

Buses cancelled due to snow

The Acton high school had almost empty halls today (Wednesday) after last night's snow storm which dumped several inches of the white stuff in the area.

One half of the total number of students showed up for classes. Buses were cancelled, and many teachers were late, according to a school spokesman.

Attendance at M. Z. Bennett and Robert Little schools, except for the bus students, was normal.

M. Z. Bennett spokesman said some country students were driven to school in cars.



LINDA SHADBOLT, (centre) dives with other girls for the start of the junior 50 metre free style race at the first Tri-School Swim meet of the new year. There are just two remaining meets before the finals, which are followed by the Ontario Championships at York University.

AHS swims to first and second

Karen Chapman, Debbie Ruppert and Dave Pendergast came through with strong performances to give Acton High School junior swimmers first place and the seniors' second spot in the first tri-school swim meet of the new year.

The junior squad with 53 points, finished ahead of Milton, with 49 and Georgetown with 41. Georgetown took first place in the senior events with 112 points. AHS collected 51, and Milton got 44.

Dave Pendergast, a junior, won the junior 50 metre free-style event and also the senior 200 metre freestyle. His time for the senior event was 2:54.2. Karen Chapman got a first in the junior girls 50 metre free style, while Debbie Ruppert won the junior girls 50 metre breast stroke.

Junior

Karen Hinkley combined with Karen Chapman and Debbie Ruppert to win the junior girls 150 yard medley swim.

Miss Chapman was also on the team of junior girls who won the 200 metre free style event. Linda Shadbolt, Anne Charlebois and Lynn Margetts make up the rest of the team.

Swimming coach Mike Simmons said the teams are doing quite well. "Our swimmers are optimistic because they will not be facing the club swimmers, who average 15-20 swimming times per week, in the finals in February", Mr. Simmons said. The teams in Oakville and Burlington consist of several club swimmers. Acton swimmers average 5-6 hours a week in the pool.

After the finals, there are the Ontario Championships in March at York University.

There are two more tri-school meets before the finals.



KAREN CHAPMAN won the girls' 50 metre free style event at the recent Tri-School meet. She also figured in the junior girls' medley and free style relay teams.

DAVE PENDERGAST won a junior and senior race at the Tri-School Swim meet at AHS Thursday. His time for the senior 200 metre free style was 2:54.2.

Free Press Youth page

Local 4-H club members arrange Dale Carnegie course

The Halton 4-H club will be the first Canadian 4-H organization to take the course as a group.

Approximately 40 members of Halton 4-H agricultural clubs are being invited to participate in a Dale Carnegie training course, arranged recently by local 4-H executive members and Carnegie representatives.

Dale Carnegie training is becoming increasingly popular across North America as a way to develop more self confidence, a greater understanding of people, better

communication skills and to strengthen their ability to cope with the pressure of modern living, claim Dale Carnegie spokesmen. Over one and a half million people have taken the Carnegie course in North America in the past 63 years and over 3,000 graduated from Dale Carnegie classes in Ontario in 1975.

Further information may be obtained from Mark Leahy at 878-2314.

Cattle shipped

A shipment of 58 Jersey heifers made up part of the cargo aboard a Pacific Western Airlines Boeing 707 leaving Toronto for Poona, near Bombay, India. A total of 146 animals, 86 Holsteins and 58 Jerseys had been selected by Manibhai Desai, Director of Bharatiya Agro Industries Foundation of Urruli, Kanchan, Dist. Poona, Maharashtra, India and Dr. B. R. Mangurkar, geneticist for the Foundation.

Teresa Holland, local course representative, commented, "many of our adult class members have told us over the years that Carnegie training would be valuable for young people trying to prepare themselves to be better citizens. We're pleased to be able to make this training available to local 4-H club members."

Grateful

Local 4-H club president Jeff Nurse said, "we're grateful for being chosen as the first 4-H club to make this worthwhile training available."

Ontario Ministry of Agriculture and Food assistant agricultural representative in Milton Mark Leahy, who was instrumental in co-ordinating the program, noted, "these young people will be developing skills that will help them the rest of their lives. We're thankful to the Dale Carnegie people for making this training available to our members."

The course begins in Milton Jan. 20 but final selections on a site for the course have not been made. The 14 week course will be conducted by Kevin Crone and associates, who represent the Carnegie course in this area.

