

How fit is "fit enough"?

THE RECORD-BREAKING athlete demonstrates just how much and how far the human species can reach. Although most people can identify with the athlete and share the excitement of his/her accomplishments, realistically very few of us can achieve greatness.

The motivation for improved fitness often is not so much emulation of favorite athletes but from self-interest and concern.

We have a lot to fight against. The efficient fat-storage mechanism which has survived a previous history of starvation and deprivation, in today's times of over-nutrition and under-activity, has the same mechanism working against us.

Therefore, we must maintain a level of fitness to enjoy active living, to have the skills and be strong or supple enough to work and play with ease and without undue fatigue. Consider the activities to which this applies: lifting babies and trash cans, or pushing vacuum cleaners and lawn mowers, to playing three hard sets of tennis or swimming half a mile.

The body adapts to specific demands placed on it and no more. In youth, this adaptation works fairly well because of the natural resiliency of age. When a younger person over-lifts or over-exerts, he may acquire a few sore muscles or become fatigued, but he quickly recovers.

Natural resiliency diminishes with age, however. If one does nothing more strenuous than what is required in daily activities, the body will only adapt to those limits. Even slight exertion beyond the normal may produce injury.

Fit enough to insure against heart attack is often cited as a criterion to the "How fit?" question. The development of cardiovascular-respiratory endurance appears to be one way to reduce the risk factors in coronary artery disease.

When it comes to exercise, we tend to do too much or too little. A man will play football all afternoon and then not exercise for the rest of

Fitness & You

with **PATRICIA ZORGE**
YMCA Director



the week. What is essential for lifetime fitness, is continuous, regular exercise. This requires physical activity several times a week.

If you are just starting out, here are a few guidelines so that over-enthusiasm doesn't turn into over-exertion.

- 1) Pulse rate not recovered to 120 beats per minute or lower within two minutes of stopping exercise.
- 2) Subjective feeling of fatigue not passed within 10 minutes or stopping workout.
- 3) Lingering fatigue and difficulty in sleeping.
- 4) Fatigue the following day after a workout.

Just remember—fitness isn't something that comes about easily or without constant and complete workouts. But consider the alternatives!

Summertime usually means long lazy days for children. For early teens, it's perhaps the last few years when they can enjoy a lengthy vacation time before becoming old enough to find summer jobs.

A rather novel, exciting and physically-oriented program is being offered by the "Y" this summer for children 10-15 years of age with a sailing camp at Kelso.

Why not spend two weeks totally outdoors learning the skills of sailing, swimming, rigging and the wind in your face? It will take dexterity and build stamina but what a way to remember those last free summers. If you're interested please call the "Y" for further information at 878-8711.

Three new coaches join ranks

Three new coaches to the Milton rep hockey system have been selected to handle teams for the 1982-83 season.

The selection of coaches so soon after the close of the previous year marks the first time an outgoing executive has picked coaches for the following year.

The three new coaches are Dave Cluett with the major atoms, Jim Colville with the major peewees and Gerry Lisi with the juvenile club.

All remaining teams have coaches from within the ranks of last year's coaches with one team, novice, unannounced until confirmation from the entire executive.

Tom Sargent, who handled the novices last year, will move up to the minor atoms. Sargent was an assistant coach with the minor atoms two years. The "moving up" trend was common through many other selections.

Harry Wiczaryk, whose major atom team last year, knocked off Georgetown in the Tri-County qualifying round, moves up with the team to the minor peewee level.

Larry Scott, who also beat Georgetown in the

qualifying round for the major peewees' first shot out of Tri-County in OMHA play, will handle the same group of players at the minor bantam level.

The major bantams will be coached by Garry Hudson. He handled the same group of players at the minor-bantam level.

Ron Dunsmore, who for two years handled the unpredictable juvenile team, shifts down to the minor midgets.

Bob Davidson, who given the challenge of coaching Milton's first combined minor-major midget team last season since the arrival of the minor and major system in town, will get the job once more.

Cluett, Lisi and Colville aren't exactly newcomers to the coaching profession.

