

Fitness & You

with **PATRICIA ZORGE**
YMCA Director



Exercise

Despite the evidence that has been cited in favor of exercise as a means of weight control, it has in recent years been popular to ridicule this practice.

Data has been presented that illustrates the need for 35 miles of running or 36 hours of working—or some other ridiculous amount of physical activity—to lose one pound of weight. It can be pointed out that it is neither necessary nor desirable to expend the energy required to lose one pound in one exercise bout. A half hour of handball or squash a day would be equivalent to 19 pounds per year.

Another general misconception is that exercise is not effective in weight reduction because appetite is automatically increased in direct proportion to the increased activity. Research has shown that while appetite follows activity, this is not so in the low levels of activity. The sedentary person (those most apt to be obese) actually display a decrease in appetite with an increase of up to one hour of daily exercise.

Severe diet restriction is a procedure that requires medical supervision. Moderate dietary restriction, which results in weight losses of one or two pounds per week, can be accomplished by estimation of a daily food intake of 500 to 1000 kilocalories per day below the total expenditure level required for daily function.

Some interesting new concepts about physiology of weight reduction deserve comment. It has been shown that persons who eat their entire daily food ration in one or two hours gain more weight than persons eating at "ad libitum". If this can be generalized, it would seem that concentrating a large part of the daily food intake into one large meal has unfavourable metabolic consequences.

That planned exercise such as jog-work combinations is a feasible method for weight reduction in the obese even in the absence of any dietary restriction has been well demonstrated. On the other hand, fasting has been shown to result in weight losses of lean body tissue rather than loss of fat. This observation may explain the wrinkling and sagging tissues so often seen to accompany large weight losses by fasting or severe dietary restrictions.

As can be seen then, using solely exercise or vice versa, solely the reduction of food intake, is not the best means for weight loss and eventual control. For the moderately overweight (10 to 30 per cent above predicted normal weight) a combination of diet and exercise is probably the optimal procedure.

From "Physiology of Exercise for Physical Education and Athletics," by Herbert A. Devries, University of Southern California, Wm. C. Brown Company Publishers Dubuque, Iowa. Copyright 1966, 1974.

MDHS news with **JANET RERECICH**



Cross country

The Tottenham cross country races were held two Saturdays ago. Milton sent up a small team of competitors who ran well and placed competitively.

Top performance for the guys came from Dave Nole. He ran a smart, fast race which earned him a silver medal in the juvenile 6000 metres. Kevin Chisholm also ran that race. It was his first high school cross country race, and he did well finishing in sixth spot.

MDHS had three runners compete in the midjet boys 4000 metres. Though the competition was tough, Bill Corradetti, Bill Simpson and Dennis Suidgeest placed 11th, 14th and 16th respectively.

The guys 3000 m race was even tougher. In it, Dale Bell placed 7th and Mark Beaton was right behind in 8th. Fred Harensburger finished 17th in the race with another Milton runner, Greg Vanderkooi, right behind him in 18th spot.

Rick MacLean ran for Milton in the junior boys 8000 m.

The best girls' finish came from Jill Tracey. She ran in a competitive field of bantams and placed 5th in the 2000 m run.

Drury School with **MAUREEN SMITH**



Team sports

This year over 25 girls tried out for the junior girls basketball team. With a lot of good new prospects. Cuts were made on Monday and they have started to do some serious practicing.

For the first time there will be a good mix of second and first year players that will give some experience needed to win.

