

# Acton high notes

by Jennifer Howe

School's back in full swing now, with the first report coming out on Wednesday. The assignments all seem to be coming at once and so once again students are burying their noses in books.

For a more relaxed part of school life, the students of Acton high turned out to start off the sports season by staging a pep rally to cheer on the girls' basketball team - The Squaws. Well, between the school spirit and the team talent we won against Milton in both Junior and Varsity games. Let's see spirit like that for all of our school events!

On Thursday, October 16 the Halton Cross Country meet is to take place. Good luck Acton!

Outer escapades  
The Outers took 10 members from their club on a canoe trip up to Algonquin for the Thanksgiving weekend.

Also on Thursday the Outers are taking people hounding after school, but if you are afraid of heights remember not to look down.

The second in the Family Life Education series is coming up on Tuesday, October 28 at 7:30 at the M.Z. Bennett school. The guest speaker is Stan Shapiro from the Toronto Institute of Individual Psychology. He will speak on child behavior, how to control and recognize problems, and will be pleased to answer questions concerning this topic. Everyone is welcome so make it a point to attend this most interesting lecture.

Students council is having an all day planning session at Guelph University on Friday. So students council, start thinking and students - give them your ideas, because even if you can't please all of the people all of the time... we're going to give it a good try!

# M.Z. Bennett weekly news

By Sherry Halfaday and Denise Paton

Last Wednesday the track team went to Kelso to compete against five schools. They also went today to Burlington for an all-Halton meet.

The grades seven and eights are going on a field trip on October 17 and 18. There have been given lots of tests to the grades six, seven, and eights this week.

On October 30, there will be a Halloween dance from four to six. This year at M.Z. there will be opening exercises over the P.A.

On October 8 safety patrol badges were given out to the safety patrols. Four of the safety patrols were picked to go to a C.P.L. Football game. The four are: Trevor Denny, Tom Briggs, Anita Civero, and Brent Vickory.



M. Z. BENNETT school student looks through a microscope at that school's parent's night on September 30.

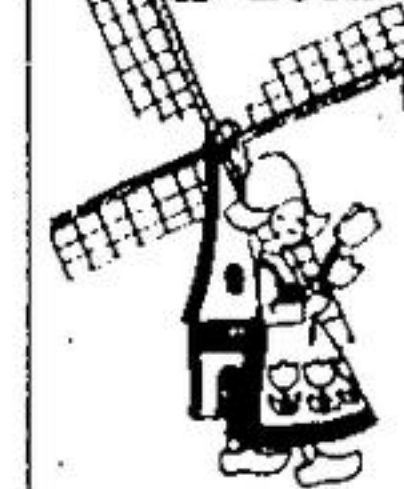
# Plan souvenirs

Halton Region Administration Committee wants to have the new regional coat of arms engraved in souvenirs that the regional officials can give to visiting dignitaries. The committee never decided which souvenirs would be used but things like cuff links, brooches, blazer crests and pocket knives were discussed.

Letters of patent pertaining to the coat of arms have been recently issued and the committee endorsed plans to have the official coat of arms presented by a provincial government official at the end of a council meeting. A small reception is planned immediately after the presentation and council meeting.

The coat of arms and all of the work related to having it approved has been done by Dorothy Stone of Halton Hills.

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# Scout and Guide news

By Mark Rowe



SUE, MCPHEE AND Ky, the three Thompson hounds, aren't left behind when the family moves to Alberta. But it took encouragement and muscle to get them on board Friday. Columnist Wendy Thomson promises to write back more instalments of the Painted Box.

You certainly were not the only one whose smile came out with the sun Friday afternoon.

Sixteen Boy Scouts left for camp later that day. We camped on the Penderosa on the sixth line. This was the third annual "Oktoberfest" camp that Acton has held. It commemorates an October camp which was literally blown away by hurricane force winds. All the veterans of that camp have now progressed to Venturers.

