



TOP CONDITIONING with tremendous stamina are the requirements of cross country runners, according to coaches Dave Boycott and Ed Leatherland, teachers at M. Z. Bennett Public School. Seen setting off in trim style are the four cross country girl champs of their school, Michelle Field, Intermediate; Janet Ager, Bantam; Teresa Luty, Senior; and Karen McHugh, Junior. (Photo by Lorraine)



GETTING READY for a practice jaunt for the North Halton Cross Country run to be held at the M. Z. Bennett school on October 10 are local school champions after Thursday's home meet, Peter Luty, Intermediate; Steven Lumbers, Juniors; Gary Lumbers, Bantam, and Randy Upton, Senior. All boys placed first in their own divisions. (Photo by Lorraine)

Cross country champ is getting in shape

You have to be in top physical condition with plenty of stamina and it's better if you have a dad at home who can tell you how it's done. Steven Lumbers of the MZ Bennett school likes to give his theories on what championship cross country runs are all about at the junior level of the North Halton competitions. Last year's number one junior says: "What I do is I start even with the other kids and get myself into third place as soon as possible. I gradually move into second

place upping my speed until I'm about three-quarters of the way and then I really pound it on and run fast." 187 runners It was this strategy which took the young athlete into first place as he passed the lead runner 20 yards from the finish line to come in and win, as he contested against his fellow athletes at MZ Bennett on Thursday. Steve competed against 187 runners in last year's North Halton competitions and came in an easy first. To-

gether with his team mates he has been practicing and getting in shape for the past two weeks. for this year's race. Coaches Dave Boycott and Ed Leatherland of the MZ Bennett school are confident that their teams will make a fine showing in the meet in which Bantams and Juniors will run one mile and Intermediates and Seniors 1 1/2 miles on the schedule date of October 10 at 9:30 a.m. at the M.Z. Bennett public school.

Miss Paula Curran likes Acton's pace

Miss Paula Curran was born and raised in Toronto, but spent her early years in the suburbs. She graduated from Victoria College with her B.A. in 1960 and then taught New Canadians at George Brown College for two years. Last year, she attained her Bachelor of Education from the University of Toronto.

Reading comes high on Miss Curran's list of hobbies. She reads a lot and enjoys it. She paints when she finds the time and also likes to cook and sew in her spare time. When asked if she liked the school, Miss Curran replied, "Yes, very much." She has two reasons, one being the size, and the other, that she likes the students. She thinks that they are easier to teach. The whole atmosphere of the school is friendly.

Semester system The semester system is fairly new to Miss Curran. She likes the idea of concentration, but wonders about the fact that a student may be away from a subject for a year.

Miss Curran will be getting her Art Specialist Certificate and would like to obtain an M.A. in English. Receiving her doctorate in English has also been one of her dreams and hopefully one that may be fulfilled.

Drama is the one thing Miss Curran hopes to get involved in. She took a dramatic course in school and so knows something about it already. Next year, she would like to start a Creative Writing class. She feels there is a real need for it.

Miss Curran likes the big city, but finds the small town a nice change. She feels the greatest difference is the atmosphere and the pace, which is much slower. Miss Curran's job (as sign) A perfectionist, Miss Curran is also defined as helpful, kind and compassionate.



NEW STAFF member at Acton high this year is Paula Curran. She teaches art and hopes to become involved in drama. (Photo by D. Gibbons)

Acton High Notes

By Janice Gibbons The Ontario School for the Deaf competed against Acton, last Wednesday, in a cross-country meet held here at the school. Acton beat O.S.D. with a score of 44:10. The first six contestants were Acton students. Frank Houston had the best time at 16:35 in the three mile. In the ladies one and half mile, Heather Near had the best time of 13:10.

On Thursday, September 27, another cross-country competition was held, this time in Oakville. General Wolfe High School opposed Acton in the men's 2 1/2 mile. Once again Acton won with a score of 34:19. The shortest time was 12:19 by Frank Houston. In the ladies 1 1/2 mile General Wolfe was beat by 26:10. Janet Johnson made it in 11:41.

Beauty spat Mrs. June Levy took her Grade 11 Art class to Kleinburg, September 27, to see the McMichael Canadian Collection. The collection displays some 700 works by Canadian artists. The gallery has 30 rooms and is constructed from hand-hewn timbers and native stone. The

McMichael Canadian Collection is one of Ontario's beauty spots and is located just north of Woodbridge. Many Grade 13 students and Ken Ellis went to Stratford on Friday to see the performance of the Shakes-

pearean play Othello. The day was rather unique because of the fact that it was exactly one year ago that we had been there and it was then that we beat the Soviets in the Canada-Russian Hockey Series.

Big election held at Robert Little

Robert Little student council has been elected by students of grades six, seven and eight. Each grade elects two class representatives to the council by class vote. The president, vice-president, secretary and treasurer are elected by the student body.

Mrs. Sandra Andrews, staff liaison with the student council, co-ordinated the event September 20. Class representatives are grade 6, room 113, Azelle Luffin, Murray McNabb, room 111, Kevin Archibald, Vicki Britton, grade 7, room 107, Janita Andrews, David McGilloy, room 106,

Connie Bull, Steve Trotter, grade 8, room 100, Kim Jackson, Nancy Shoemaker, room 110, Kim Closson, Robin Marshall.

Newly elected secretary Merle McNabb gives her account of the campaign. Account The Big Election by Merle McNabb As days past by all the candidates were putting up their posters. The posters were done very well.

The big day came. All the speeches were done at a morning assembly in the auditorium and done very well. Everybody voted, then

went home for lunch awaiting the news. I bet some people were too excited to eat. The afternoon went on.

Finally the bell rang for three o'clock. Mr. Allen, our principal, announced the winners: Cindy McGilloy - president; Paul Bowen - vice-president; Stephen Tremblis - treasurer; Merle McNabb - secretary.

Almost everyone was happy, some were disappointed but Robert Little School has chosen a student council for 1973-74 and next year others will have an opportunity.

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