

# Recreation and Sports

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## Karen Harrison - The lady really is a champion

By Colin Gibson

Yes indeed! The lady really is a champ, and long overdue recognition has finally come to Karen Harrison, named the recipient of the 1994 Georgetown Hockey Heritage Award. Not to mention, the first time a female has received such recognition.

Karen unabashedly admits she will be 51 when she accepts the award at the Georgetown Hockey Heritage Council dinner, slated for March 7 at Holy Cross auditorium.

The press release announcing Karen's selection reads as follows:

"The Georgetown Hockey

Heritage Council is pleased to announce the selection of Karen Harrison as the recipient of the 1994 Georgetown Hockey Heritage Award.

"The council is recognizing an outstanding contribution (to hockey) spread over a lifetime.

"In 1967 Karen began her association with local hockey by assisting Jessie Hayes in the tremendous task of laying out three meals a day for the participants of the Georgetown International Bantam Hockey Tournament.

"In 1970-79, she acted as billeting chairperson for the tournament, finding accom-



Karen Harrison

modation for out-of-town team players. From 1980-85, Karen was chairperson of this same tournament.

"In 1979, Karen was elected president of the Georgetown Minor Hockey Support Group and was recognized by the Georgetown Lions Clubs as its 1979 Georgetown Citizen of the Year for her work in minor hockey.

"From 1983 to 1990, Karen was president of the Tri-County Minor Hockey League, but found time (in 1983) to become an executive member of the fledgling Georgetown Gemini Junior "B" hockey club and served in this capacity for

five years.

"In 1985 Karen received both the Tri-County Hockey League Honor Award and the Canadian Amateur Hockey Association (CAHA) Award for service to minor hockey.

"The Georgetown Hockey Heritage Council salutes a worthy recipient, Karen Harrison."

*Editor's note: Time and space - because of the confusion that sometimes reigns over the Christmas holiday season - has not allowed us a more personal look at the 1994 Hockey Heritage Award winner. More on Karen in our weekend edition. - C.G.*

### Activity Line

## 1994 New Year's Resolutions

By: Laurie Burns  
 Exercise Physiologist

Have you made yet another set of New Year's Resolutions regarding eating and exercise for 1994? If you have, ask yourself to reflect back at why you gave up your goals in 1993. The reason most people are unsuccessful at losing body fat or changing their eating habits is because they choose and select unreasonable goals and expectations for themselves.

Over the course of each year, the following questions are most often asked.

1) Why is it so important to eat low-fat foods? Does dietary fat automatically become body fat?

A low-fat diet is important because the old adage "eat it now, wear it later" really is true. You have to use energy to store anything in your body. However, it takes more energy to convert carbohydrates and protein to stored fat than it takes to convert dietary fat to stored fat. Therefore, dietary fat becomes body fat more readily. As a result, a person who eats 1,800 high fat calories is more likely to gain weight and fat than someone who eats 1,800 calories largely

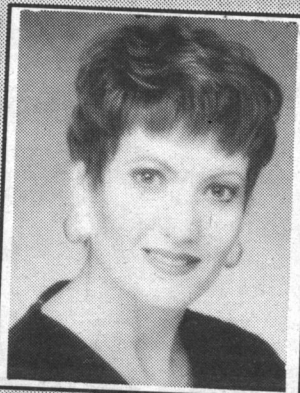
made up of carbohydrates. (Some fat in your diet is still important). One other good thing about carbohydrates is that they are bulky, so you feel full and satisfied.

2) Do you burn more fat if you exercise at low or moderate intensity?

Please read this one carefully. The good thing about low-intensity exercise is that most people can do it longer to use more calories during their workouts. You will burn more calories at a moderate intensity. Let's differentiate between the percentage of calories from fat burned per minute from the total amount of calories burned per minute to make this more easily understood.

You have two sources of energy in your food - you will burn only about 2.5 calories of fat in that time.

At 70 per cent VO2 max, 40 per cent of the calories will come from fat. However, you will be using 10-12 calories per minute (40 per cent of 10 are four



calories). In terms of weight loss, it is the total number of calories used that makes the difference.

3) Is it possible to gain and lose fat cells?

