with David McNally and Tommy Lowe assisting.

James Mountford scored five and Anthony Murphy had a hat trick for Eagle Landscaping as they defeated Subway 8-4.

Assisting for Eagle Landscaping were Brian

Kosvich, Justin Noble, Jeremy Webster, Chris Darling, Corey Carlton, Daniel Smereka, David Cole and Jordan MacKinnon.

Subway scorers were Keith Ward with two, while Chris Louth and Jordan Jacobs had singles.

Keith Barfoot, David Oesch, Corey Henderson and Nigel Hales assisted.

Subliners defeated McFarlane Masonry 8-2 with Corey Fontaine getting the hat trick.

Goal scorers for Subliners were Jonathan Boulanger with two, Kevin Liddell, Robbie Greenwell and Nicholas Clough had singles.

Assists went to Ryan Torres with two, Bradley Torres, Steven Wasyluk, Jackson Gair, Brent Emigh, Greenwell and Eric Davis had singles.

Replying for McFarlane Masonry were Blake Hamilton with two while

Brett Hirtle and Mitchell Thompson assisted.

Kyle Hulme and Todd Debruyen had two goals while Tommy Desmond added a single for J.V. Clothing in their 5-1 win over Little Caesar's.

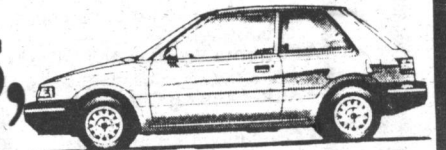
Assists went to A.J. Syme, Matthew Chisholme, Matthew Courchesne, George Rockwell and Bradley Doernbach.

Ryan Hill scored for Caesar's with Ryan Alber and Kyle Jova assisting.

Montego Construction and Hockey Mom's tied 3-3. Ryan Kemshead had two goals and Mark Humberstone scored for Hockey Mom's with David Cockburn, Marc Smith and Clayton Humberstone assisting.

Kirk Green, Jesse Sparkes and Kees Bradley scored for Montego Construction with Aaron Urbanski, Ryan Fines and Kevin McCracken assisted.

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