Acton high notes

by Jennifer Rowe

Christmas holidays are over and everything is back to normal, only busier at Acton high. Semester One is coming to a close at the end of January and everyone is rushing to finish those assignments they have been putting off.

Future students for Acton high have been planning their programs. The grade eight students at the M.Z. Bennett school were selecting their subjects this week. On Wednesday night, a meeting will be held for those students and their parents so that they may both learn how our system works.

On trip The grade 11 French class, after much hard work to raise money, left on Wednesday at 11 p.m. for their trip to Quebec. They arrived in Quebec at 11 a.m. at the Clarendon Hotel.

The rest of the day was spent sight-seeing. On Friday they visited a French school where they spoke French to

the students and in turn the French students got a chance to practise their English. Friday night they went to the theatre where they saw the live stage play "Death of a Salesman" in French.

On Saturday they went to Laval University. That night they saw a W.H.A. hockey game. On Sunday they attended mass at Notre Dame and just before leaving the city they saw the Bonhomme Carnival as it was arriving in Quebec that day.

The 13 students who went, seemed to have had a wonderful time. A special thanks goes to Mr. and Mrs. Yust for being such "great" chaperones.

Outers out On Tuesday night after school the Outers Club went on a snow-shoeing hike at Erin.

Next Monday the Computer Science class is planning another trip to Lord Elgin so that they might test out their computer programs.

THERE WASN'T A SQUARE inch of the Acton Pool which was not awash during the recent Tri-School meet.

Just a moment of travel

- Four gleaming pipes
- Four racing carbs
- Two wheels
- Smooth, quiet
- With massive power and acceleration
- When you're through waiting.
- And ready to move.
- The one machine that straightens it all out
- On the road,
- At the strip,
- Or in your mind.
- Great to look at
- Even better to ride.
- The Honda 550-four.

Ken VanderPolder

M.Z. Bennett weekly news

By Sherry Halladay and Denise Paton

M. Z. Bennett school is getting settled for the new year.

The school had their Christmas dance for the grade sevens and eights which was very successful. On the Friday afternoon before the holidays the school's volleyball team. Mr. Boycott has started the boys' basketball team and Mr. Bradshaw has started the girls' basketball team for the school.

We welcome the two new teachers to our school, who are taking Mrs. Manes' and Mrs. Boycott's places. They are Miss Lush and Mrs. Kwasnicki.

Miss Lush is the new music teacher and Mrs. Kwasnicki is the new grade two teacher. Grades six, seven and eights are preparing their oral speeches for their classes.

Here's hoping 1976 is a happy and successful year for our school.



ACTON NIGHT CLASSES

Acton High School

There are still openings in the following:

COURSE	FIRST NIGHT	TIME	WKS	FEE
Bookkeeping for a Small Business	Wed., Jan. 14	7:00-10:00	8	\$15
Brush Up Typing & Office Skills	Wed., Jan. 14	7:30-9:30	8	\$10
Crochet I	Mon., Jan. 19	7:30-9:30	8	\$10
Crochet II	Wed. Jan. 14	7:30-9:30	8	\$10
First Aid - St. John Ambulance	Mon. Jan. 19	7:30-9:30	8	\$15
General Shopwork	Wed. Jan. 14	7:30-9:30	8	\$12
Macrame (Closed)	Mon. Jan. 19	7:30-9:30	8	\$10
Yoga (Beginner)	Wed. Jan. 14	7:30-9:30	10	\$12
Yoga (Advanced)	Thurs. Jan. 15	7:30-9:30	10	\$12

These classes will run on the first night and will continue if there are enough registrations. You may register at the high school the night of the class.

(Some classes which will operate despite low enrolment will have to be cancelled if attendance drops.)

Our January Clearance Sale Continues

Men's SUITS 20 to 50% off

Men's Leather Eskilon Lined CAR COATS \$68.00

100% Polyester SHIRTS \$5.00

SWEATERS 20 to 50% Off

Cabretta Zip in lining CAR COATS \$115.00

Ladies' COATS • JACKETS
PANT SUITS • DRESSES
20 to 30% OFF

Children's Up to Size 14
COATS and SNOW SUITS
20% OFF

Plus Many In Store Specials

NIELSEN'S

DOWNTOWN ACTON 853-2280

Refresh Those Dormant Skills!!!