Last season, Cluett helped Dennis Buttrey coach the minor atoms and is, in effect, moving up with the team. Colville coached the novice Tier Two club. A distinguished coach and a newcomer to Milton, Colville has earned several credentials coaching elsewhere in the province and helps out in hockey schools.

Lisi has coached a variety of teams over the past decade. This season, he guided Harris Stationery to the championship in the senior house-league division.

The executive also chose coaches for its Tier Two Jr. Aero teams with three newcomers.

George Wreer will handle the novices. Doug Vaughan Jr., who has helped out with the minor midget and major midget teams over the past two years, will coach the atoms.

Returnees Bob Fowler and Larry Scott will coach the peewee and bantam clubs respectively. An oddity, a minor bantam player could try out with the minor bantam reps, where coach Larry Scott will watch. If he's cut, he would then try out with the bantam Jr. Aeros where a different Larry Scott will watch.

The midget coach is a newcomer to the rep circles. Ray Ferris, who coached in Orangeville and Burlington previously takes over the reins.

Flag football starting soon

Sargent Farms will be out to make it three years out of four when the Milton Flag Football League officially starts its regular season May 25.

Sargent captured the league championships last season after a sluggish start with a strong second half.

The league will have just two pre-season games with the first slated for next Tuesday (May 11). The 15-game league schedule gets underway two weeks later.

Almost all team rosters have been set for the coming year with few changes. Thirty players registered for the draft this year but just 11 spots were opened. The increased interest, however, was not sufficient to warrant the expansion of the league to eight teams.

This will be the final year for the teams as they are now. Next season, the league will undergo a complete draft of all players within the league. It was a popular move last season which saw players change teams.

The league has also instituted a rule whereby at next year's draft, no players will be allowed to be traded without their consent.

In other league news, two teams have switched jerseys. Canadian Tire becomes the Tribune and vice versa.

The league's annual golf tourney will be held Saturday July 10 at Hornby Golf Course and is open to visitors. The year-end Final Dance and Awards Night will be held Saturday September 25.

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NOTICE

PUBLIC MEETING RECREATIONAL FACILITIES COXE BLVD. PARK

A meeting of interested residents of ROBERTSON, CLEMENTS, COXE, MERRITT and COULSON Avenues, has been arranged to discuss the PROPOSED RECREATIONAL FACILITIES for the COXE BLVD. PARK.

INTERESTED PERSONS PLEASE ATTEND

LIONS CLUB HALL MEMORIAL ARENA THOMPSON ROAD

Thursday, May 6th, 1982 - 7:30 p.m.

LARRY ARBIC
DIRECTOR OF PARKS AND RECREATION

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MAC swimmers third in novice meet

Strong swimming performances from Hugh Silk and Dana Harrison helped guide the Milton Aquatic Club to a third-place finish in a Burlington novice meet recently.

Silk won all his five events while Harrison won three and placed second and third in her other two events.

Silk dominated the class with firsts in the 50-meter freestyle, butterfly, breaststroke and backstroke as well as the 100-m individual medley.

Harrison claimed the top spot in the 25-m freestyle and backstroke as well as the 50-m freestyle. She was second in the 25-m breaststroke and third in the 25-m butterfly.

The remaining swimmers came through with some good performances. The following is a list of their placings.

Jay Jay Van Riet Paap was second four times. He was second in the 25-m freestyle, butterfly, backstroke and the 50-m freestyle. He was fourth in the 25-m breaststroke.

Carrie Powers was second in the 50-m backstroke, fourth in the 100-m individual medley, fifth in the 50-m butterfly and sixth in the 50-m freestyle.

Andrew McTavish was third in the 50-m freestyle and fourth in the 50-m backstroke.

Jennifer Muir was third in the 50-m backstroke and sixth in the 50-m freestyle.

Christine Irwin was fourth in the 50-m freestyle, fifth in the 100-m individual medley and sixth in both the 50-m backstroke and breaststroke.

Sergio Perossa was fourth in the 25-m freestyle, fifth in the 100-m medley and sixth in the 50-m butterfly.