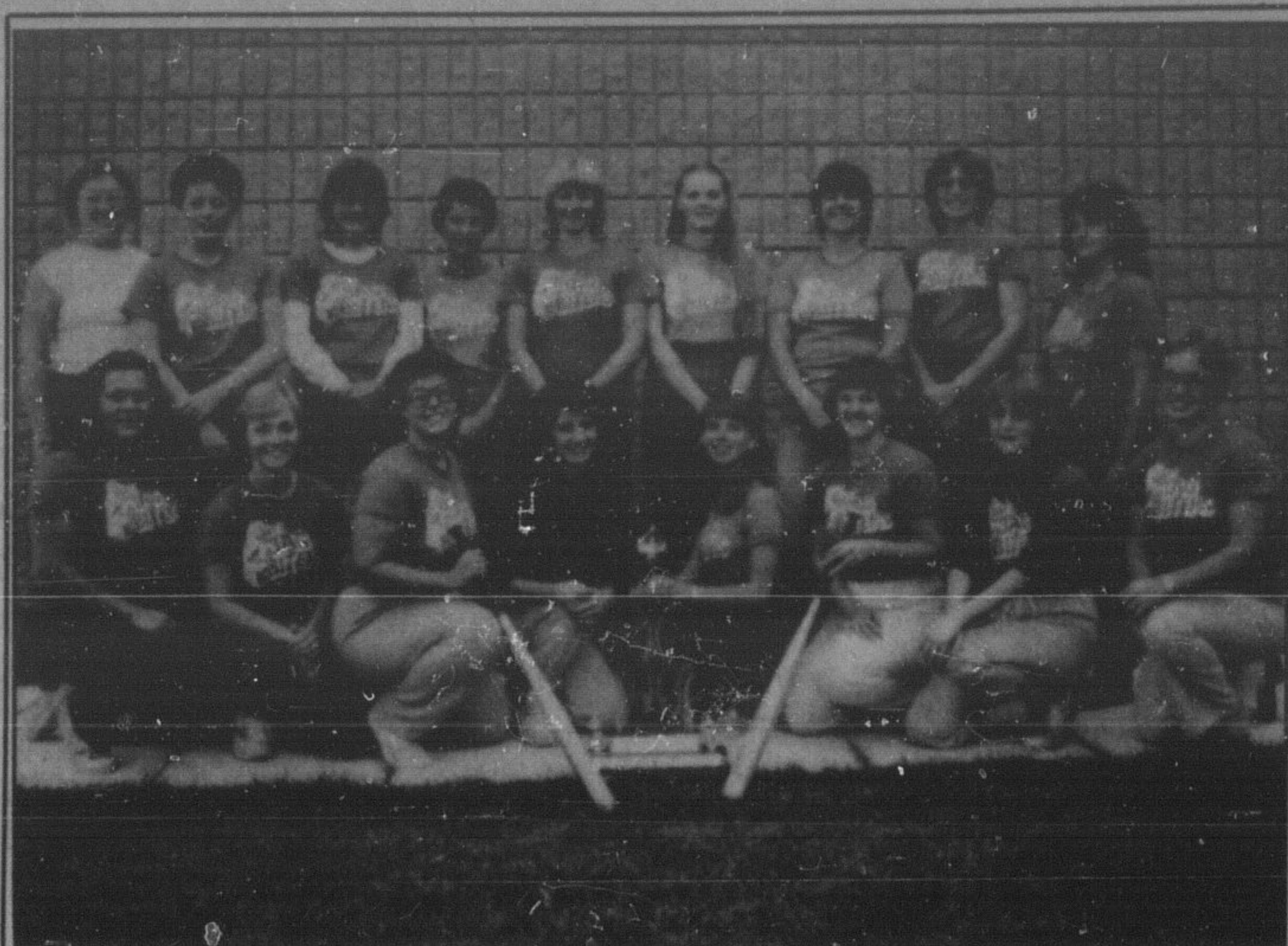
Cheerleaders started their daily workouts this past week. New girls are still welcome to try out.

Tryouts for the co-ed softball team were held at the beginning of this week. Practices will continue throughout the week. The team will participate in the all day tournament on Sept. 30.

Football and boys volleyball practices have been going well. The teams are starting to come together and are expecting good seasons.

Intramural events this week are: Thursday Sept. 23—archery practice. Friday Sept. 24—no intramurals. Monday Sept. 27—archery tournament. Tuesday Sept. 28—archery tournament. Wednesday Sept. 29—archery tournament.

With the increase in participation this year all teams are expecting more productive years.



Recreation league champs

This year's champions of the Milton Ladies Recreational Baseball League are the "Bag Bilers", sponsored by The Independents Motorcycle Club. Members of the winning team include, back row l. to r., Mary Neill, Cathy Jefferson, Vera Martin, Kathy Rusk, Mary Kalkowski, Theresa deBruyn, Debbie

Wilson, Irene Tarnawsky, Carmen Heroux. Front row l. to r., Mary Lou Bradley, Anne Lawson, Deth Norland, Lucy LeDonne, Susan Fritzy, Heather Godfrey, Kelly Lacey, Diane MacDonald, Absent Louie DiGirolamo.

Minor Baseball

INTERMEDIATE
Milton Transmission 31
Knight Insurance 28
Leading hitters for the winners were Scott and Willie Gearin and Robert Martinez 4 singles, Cathy Verge, Derek McDonald, Paul Nunaro and Ben Layfield 3 singles.
Leading batters for the losers were Jason Kovacs 1 home run, 1 triple, Derek Collis 1 home run, 1 double, David Marshall 1 home run, 2 doubles; Dwayne Fletcher 1 triple, 3 singles; Jamie Smith 1 triple, 1 double, 2 singles.

