

Pounding the SPORTS BEAT

If you feel guilty when you indulge
Too freely in cream puffs and apple pie;
Sometimes notice a decided bulge;
Where you should be pleased to the eye;
But puffed out when you walk a block;
Are edgy, irritable, like a darning old sock;
Don't panic, remain unflustered, calm —
Register for Jim Cubson's fitness program.
There'll be basketball, volleyball, badminton, callisthenics;
Everything intended to improve your eugenics.
Above all it'll keep you fit and trim,
Full of vigor, vinegar and vim.

And you'll notice, if you look on these pages, there's a form to be filled out. If interested in the physical fitness program the recreational director asks you to fill it out stating your preference for the particular sport or exercise you want to be on the agenda.

Since the facilities of the high school are only available two nights a week the type of program the majority want will be conducted. It's your chance to get back in shape and have fun doing it. The program is for the ladies too . . . of course.

FRIDAY NIGHT Junior Beaumont will have his first look at the crop of hopefuls trying out for the Intermediate Tanners. Reports indicate there'll be a record turnout of aspirants and probably many more lining the rails to watch.

Interest is especially keen in the Tanners this season. Reports from all around the intermediate circuit indicate every team will be strengthened. Down in Milton where coach Enio Schiavizzi has had at least seven practices to date and probably will have a dozen in before the Charles' home opener. They're saying there's a 25 per cent improvement over last season. That's probably an understatement. Expect a much stronger club from Milton. They've got a few new faces who'll bear watching.

From Fergus the grapevine reports Paul Knob is in a state of indecision as to whether he'll play this season. Poor fan support in Fergus last season has probably influenced Knob's thinking. When the Flyers played in the W.O.A.A. finals with Port Hope they were lucky to attract more than a handful of spectators. They threatened to play home games in other centres but never carried the threat out.

Even without Knob Flyers will be a thorn in the Tanners' side. Several good juvenile and junior clubs in Fergus the past few years have assured Flyers of a continual source of players. Then you can always sneak in two or three from Guelph. Flyers did last season.

DON'T BET ORANGEVILLE Dufferin's won't be considerably strengthened this season. That elusive OHA championship which escaped them last year in a real drag-em-out series with Sundridge is still being eyed by the Duffers.

They've got a new coach and manager this season and a few Junior B grads are reported to be lining up with them. It's the same story with Cheltenham. They're scouring the bushes for players who'll help them bring a W.O.A.A. trophy home. Elora? The Rocks are usually late starters because of the lateness of natural ice. They're getting the pipes installed now and Elora will have artificial ice sometime in November. You can depend on the Rocks being harder than ever to roll over.

Georgetown is the question mark in the league. How will the Raiders make out? There are still plenty of good intermediate hockey players in the papertown so don't count them out. They could be, if not the cinderella team, the dark horse of the league.

SURPRISED WHEN YOGI BERRA was named new manager of the New York Yankees? You thought he was a little simple, didn't you? Awful good natured, but simple.

Have you heard the story where Yogi was walking along the street and he sees a man carrying a grandfather's clock? The clock carrier approached the street curb hesitantly, caught his foot and went sprawling. Hands, springs, pendulums and glass spread all over the road.

Yogi hurried up and assisted the man to his feet. He brushed off his coat, turned to the man and said — "If you had been wearing a wrist watch like anybody else this would have never happened!"

That's been Berra's image ever since he broke into the major leagues. But wise baseball men say it's only an image. Yogi is a pretty smart cookie, probably one of the smartest baseball men alive.

Who'll argue with the New York Yankee front office? If they say Berra's the man for the job it's OK with me. They've got too many pennants hanging from the yard arm to seriously dispute it.

BEAT BITS . . . Public Skating Saturday morning from 10 to 12 and again Saturday evening from 8 to 10. How are you fixed for blades? . . . Lack of ice here postponed the Tri-County games as scheduled last night but they'll be played at a later date. Milton teams were supposed to be the visitors . . . Football Gilbert? Who do you pick to represent the east in the Grey Cup — Hamilton or Ottawa? Come on Rough Riders . . . Because the ice here last night was still not ready, cancellation of all Tri-County hockey practice was made until tonight (Thursday).

Industrial Hockey Loop Starts Season Sunday

First game in the industrial been finalized so no assurance of hockey league this season is scheduled for this Sunday night, Nov. 10 at 8 p.m. with another following immediately at 9 p.m.

Four teams have been drawn up by the league executive and they're asking all players to come prepared to play before 8 p.m., equipment and all.

Fifty-one players registered for the industrial circuit Sunday and league officials expect additional enrolment this Sunday. If necessary a fifth team will be formed to absorb the increase.

The league hopes Sunday games will start at 7 p.m. when the season gets rolling and possibly finish at 10 p.m. At the present time arena schedules have not

Program

Providing the ice stays with the recreation director Jim Cubson has mapped out the following program for the remainder of the week for the Community Centre.

Thursday — Tri-County hockey practice.

Friday — Ind. hockey practice.

Saturday — Public skating 10-12.

Town League 14-16.

Public skating 6-8.

Sunday — Family skating 24.

Indoor basketball 7-9.

Bruce Andrews Burning Up Yank Tracks

South Orange, N.J.—Bruce Andrew of Acton, and Tom Tushingham, his fellow Canadian from Whitchurch, will be key factors when Seton Hall University defends its Metropolitan Intercollegiate Cross Country title at Van Cortland Park, New York City.

Tushingham, a junior, helped the Hull win last year along with returnee George Germann, Captain Kevin Hennessy and Jim Koch. At the same time, Andrews was soaring with the French and clinched a great season by winning the coveted ICRA track championship.