New Classes Are Beginning At

SHERIDAN COLLEGE

Oakville South Campus

216 Lakeshore Road East, Oakville

THE FOLLOWING COURSES ARE OFFERED ON A CONTINUOUS INTAKE BASIS. ALL COURSES ARE INDIVIDUALIZED TO MEET PERSONAL NEEDS.

Commercial Refresher

Duration: 16 weeks. Cost: \$120.00 + \$8.00 for book fees. Pre-requisite: typing at 20 w.p.m. Subject areas: typing, office practice, shorthand, bookkeeping and business machines.

Clerk-Typist

Duration: 24 weeks. Cost: \$180.00 + \$8.00. Pre-requisite: Grade 10 or equivalent. The program is designed to provide students with typing and bookkeeping skills. Other skill areas are: filing, dictaphone, 10-key calculators, duplication machines, business correspondence.

Commercial Stenographic

Duration: 40 weeks. Cost: \$300.00 + \$8.00. Pre-requisite: Grade 10 or equivalent. Students taking this program will have as their objective a position with greater levels of responsibility. Subject areas: business communication, typing, office practice, shorthand, record keeping, business machines, business mathematics.

Commercial Accountancy

Duration: 40 weeks. Cost: \$300.00 + \$8.00. Pre-requisite Grade 10 or equivalent. This course has been designed to prepare graduates for junior positions in the accounting field. Graduates will be able to look after books to the trial balance of a small business or do payroll, accounts payable, accounts receivable, cash payments, etc. in a large firm.

Key Punch

Duration: 6 weeks (Monday - Friday from 9.00 a.m. to 3.45 p.m.). Hours of instruction: 90. Pre-requisite: typing 35 w.p.m. Cost: \$200.00 (Pre-registration required). When this course is completed the student should be able to key punch at 10,000 strokes per hour.

Quality Control

(Sanitation and Hygiene)
Duration: 15 weeks. Starting date: Thursday January 29th, 1976 to May 6. Time: 3:00 p.m. to 5:00 p.m. Cost: \$30.00 + \$5.00 book fee. This course is only being offered at Brampton.

Quality Control

(Statistics)
Duration: 15 weeks. Starting Date: Wednesday January 28th, 1976 to May 5. Time: 3:00 p.m. to 5:00 p.m. Cost: \$30.00. This course is only being offered at Oakville.

Academic Upgrading

Duration: 16 weeks for each level. Cost: \$120.00 + \$10.00 book fee for each level. The Academic Upgrading Program provides the means by which a student may continue his education to a level that approximates grade 12 in Ontario. Subjects offered are: Math, Science (Physics, Biology, Chemistry); English and Life Skills. Successful completion of this program may be used as the admission requirement to Community Colleges. The program is designed so that a student can begin at a level that meets his or her own particular need. Grade 9 - Level I, Grade 10 - Level II, Grade 11 - Level III, Grade 12 - Level IV. All levels are offered on a continuous intake basis.

Basic Job Readiness

Duration: up to 52 weeks. Cost: approx. \$5.00 per week. The primary purpose of this program is to enable the participant to acquire the skills necessary to effectively search for and obtain suitable employment, continue academic or skill training, increase financial independence, improve work habits and work appreciation. Participants will be accepted on a referral basis from agencies. The program will consist of Life Skills and Academic courses.

English As A Second Language

Duration: 24 weeks. Cost: \$120.00 12 weeks. Cost: \$60.00. There is no pre-requisite. This program will give the student a working knowledge of basic English and introduce him to Canadian culture and customs. Basic, Intermediate and Advanced classes are available. Fees for all the above courses can be paid in 8 week blocks with the exception of Key Punch and Quality Control. All classes are held from 9.00 a.m. to 4.00 p.m. and begin any Monday, unless otherwise stated.

Note: Commercial Courses also offered at Burlington Campus, 639-0100; and at Brampton Campus, 459-7533. English as a Second Language is offered at Mississauga Campus, 278-6134.

For Further Information Please Call:

SHERIDAN COLLEGE,

Oakville South Campus,

216 Lakeshore Road East, Oakville, Ontario

845-4924; 845-4910