Royal Bank 24
Milton Transmission 22
Leading hitters for the winners were Brian Mullaney 2 home runs, 1 triple, David Polvere 1 home run, 1 triple, 1 single; Doug Griffith 1 home run, 1 double, 1 single; Jamie Huser 1 triple, 2 singles; Steven Yearly and Alicia Hicken, 1 double, 1 single.
Leading batters for the losers were Derek McDonald 1 home run, 1 double, 1 single; Jason Cole, 1 home run, 2 singles; Jeff Cheevers, 1 home run; Willie Gearin 4 singles; Chris Roustene 2 singles.

Milton Pools 39
Gallagher Motors 25
Leading hitters for the winners were Hilary Lawrence, Jeff Stoddart, Jamie Clement 2 home runs; Jim Davis 1 home

run, 1 triple, 1 single; Craig Brookhouse 2 double, 2 singles; Sean Sedlesky 1 home run, 1 single; Grey Dorval and Adam Prestwich 1 double 2 singles.
Leading batters for the losers were Andrew Todd, 1 double, 3 singles; Pat Gleason 4 singles; Michael Ricci 2 home runs, 1 double, 1 single; Adam MacKay 2 doubles, 1 single; Jenni Ann Logan 3 singles.

Royal Bank 25
Gallagher Motors 24
Leading hitters for the winners were Graig Power 2 home runs, 1 triple, 1 single; David Falvers 1 home run, 1 triple, 2 singles; Mathew Downs and Pat Sparling 2 home runs, 1 single; Brian Mullaney 1 home run, 1 triple, 1 single; Alicia Hicken 3 singles.
Leading batters for the losers were Brandon Bousfield 3 home runs; Michael Ricci 2 home runs; Kyle Jones 1 home run, 1 double; Lee River, Carmela Bradley, Pat Gleason and Jenni Ann Logan 3 singles; Dustin McDougall 1 double, 2 singles.

Royal Bank 25 vs Milton Pools 18
Milton Pools 25 vs Royal Bank 22
Milton Pools went into the championship round, needing only one victory to win the championship. However, Royal Bank proved to be a worthy opponent by playing a solid game defensively and offensively during the first game.

Standard plays were made by the Royal Bank infield consisting of Brian Mullaney, Jeff McKenzie and David Polvere. During the second game, which was forced by Royal Bank's morning victory in this 2 game elimination playoff, Milton Pools team stiffened the calibre of the play and won a tightly contested game. The game was tied after two innings with Milton Pools finally opening up a two run lead after three and four run lead after four forcing a very good Royal Bank club to lose its second playoff game and eliminate them. Milton Pools played an excellent game and were lead by outstanding defensive plays by Jeff Stoddart, Jamie Clement and Hilary Lawrence. Jeff Stoddart lead Milton Pools offensively with 3 home runs followed by Jamie Clement with 2 home runs and a triple. Other solid performance were made by Chris Hiepe with a home run, triple, double and single; Tim Davis home run, and double, Adam Prestwich, double, 2 singles; Craig Brookhouse 2 singles. Royal Bank were lead by Jeff McKenzie with 3 home runs, Mathew Downs 1 home run, 1 triple, 2 singles; Craig Power 1 home run and 2 singles. Both teams are to be congratulated for their fine efforts and entertaining play.

Hair Dimension wins rural title

Girls Bantams sponsored by "Hair Dimension" won the Rural Soccer League championship over the weekend for the first time in Milton's history.

On Saturday Sept. 11, 1982 the girls played Caledon, Pineview, Milton (T and R Bakery) and Hillsburgh defeating them 1-0, 2-1, 3-0 and 2-0. The majority of the goals were scored by Corinne Kollman.

On Sunday Sept. 12 only three teams qualified, Milton, Acton and Bolton. Tension was up, and all spectators were favoring Bolton or Acton. Our first game was against Bolton and tied them 1-1 which eliminated them from gaining a chance of 1st or 2nd place.

But the major battle was against Acton, we played them at 2 p.m. and that was a hard and scoreless encounter. Both teams went into overtime starting at 6 p.m., which both sides agreed to play two 15 minutes halves.