Andrews has been just as brilliant with the Varsity this fall. In the Pilates' first six meets, he won three and finished third the same number of times.

One of the finest races of his career came last Saturday in the meet with Rutgers. Running in 84

degree heat, made worse by intense humidity and snow, he won by a 100 yards from his mate, George Germann.

An example of the adverse con-

ditions that day can be seen by the fact that his high running mate, Herb German, and he ran almost even until the weather forced Herb 500 yards before the finish line. Captain Hennessy was also affected by the heat and was fortunate to finish ninth.

Thus, what looked like an easy victory most of the race turned into a tough 27-31 setback.

Tushingham has been running very steadily. His chart shows the following finishes: 6-3-3-6.

Present Awards At Bum Food

Baseball gasped its last breath for the 1963 season Saturday afternoon at the Legion auditorium when the tykes of the Acton Legion minor baseball league tied on the field bag and were presented with winners' trophies.

The four team league headed by convenor Gord James, was a hotbed of activity all summer and according to recreation director Jim Cubson furnished a fine farm league for minor base ballers.

Tomato, coached and managed by Gord Fricker and Bob Locati, topped the league championship and the two officials were presented with the J. Bert Wood trophy by the recreational director.

The Lorne Masters' memorial trophy, presented annually to the most valuable player in the Legion league, also went to Toronto's Teddy Hagan received the award this year. It was presented by Gary Masters, son of the late Lorne Masters, one of Acton's finest baseball players.

Winning honours consisted of Most Valuable Player Ted Hagan, George McPhail, David Pink, Tom Cubson, Chris Schutte, Riny Schutte, David Hunter, Stephen Marshall and Ronne Louttit.

Other teams in the quadrangle for boys under 10 were Atlantic finalists coached by Harold DeForest, Richmond headed by Hec Guthrie and Buffalo with Bill Morrison as manager-coach.

Cartoons and a film on racing cars preceded a feed of hot dogs served by Gord James, Ivan Kirby, Gary Dawkins, Bill Taylor and Bill Coon Jr.

First Practice For Tanners Friday Night

First practice for the intermediate hockey club will be in the community centre Friday night from 8 to 10 p.m.

New coach Matt (Junior) Beaumont will be on hand to put the prospective Tanners through their paces and attempt to get some idea of who to pick to play in the opener in Milton Sunday afternoon.

Quite a few new faces are expected to try out with the Tanners this season as well as the bulk of last season's club. The club executive has been working hard to assemble a team that will more than hold its own in the league which promises to be stronger than ever this season.

Another practice is promised for Sunday from 11 a.m. to 1 p.m. Anyone from this area interested in trying out with the team will be welcomed at the practice.

Interest in last year's league was widespread and it's expected to be even more popular with fans this season.

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ACTION

BEFORE 6:30 A.M. AFTER HOURS 6:30-2:15 P.M.

WEAR A POPPY ON REMEMBRANCE DAY



Decide to Form Figure Skating Club in Action

At a meeting of interested supporters Tuesday night in the Community Centre it was decided to go ahead with the formation of a figure skating club in Action this season.

A new professional skater, Kerry Letich, gold medalist and his assistant, Miss Barbara Ann Still, double silver medalist have been in touch with recreational director Jim Cubson and the meeting decided they would be asked to conduct the class.

Time in the community centre on Fridays from 4:30 to 7:30 and Saturday mornings from 8 to 10 has been reserved for the figure skaters. Next week a registration form will appear in this newspaper and registration night will be at the community centre on Thursday, November 14 from 4 to 7 p.m.

First skating night will be the following night, Nov. 15. It will take the form of a demonstration night with the two prominent parents an instructor into the program for the children.

Further information on the figure skating classes may be had by phoning the community centre. Dial 451-0200. Fees for the classes will remain the same as last year.

Executive Meets New Club Coach

At a meeting of interested supporters Tuesday night in the Community Centre it was decided to go ahead with the formation of a figure skating club in Action this season.

Although he really needed no introduction, new coach Jimi Beaumont was on hand to meet each member of the executive individually and acquaint them with some of the things he hoped to do with the team this season.

Tentative plans for the opening game here Friday, November 22 were made. The Rocks will be the visitors and the Tanners will have already had a going under their belts.

President Ray Mason, was in the chair for the meeting attended by secretary Rae West, treasurer George Hoggett, vice presidents Bob Marshall and Ross Ballantine, manager Sonny Townley, manager Ed Toonie and coach Jimi Beaumont.

LOOK

AT THE "GOODWILL"

USED CARS WE

SELL

THEY'RE BACKED

BY SERVICE

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Buy Books

Last week Mrs. Isabel Watson, chief librarian, her assistant Miss Madge Chapman and other members of the library board's selection committee had a book buying bee with Bill Gardner, a representative of Ryerson Press. To come. New books will arrive before long for winter reading.

Firefighter Dorson Frizzell Says:

Never leave matches within the reach of small children.

Curiosity kills.

THIS SAFETY MESSAGE SPONSORED BY
ACTON FIREFIGHTERS
FIRE PREVENTION COMMITTEE

WEAR A POPPY ON REMEMBRANCE DAY

Supersweet
FEEDING PROGRAM HAS
MEANT MANY EXTRA DOLLARS
IN MY POCKET!



Whether you have followed an established pattern or poultry feeding program in the past or not, you owe it to yourself to investigate the wide range of Supersweet programs.

Compiled by our director in accordance with the latest nutritional knowledge, the Supersweet programs are tailored to meet the needs of your particular animals.

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