



Acton Rotary Minor Bantams are the Waterloo-Wellington league leaders this season suffering only one defeat to date. Here, Richard Kilpatrick works his way in front of the New Hamburg net during a 5-2 Acton win last Tuesday.

## Bantams victorious over pesky 'burg

Acton Rotary Club Minor Bantams continued their pursuit of top spot in their Waterloo-Wellington league play last Tuesday night, scoring a 5-2 win over a pesky New Hamburg squad.

The Rotarians carried the play for the entire contest at the community centre but were hard pressed to score to net two last minute goals for the win.

Acton had total control of the contest over the opening ten minute period moving the puck almost at will into the New Hamburg end. They were not able to beat Dale Clements in the visitors' cage.

In the middle stanza the Rotarians hit the scoreboard as Brad MacPherson found a rebound and tucked it home for an unassisted goal 3:55 into the period.

The Acton side went up 2-0 only 33 seconds after the MacPherson marker as Paul Cargill found the range with the help of Randy Coverdale.

Before the period had ended the Rotary Club extended their lead to 3-0 as Chris Hicks found some room in the New Hamburg net. David McKnight and MacPherson earned helpers on the goal.

Things looked well in Acton's control until the middle mark of the third stanza when New Hamburg broke through, breaking Scott Hibbard's shut-out bid, and pulling the visitors to within a pair.

New Hamburg netted a second marker with 1:12 remaining forcing the locals to dig deep coming up with a pair of last minute goals.

Richard Kilpatrick netted the first of the two last minute goals for Acton from Rick Dadds. Stan Smilli added the final goal of the game with just 19 seconds to play from Kilpatrick and Jim Richard.



The Acton Minor Bantams are the league glants but one New Hamburg player must have thought they were glants in every sense of the word when he tried to check Acton's Rick Dadds at the community centre last Tuesday. Acton scored a 5-2 win.

## Legion

For Dec. 29-30  
 Pee Wee  
 6:00 a.m.—Rochester vs. Baltimore  
 7:00 a.m.—Cleveland vs. Tidewater  
 Atom  
 7:00 a.m.—Oshawa vs. Hamilton  
 8:10 a.m.—St. Kitts vs. London  
 Novice  
 9:20 a.m.—Weston vs. Dixie  
 10:20 a.m.—Brampton vs. Guelph  
 Bantam  
 12:30 p.m.—Cougars vs. Aeros  
 6:00 p.m.—Rockies vs. Oilers  
 7:00 p.m.—Jets vs. Whalers  
 Sunday, Dec. 30  
 3:40 p.m.—Boston vs. Chicago  
 5:00 p.m.—Vancouver vs. Buffalo  
 6:00 p.m.—Toronto vs. Montreal

## Tips for novice skiers

You've decided you need more exercise and Santa Claus has answered your prayers with a set of cross-country skis.

Before you immediately dash out to the nearest country trail to

view the glories of nature on your skis here are a few tips from Jim Makela, assistant athletic director at the Bramp-ton Campus of Sheridan College.

"You should do some limbering up exercises before you start to ski. In

cross-country your arms and legs do all the work so some sit ups and stretching exercises would help," he said.

Clothing for cross-country shouldn't be too heavy. Many people notes Makela, buy cross-country outfits—knickers, windbreakers, long socks etc. but you can cross-country in a sweat suit or blue jeans.

"Wear a turtleneck sweater underneath and wear your socks over the pant legs to keep out the snow. The most important clothing, however, is a toque. You lose more body heat through your head than through any other part of your body."

It is also important to make sure your boots fit properly. Boots that are too small or too tight will cut off the circulation

causing your feet to get very cold and could cause frostbite.

"The best advice I can give anyone who is taking up a new sport is to take some beginners' lessons. You become a better beginner that way and learn the ins and outs of a new sport properly."

Makela notes that cross-country is becoming more popular each winter particularly for those with families. It is less expensive to outfit a family for cross-country skiing than it is for Alpine skiing.

"Any activity that gets you outside is worth pursuing. If you don't want to try skiing, try snowshoeing or tobogganing with the kids. It will make winter more enjoyable for everyone," he said.

If you are planning to give cross-country skis to a loved one for Christmas you might want to enrol that person in Cross-Country Skiing for Beginners offered through the Community Services Division of Sheridan.

The four lesson, once-a-week learn to ski program at the Brampton Campus consists of classroom instruction on waxing, clothing, and equipment and snow instruction on College property.

Participants must provide their own equipment. The session runs from January 23 to February 13 on Tuesdays from 19:00 h to 12:00 h. Cost is \$20.

To register for the ski classes contact Community Services, Sheridan College, Brampton Campus, 459-7533.

GOOD WISHES FOR THE NEW YEAR

May all your fondest hopes come true

This New Year, We have enjoyed serving you and knowing you, with sincere appreciation "thanks".