Milton and Acton were equally powered throughout the game until the referee blew the whistle to indicate a corner kick. Virginia Van Grootel, an excellent kicker lifted the ball with three minutes left in the game delivered the ball to Corinne Kollman who heads and steers the ball up and over the goalie and into the net to give Milton (Hair Dimension) the championship 1-0.

Milton's coach Frank Di Florio stated to everyone that it was a well deserved victory.

Milton (Hair Dimension) coach, manager, and players are the following: Frank Di Florio, Mike Ruigrok, Dianne Van Grootel, Virginia Van Grootel, Corinne Kollman, Mary Lou Boers, Bonnie Robert, Heather Brewer, Elizabeth Cuning, Susan Curley, Jackie Bergin, Shawn Needham, Heather Lang, Karen Marsh, Rhodda Reynolds, Liane Middleton, and Lynda Braultieu. (assoc. coach Rita Marsh)

Announcement MURRAY A. HEIT D.D.S.

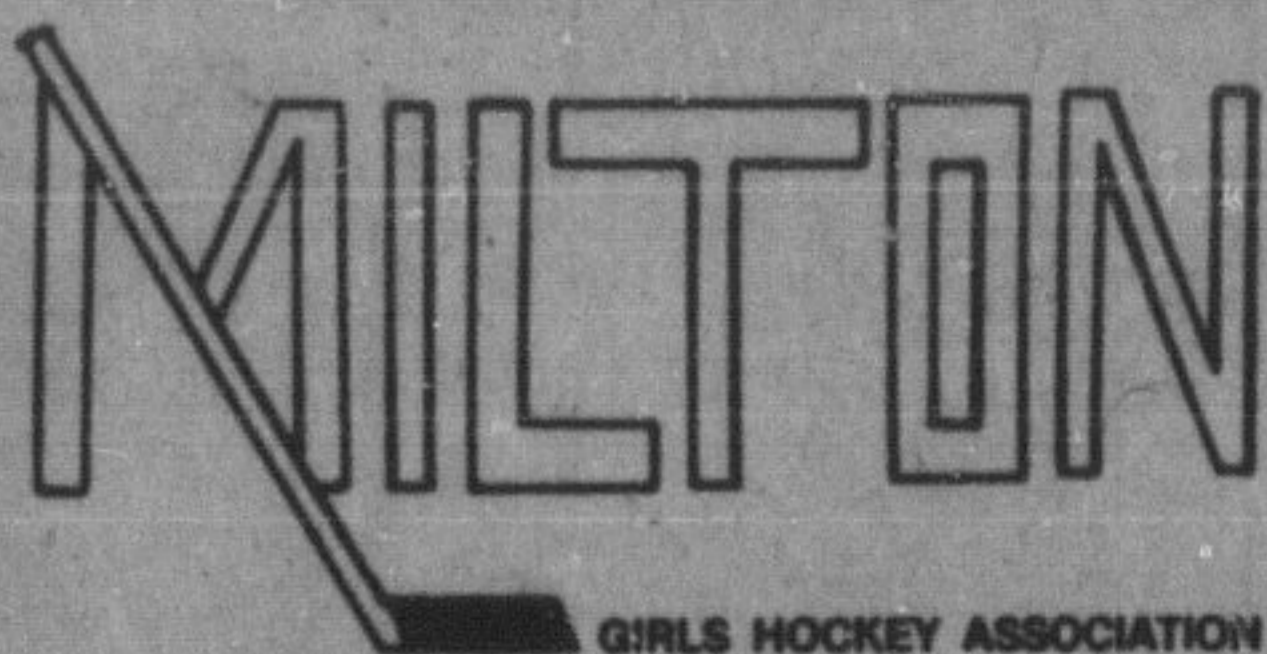
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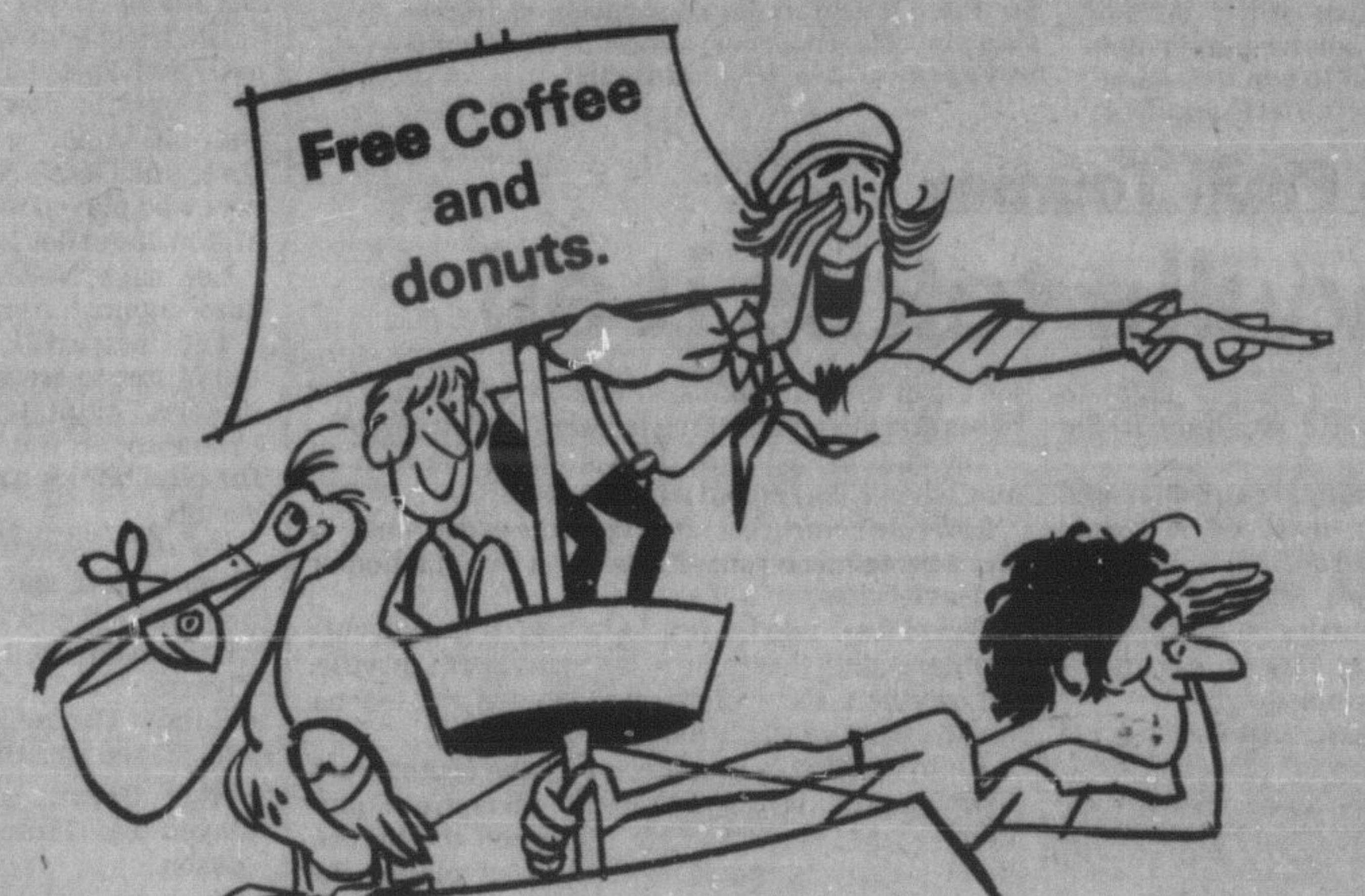
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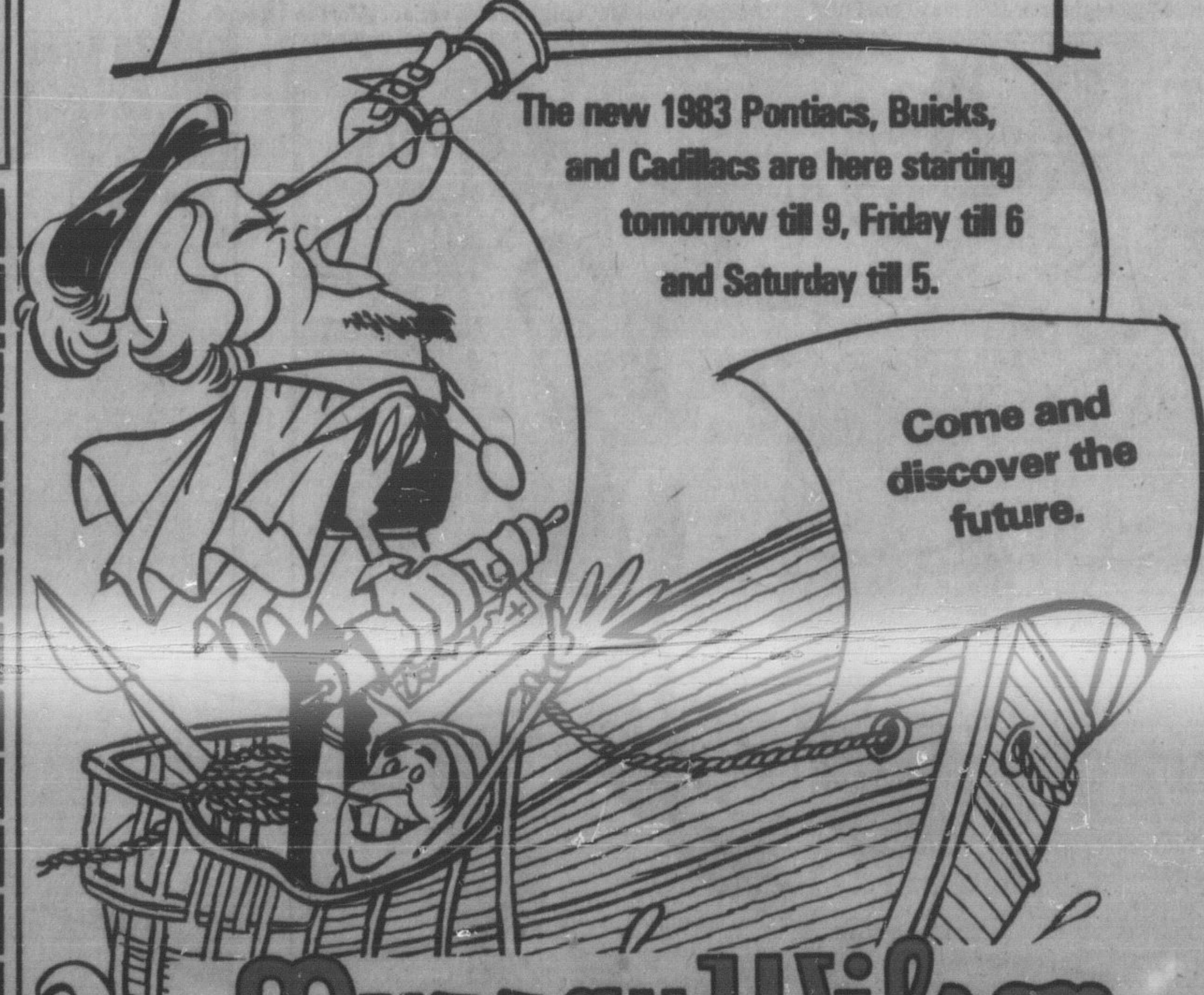
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Cable T.V. Rate increase