As a child through to adolescence, you produce fat cells. Once the number of cells is established, when you lose weight, you decrease the amount of fat in the fat cells (triglycerides), but you don't reduce the number of fat cells. You can, however, add fat cells is you gain a large amount of weight - say 50 pounds or more.

4) Is there such a thing as spot reduction?

Sorry, there is not. Spot reduction calls for exercising a certain area of the body to lose fat from that specific area. In reality, if you lose any fat at all, the fat loss comes, proportionately, from all of your various fat deposits. If you do 100 sit-ups, for example, you will tone the muscles in the abdomen, but you will not

be doing the exercise long enough to burn a significant number of fat calories.

5) Why is strength training so important in weight management?

If you diet and do not exercise, up to 25-30 per cent of your weight loss will be lean tissue. If you do an aerobics program, while most of your weight loss will consist of fat, but not necessarily all of it, you still may lose some lean tissue. Adding strength training to your program, however, can help you maintain or even increase your muscle mass.

Lean muscle mass is the most metabolically active tissue in your body. On any given day, most of your calories - 70-90 per cent - are burned while at rest. Adding muscle raises your resting metabolic rate, which means you will burn more calories with everything you do.

Good luck with your New Year's resolutions in 1994. Best of health to you in the New Year.

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

## Midget tourney now underway

The 1994 version of the Georgetown Midget hockey Tournament got underway Sunday at Gordon Alcott Memorial Arena, with both Acton and Georgetown "AA" teams seeing action.

The Georgetown Sunny Acre AA Midgets were edged 6-4 by Thornhill, while the Acton AA Travel Midgets dropped a 4-1 decision to Vaughn.

Georgetown enjoyed a 3-1 lead after one period on goals by Dave Boere, Will Pomp and Marc Boucher.

Following two goals by Thornhill in the second to tie the game at 3-3, Paul Agius gave Georgetown the last lead they would enjoy in the game as Thornhill struck for three third period goals and the win.

Boucher, Boere, Pomp, Tim Diardichuk and Scott Lahey assisted on the Georgetown markers.

Brad Cripps' unassisted goal in the first period was all Acton could muster in their opening game against Vaughn.

In other AA games Sunday, Streetsville beat Hillcrest 5-4 and the East Enders (Toronto) shut-out Burlington 4-0.



In the AAA games, Guelph edged Chinguacousy 1-0 and then were drubbed 10-0 by York-Simcoe.

Acton AA faced Burlington Monday night (results weren't available at press time) and take on East Enders (Toronto) Thursday at 6 p.m.

Georgetown AA faced Aurora Tuesday night (results weren't available at press time) and then see action Friday at 9 p.m. against Parry Sound.

The Halton AAA Hurricanes first game was Tuesday against York-Simcoe (results weren't available at press time).

Saturday the Hurricanes face Don Mills at 9 a.m. and then play again at 3 p.m. against Guelph.

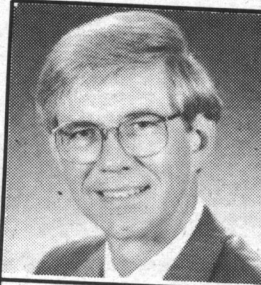
The semi-finals go Sunday morning and afternoon, with the AAA final going at 6 p.m. and the AA final at 8 p.m.

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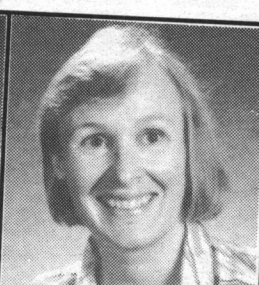
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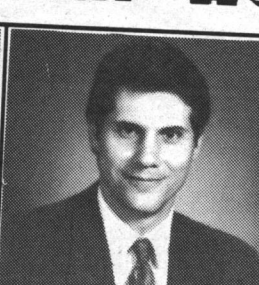
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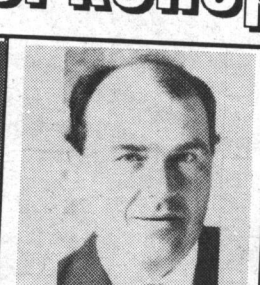
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