

Free Press YOUTH PAGE

Off to summer camp for 2 top athletes

This year, the physical education staff has chosen Debbie Silingerland and Fred Flisnik to represent Acton at the Ontario Athletic Leadership Camps in the summer.

Debbie will attend the girls' camp in July and Fred the boys' session in August.

O.A.L.C. is situated on Lake Couchiching near Orillia and is attended by representatives from high schools all over Ontario. Top teachers are selected to instruct at the camp.

Campers are chosen by the school physical education staff on the basis of athletic ability and leadership qualities.

After a brief initiation into camp food (ugh) you are issued your schedule.

"There are three core subjects - swimming, tennis, and basketball. Then you may take two extra courses from the following - volleyball, field hockey, archery, folk dancing, badminton, gymnastics, track and field, and golf."

"Besides taking courses, you are expected to go to lectures, give lectures, organize meetings, be in folk dances and carnivals, swimming meets, tennis meets, and attend tournaments, winner roasts, Sunday services, and campfires."

Last year Jim Lee and Cathy Krul represented Acton. Cathy describes her experience as follows:

"At camp, they line up the first day and issue clothing like

"Now Debbie and Fred will know what they are in for - rotten food, plenty of activity, tons of work, super councillors, and fun, fun, fun."



DEBBIE SILINGERLAND AND FRED FLISNIK can look forward to two weeks of sun, fun and hard work, as Acton's representatives to the Ontario Athletic Leadership Camp. (Staff Photo)



BY INSTRUCTOR Ron McCallum presents the trophy for Most Outstanding Track Athlete to Bob Andrews. (Staff Photo)



BONNIE BRISTOW (front left), a patrol at Robert Little School posed for the camera with five patrols from Waterdown and Const. A. Connor, during a tour of the Parliament Buildings at the National School Patrol Jamboree held in Ottawa last weekend. The Jamboree was sponsored by the Hamilton Automobile Club in co-operation with local municipalities and public spirited clubs. The other Acton delegates were Brian Connor, Peter Morrison, and Larry Quinn who were either camera-shy or lost at the time.

Halton rocks for students

Halton county turned out to be a paradise for junior geographers.

Under the leadership of geography instructor Paul Martindale, 33 grade 11 students spent most of Tuesday examining in detail the rocks, rivers and soil conditions in the area.

The busload left Acton shortly after 9 a.m., armed with pencils, paper and a picnic lunch.

In the course of the day, they made diagrams of the upper and lower escarpments, followed the banks of a river near Milton, did some investigating around Ratlesnake Point, explored the lime kilns and caverns near Limehouse, and did a soil profile on a former glacial delta near Erin.

One of the more interesting discoveries is that Mount Nemo isn't really a mountain at all. According to the books, it isn't high enough and it doesn't have a real peak.

The group returned around 3:30 in the afternoon.

A.D.H.S. elects student council exec.

A new student council executive was elected at Acton High School last Monday after a lively session of campaigning complete with rallies, promises and placards.

Mark Hurst, a grade 12 student, won a close race for president with Jim Lee, Grade 13.

For vice-president, Nigel Scott, Grade 10, defeated Linda Perry and George Wallis.

Chris Brunelle won the position of secretary over Anne Watson, and Linda Lawson defeated Jackie Palmer for treasurer.

--Please call the Free Press to let us know about young Acton students who are graduating this spring. We would like to have a graduation picture for publication. Of course, there is no charge.

--Students are looking forward to their formal dance at the high school this Saturday.

Fresh Tracks...

By Barbara McIntosh

It's Cram-Time

That happy time is here again. Flowers are blooming, warm summer breezes are blowing in from the fields - and final exams loom up through the mist.

Naturally the conscientious souls who have been working hard throughout the year have already begun to review reams of neat, well-organized notes. And then there are the others, who rely chiefly on the 'cram method.'

As a perennial crammer myself, I felt it might be worthwhile to pass on a few hints. By the cram method, it's difficult, if not impossible, to come through with first class honors. However, with a bit of planning, one can manage a pass-and perhaps even a high second.

While it sounds corny, it is essential to have a special study place that is well lit and has an ample supply of pens and paper. For those who aren't fortunate enough to have a desk in their own room, a private area can be set up in the basement, or in the den, or even in a large closet. If all else fails. The important thing is that it be relatively quiet and free of distractions, like a life-size portrait of Marlon Brando on a motorcycle, or a stack of Stag magazines.

It isn't that difficult to form the study habit, if you can establish a pattern of beginning at approximately the same time in the same place every night.

Study breaks are very important. After two hours of concentration, more can be absorbed by stopping for coffee and a peanut-butter sandwich, and then going back for another session, than by trying to work right through.

To avoid waking up in the middle of the night to hoards of armed fractions swarming the walls, it is wise to stop studying at least a half an hour before turning out the light.

Psychologists tell us that there is what is called 'the period of incubation.' It takes at least 18 hours for facts to become sorted out, digested and filed in the proper slots inside the brain. While you may feel as if you haven't learned a thing, a day later you should find things coming into focus, if you have studied the work properly.

But then again, this might not happen. That's why it is so important to go over everything at least once in depth before that final night, so that then you can simply review briefly, find out the areas you are not sure of, and reinforce those you have learned.

To be successful, the cram session should begin two weeks before exams, or with enough time to spend two days on each subject. An official-looking schedule in bold black print is a MUST.

Studying is a drag, especially cram-style. There are definitely far more exciting and enjoyable things one could be doing this time of year.

But then, two weeks of mental and physical agony is better than a full year of boredom repeating the grade.

So let's get the show on the road. It's time to withdraw from the world into an academic shell. For some, it may be difficult and out of character - but it isn't that painful.

Brighten up your study area with helpful little reminders like "Nobody Loves A Failure," "Snoopy Adores Math," and "We Shall Overcome."

It's down with procrastination and up with Shakespeare and the anatomy of the frog.

D-Day is June 4th.

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Mountains, fountains, and food at coming high school formal

by Cathy Krul



For the guys, it's an expensive corsage and a three hour endurance test in a stiff white collar. But for the girls, it's the big chance to turn on the sophistication and impress the world with a long flowing gown and a super hairdo.

Saturday night is the annual spring semi-formal at Acton District High School. Remember our successful "Edelweiss Ball?" Remember how you parents are always complaining that you never get to go to formal or dress-up dances?

Well, now here's your chance. I hereby invite you forgotten stay-at-home parents and you dismal teens, to an evening of sheer enjoyment.

After donning your semi-formal attire, you will step inside our gym and suddenly realize that it is a "Summer Place". The gym will have a giant mural of mountains on the entire side wall, a garden trellis, and a walk down a garden path over a wooden bridge to a small water fountain. The air will be filled with the fragrance of spring flowers.

On the stage, will be a band of nightclub musicians called "The Country Store".

When the "oldies" are tired, they can rest under a patio umbrella, or get a bite to eat at the buffet set up outside the gym.

Sounds perfect doesn't it? Tickets are \$3.50 per couple and can be obtained at the school or Morris Pharmacy.

The semi-formal will be held at the high school May 25, from 8 - 12.

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Regular price 59¢ a pair
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THURS., FRI., SAT. AT:

Gordon's Hardware



ACTON'S TOP FEMALE ATHLETES are (from left to right) Susan Clendenning, Most Valuable Jr. Basketball Player, Miss E. Atkey, instructor; Britte Larsen, Most Valuable Athlete of the Year; Janet Braida, Most Valuable Sr. Basketball Player and Louise Kirkwood, Most Valuable Volleyball Player. (Staff Photo)

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