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## Strikes and Splits

by Bob Heatley

Mr. and Mrs. Anna Spear topped all other ladies capturing both high single 271 triple 611. Ken Arnold had best single rolling 278. Good singles under Ken's were rolled by Ed Hollett 253, Sylvia Ash 250, Jim Waterworth 245. Sid Spear 244. Jim Waterworth rolled best triple of the night 639. I am very proud of Jim for when he first started to bowl he was just a 95 shooter but due to my endless hours

of coaching him it has finally paid off. No, No Jim. I don't need any thanks just to see you bowl the way you do now, is thanks enough. Great rolling Jim. Other high triples went to John Ahearn 628, Ed Hollett, Collin Ash, Ken Arnold all had 606, Sylvia Ash 600.

Standings to date The Colt 45's 30, The Lucky Seven 28, The Sex Bolwers 22, The Leftovers 17, The Champs 13

and still in last place but coming on strong are the Slow Pokes 10.

Big Four Plus Two  
 Best lady bowler of the night was Cecile Tremblay rolling both high single 280 and triple 660. Dave Piehl top all other men as he rolled best single 273 and triple 697. Other high singles went to Bernice Norton 257, Bob Smith 255, Jean Vaughan 248, Lynda Ensing 244, and Moe Patenaude 236. Other bowlers in the high triple department were Bob Smith 655, Bernice Norton 646, Alison Willmott 605, Jim Glendening 559, Jean Vaughan 595.

The Dreamers and Wunder Bra's are tied for first with 31½, followed by the Creeps with 28, Mean Machine 26, King Pins 21, Eagles 18.

Lakeview Centre  
 Marion Storey gave herself an early Christmas present Tuesday night as she rolled a super 355 single and 805 triple. Great bowling Marion. Ed Wood was top men's roller scoring both high single 260 triple 690. Other high single rollers were Pat Ensing 249, Lucy Synnott 239, Brenda Lloyd 228, John Dunn 227, Linda Mairs 237. Top triples were rolled by Lucy Synnott 633, Dave Piper 621, Linda Mairs 610, Mel Lloyd 594, Wayne Deforest 592.

Standings to date Close Encounters 44, Super Stars 35, String-A-Longs 30, Super Six 30½, Ding-A-Lings 26, Go-Furs 25½.

Acton Ladies  
 Marnie Clarke was top roller of the night shooting a great 261 single and 714 triple. Good high singles were also rolled by Donna Jeffrey 228, Mary Stokes 226, May Hoare 223, Helen Henry 222 and Carol Jordan 221. High triples went to Donna Jeffrey 613, Edna Melsaac 609, Grace Robertson 603, Joan Nellis 600 and Mary Stokes 593.

Standings are T.D. Bank 56, Gamily Cleaners 55, Nellsons

Clothing 51, Glenca Drugs 49, Thistle Custodial 47, I.G.A. 36.

Acton Mixed  
 Lucy Synnott was best bowler overall Friday night as she captured high single 303 triple 674. Fred Blain rolled second best single with 268. Other good single shooters were Frank Daley 246, John Higgins 241, Dorothy Leccc, Ann Fitzner 234 and Bernice Norton 232. John Higgins had best men's triple rolling 627. Agnes McGinnis tripled with 650 followed by Dorothy Leccc 628, Fred Blair 626, Bernice Norton 621, Millie McArthur 606.

Standings are Roxy Rollers 32, Town Clowns 31, Polish Cowboys 29, Strikers 22, Twerps 22, Hellzapoppin 20.

Beardmore  
 Sue Robson was best lady of the night bowling both ladies high single 232 and triple 673. While Sue was outshooting the ladies Ken Parrish was doing the same to the men capturing both high single 319 and triple 703. Other good singles were rolled by Jack Vanderkooy 280, Brad Cripps 278, Jim Robson 262, Lyle Cripps 248, Bill Britton 244.

In the high triple department were Brad Cripps 693, John Jordan 665, Terry Curlew 638, Jack Vanderkooy 626, Lyle Cripps 625, Bill McGilloway 625.

Beamers still lead the pack with 32½, followed by the Platers 30½, Polishers 26, Rollers 23, Strikers 22½, Finishers 21½.

## Moms stalled by Woolwich

Acton Minor Hockey Moms continued their drive toward the Waterloo-Wellington league play-offs Wednesday night but could not pick up any ground on the teams ahead of them as they were upset by Woolwich, 5-2.

The Hockey Moms allowed the visitors to build up an early two goal lead that they extended to three before the second period ended.

Woolwich moved even further ahead in the final period, leading 4-0 before the Moms finally found room behind the opposition goaltender.

Frank Katsilieras netted the goal for Acton

Happy New Year

Good luck and much happiness to all our wonderful friends in the coming year!

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'No Way', says Acton High teacher Roy McMillan as student Charlie Payne shows where he would like his team's next rock. Students and teachers faced each other last Tuesday, December 18, with the teachers scoring wins in all three games.

## Rescheduled AIHL games

The Acton Industrial Hockey League takes to the ice Sunday night to play games that have been rescheduled from the second week of their regular season.

Poor weather conditions caused a heavy fog to take over the ice at that time but a break in the schedule will allow the teams to make up their lost game.

Warehouse meets Van's Welding in the 7 p.m. game with Lakeview Centre and Blow Press battling for first spot in an 8:20 p.m. contest. Heller's and Family Cleaners will meet in the night cap at 9:40 p.m.

Standings are T.D. Bank 56, Gamily Cleaners 55, Nellsons

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