Halton Cable Systems announces that, commencing September 1st, 1982, there will be a minor increase in Cable Television rates for subscribers in the area served by the company.

Primary outlets only are affected, and are subject to an increase of 48¢ per month, plus Ontario Sales Tax, in the amount of 03¢ per month.

New rates, as approved by the Canadian Radio-Television and Telecommunications Commission are as follows:

- 1 Outlet \$ 8.48 plus \$.59 OST (Total \$ 9.07)
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Halton Cable Systems

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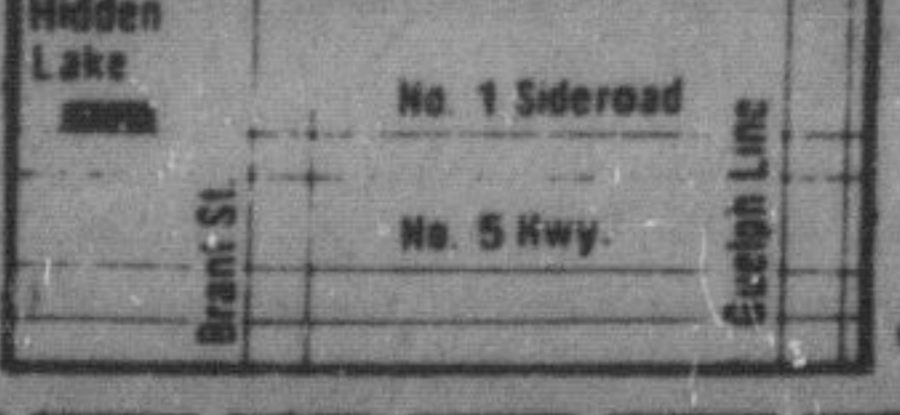
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