In addition, the freestyle relay teams picked up several placings near the top. All events were 200 meters in length.

The boys 13 and over placed second; the girls 13 and over A squad was third followed by the Milton B squad; the boys 11-12 were third; the girls 11-12 were fourth; and the boys 10 and under were fourth.

Flamboro hobby racing starts

Milton's Harold Lawrence (39) was this area's top driver in the opening week of Hobby division racing at Flamboro Speedway Saturday night.

Lawrence won the second heat of the division and went on to place third in the trophy dash.

Ray Hughes (24) of Kitchener won the first heat, followed by Dick Remus (44) of Paris and Murray Lockhart (72) of Kitchener.

Jim English (55) of Ancaster placed second behind Lawrence in the second heat, followed by Jeff Bedell (65) of Dundas.

Hughes won the trophy dash, followed by English.

Ken Hillis (43) of Guelph won the semi-final followed by Ontario Amateur Racing Club (OARC) president Harry Nicholson (14) of Hamilton and Gary Elliot (36) of Toronto.

Brian Atkinson (10) of Freelon won the feature race followed by Hughes, Hillis, Nicholson, Remus and Lawrence.

Milton's Gary Fetter (32) brushed the wall in the first heat and retired for the night. Brother Wayne (38) developed clutch problems in the warm-ups and wasn't ready to start.

Jim Collison (12) of

Cambridge and Rick Farraway (53) of Hamilton both blew their engines in the early going and retired. Milton is expected to have a better contingent of drivers in the field this weekend.

MILTON PARKS AND RECREATION DEPT. announces an Organizational Meeting for the purpose of forming a STEERING COMMITTEE for the BRONTE MEADOWS TENNIS COURTS

DATE: Tuesday, May 11/82
TIME: 12:00 noon
LOCATION: LAURIER COMMUNITY ROOM Milton Sports Centre

EVERYONE INTERESTED IN TENNIS IS WELCOME TO ATTEND!!

NOTICE

MILTON MINOR HOCKEY ASSOCIATION NOTICE OF ANNUAL GENERAL MEETING TO BE HELD TUESDAY, MAY 11th, 1982 at LIONS HALL (upstairs) THOMPSON ROAD ARENA at 7:30 p.m.

For the purpose of conducting the affairs of Milton Minor Hockey and specifically to permit amendments to the Constitution and elect new Officers and Directors.

ARTICLE E - EXECUTIVE - SECTION 1
Amend to provide for "ten (10) executive members at large" from the present "eight (8) executive members at large."

ARTICLE F - MEETINGS - SECTION 1
Amend to provide that "A quorum shall consist of Seven (7) Executive Members plus the President or his nominee from the present five (5) Executive Members plus the President or his nominee."

ARTICLE J - AMENDMENTS TO THE CONSTITUTION - SECTION 6
The present official crest of the M.M.H.A. is changed to be "the word Milton in bold green written lettering with a gold outline. Below the word Milton will be the words MINOR HOCKEY ASSOCIATION in green block letters also outlined in gold. The background of the entire crest will be white."

For Representative teams an additional line below Minor Hockey Association is to be added indicating the words "Town Representative" in block letters of green, outlined in gold with a white background.

The overall size of the crest will approximate 4 1/2" x 6" and is to be worn on the left front of all jackets.

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Donations of small household goods would be greatly appreciated, please drop them off to **NORTH END DATSUN**, 610 Martin St. prior to May 14.

or
Directly to our Flea Market location next to Sider Produce any time on Friday, May 14.
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GUELPH FLIGHT CENTRE IS HOSTING A "LET'S TAKE FLYING NIGHT"

MONDAY, MAY 10, 1982 7:45 P.M.

Come out to the Guelph Air Park on Monday night, May 10, 1982 at 7:45 p.m. and learn with no obligation whatsoever how to obtain your private pilot licence.

GUELPH FLIGHT CENTRE
HWY. NO. 7, 1 MILE EAST OF GUELPH, R.R. 2, GUELPH
FOR FURTHER INFORMATION PLEASE CALL: **824-2660**