The camp was organized and run by patrol leader Robert Lambden and troop Scout James Saxon. The other campers were James Lambden, Peer Semma, Geoff Saxon, Chris Wood, Paul Carter, Yves Sward, David House, Dean Hughes, Darrell Adkinson, Brian Hagan, Jack Garten, John Sit, Eddie Blaser and Leonard Miller. The campers were supervised by Scouters John Sharples and Mark Rowe. Rick Saville attended the Friday night campfire.

Saturday the Scouts practiced camp skills and played some wild games. One interesting device that two Scouts built was the pillory. It was based on the old idea of constraining wrongdoers which was popular among the Puritans. Three Scouts also assisted at Blue Springs Scout Reserve in the preparations for Gilwell Part II's Christmas Party. That evening Elizabeth Lambden showed up with a generous supply of cupcakes and a large chocolate cake.

On Sunday the Scouts constructed a catapult capable of firing rocks over the pond. When the parents arrived at four, they gave a display using fire bombs made of burlap twine. For an October camp, when weather can be unpredictable the Scouts were very lucky in that respect. I'm sure everyone had a marvelous time.

Last Saturday, the second Acton Brownies went on a hike. The excursion was planned by Dawn Cook, Denise Coleman, Sara Homer and Lisa Marell in connection with their testing for the Golden Hand award. The Brownies spent Saturday afternoon at the Three Sisters on Churchill Road.



MEMBERS OF THE first Acton Scout troop gather around a fire to cook their lunch on Sunday at the Blue Springs Scout Reserve. Leader John Sharples, and Scouts Peer Semma, Geoff Saxon and Leonard Miller, took time out from their Scouting duties to get a bite to eat.

Be sure to attend the Scout and Guide Mothers Association dance on Saturday. For tickets please call Barb Marchison or Gloria Mason.

The parents of our four new recruits are invited to attend their investiture Thursday evening at half past seven.

# Free Press Youth page

# Nature's toothbrush

By Lorraine Holding

The traditional "apple-a-day" has gained another title - "nature's toothbrush". Its crisp, juicy texture cleans teeth and stimulates gums. An apple is an excellent dessert or snack for any diet, and a particularly good choice for low calorie, diabetic, or low-sodium diets. Its bulk relieves hunger without contributing many calories.

To maintain their crisp, juicy texture and full flavor, store apples in the refrigerator. Use the crisper or a perforated plastic bag to prevent the apples from imparting flavors to other foods, or absorbing flavors from them. Large quantities of apples will store satisfactorily in a cool 9-4 degrees C (32-40 F), well-ventilated basement. The storage area must be sufficiently humid, otherwise apples will shrivel after prolonged storage. Handle apples carefully to prevent bruising—the skin of an apple is as delicate as an egg shell.

Apples add a pleasant flavor and texture to many other foods. Apple pie is a favorite, but have you checked recipe books for apple pancakes, apples with meats, apple jellies, apple cakes and many others? Try them—you'll like them! Here is a recipe for apple custard pie:

Prepare your favorite pastry for a 9-inch, one-crust pie, unbaked. Pare, core and thinly slice three medium cooking apples. Toss apples with 1/4 cup white sugar, 2 tablespoons flour, 1/4 teaspoon nutmeg, 1/4 teaspoon cinnamon and a dash of salt. Spoon mixture into pastry-lined pie plate. Beat 2 eggs slightly, then beat in 1/3 cup white sugar, 1/4 teaspoon salt, 1/8 teaspoon nutmeg, 1 1/3 cups milk and 1/2 teaspoon vanilla. Pour over apples. Bake at 450 degrees F for 12 to 15 minutes. Reduce oven temperature to 350 degrees F and continue baking for 55 to 60 minutes or until custard is set.



PAUL CARTER takes his punishment in the Scout's pillory during the weekend's Scout campout at Blue Springs Scout Reserve.

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