



Winners of the outstanding athlete in various sports were Glen Scott (cross country), Derek Neely, Linda Osso (curling), Trish Renton (gymnastics), Renata Brillinger, Brad Ottoway (swimming), Sandra Brundle and Mike Mooney, Les Dobisz, Clifford Nibbs and George Gidman (track and field). Missing is Sharon Cook as outstanding female cross country award winner.

Local athletic stars honored

Photos on B7

The Town of Halton Hills held their second annual Awards and Recognition evening at the Gordon Alcott Arena last Wednesday evening with 156 persons honored.

The Acton Major Atom Hockey Club of 1977-78 were overlooked last year, but were on hand on Wednesday to receive their awards for their Ontario Zone Championship. In that season they defeated arch rivals, Milton, for the cup. Members included: Terry Donagher, Scott Nowlan, Steven Tallefer, Robbie Porte, Les Berry, Jamie Lawson, Grant Smith, Tony VanDam, Mike Hudson, Bruce Raine, David Thomas, Sandy Waites; Coach, Bob Faseruk; Manager, Bob Raine.

Kevin Parker was Halton Hills' other figure skating star to be honored with an award. Kevin finished second at the Central Canadian Sectionals of the Senior Men's Figure Skating Championships, placing seventh in Canada.

An individual hockey award went to former Central Ontario Junior 'B' scoring champion Dave Chapman. Chap-

man toiled for Acton in the 1976-77 season earning the award. Dave has worked his way from the junior ranks to professional hockey in the

International League. Frank Houston, finishing second at the NAIA National Indoor Championships in '79, was honored.

Starts Friday, June 13th

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Bob McClure and Sharon Cook were awarded the outstanding male athlete and outstanding female athlete of the year at AHS Athletic Society's banquet Thursday at the Legion.

Campbell belts homer for Nellis

Jason Campbell belted a grand slam home run, bringing in four runs for the Acton Wellsis Construction enroute to a 15-0 dousing of Limehouse last week.

Jeff Fuler scored two home runs, while Paul Stanley crack a triple and one homer. Pitcher Shawn Dryden gave up only four hits in the game.

WHY IS DIANNE FAT?

Dianne is a smart, good-looking woman, age 43. She has raised three children, has many outside activities, and participates in community projects. She likes to entertain and to spend money on fashionable clothes. But these days, Dianne is avoiding her friends and finding more and more excuses to stay home.

Dianne has gained 25 pounds. She is sick of looking at herself in the mirror, and every once in a while she has to pretend that she doesn't look all that bad. But her reflection is fat. For some time now, Dianne has been saying, "I've got to lose weight." She knows that when she makes up her mind to do it, she can lose the weight anytime.

Well, it's been a year since the weight went on. There is a vacation in the Bahamas staring her in the face, and she is still thinking about going on a diet "soon". She's fat, panic-stricken, and she could lose 25 pounds tomorrow if only...

If only what? Despite the deep dissatisfaction with herself, how can it be that Dianne can't find motivation to lose weight? She has spent 52 weeks dazed, confused, unhappy, and reaching for food, and 52 more of the same are coming up.

You know Dianne. She is your friend or your relative or your mother. Maybe she's you. Two pounds became 25 when Dianne wasn't looking. She doesn't think in terms of having gained weight. To her, it's more a case of weight having somehow attached itself to her.

Now what? While it is true that the "time has to be right" to lose weight successfully, the right time never seems to come for people like Dianne. Why does she stay fat? Is she waiting for life to get a little easier first? Is it that she doesn't really comprehend what has happened so that it is next to impossible to begin a remedy? Or is it that she hasn't truly grasped that her weight will not look after itself?

Body weight fluctuates. How much it fluctuates depends on how much food is eaten and on how much energy is expended. Dianne is fat because she eats too much of the wrong foods. And she'll stay fat as long as she continues to do so. Unhappily, she will continue to do so. But why?

We have answers for people who come to us for help. But there are so many who never consider losing weight beyond wishing it would disappear. What keeps that wish unfulfilled? Either Dianne is happy being fat or she is not. If she's not happy with it, why does she stay that way? Why does Dianne stay fat? We'd like to hear from you if you are, perhaps, a "Dianne".

If you would like to come in for a free consultation and weigh in with no obligation to join, call or write for the location nearest you. Weight Watchers.

6610 Turner Valley Rd., Mississauga, L5N 2P1 826-9204

Runs 'Fuel' win

Thompson Fuels Bantams boys overpowered Hornby Saturday 18-4 in Halton rural (baseball) league action.

Acton scored seven big runs in the first inning, with Ian Paul, Steve Raine, Chris Hisaki, Chris Bottomly, Kevin McGrath, Cliff Nibbs and Bruce Shannon crossing the plate.

Alex Rogge and Hisaki scored again in the second inning, along with McGrath and Nibbs.

Two more runs in the fifth and five in the sixth clinched the victory. Raine, Chris Rogge, Craig Johnson, Brian Road, Joel Pink, Blake Norton and Paul scored the runs.

Bruce Shannon struck out 10 sluggers on the winners' mound. Mare Brush pitched for Hornby.

Shannon, Bottomly, Hisaki, Norton and Paul each batted in two runners. Clifford Nibbs batted in five sluggers and Kevin McGrath brought home three runners.

COMMUNITY CALENDAR

A CALENDAR OF EVENTS AND HAPPENINGS IN AND AROUND ACTON

Drop in to meet the Ward 1 area councillors every Friday, 1:00-3:00 p.m. at the Community Service Centre located at the "Y" Acton.

Salvation Army thrift store located 3 Elgin St. N. For pickup on Mondays only phone 853-3321. Clothes of any nature in any condition will be received.

The Optimist Club of Acton is holding a "Back to Acton Days" Dance, Saturday, June 28, 1980 at the Acton Arena, 9 p.m.-1 a.m. \$5.00 per person, proceeds to Community Services. Tickets may be purchased at Family Cleaners, Halton Hills Furniture, Nielsen's Clothing, Family Barber Shop or by calling "Optimist" Erik Peterson 853-1963.

This year, 9060 Canadian women will be found to have breast cancer. For this reason, every woman should know and practice breast self-examination (BSE) regularly. Be sure to attend the free breast examination clinic, Saturday, June 7, 12-9 p.m. at the Georgetown Hospital. A film on BSE will be shown, and a nurse will conduct private BSE instruction. For added protection, a local doctor will be available for a personal breast examination. Registration and babysitting at Georgetown Medical Centre (877-1124).

Red Cross Blood Donor Clinic on June 10, 1980, at Acton Legion Hall from 5:00 p.m. to 8:30 p.m. For transportation phone 853-1868 or 853-0910. Babysitting is available.

MAYOR'S SECOND ANNUAL "ROAD RACE" SUNDAY, JUNE 8, 1980 - 9 am

5.5 km Open to Halton Hills Residents Only
11.0 km Open Registration

Start-Finish: Gordon Alcott Arena
Categories: Various
Entry Forms: \$1.00 prior to June 2, 1980 (register at either Recreation Office - Georgetown or Acton)

REGISTER NOW!!! 877-5185
ext 60 for information

You've got a right to equal pay for doing substantially the same work as a man. In fact, you've got a law.

Getting paid the same as a man when you're doing substantially the same work is the law in Ontario. The trouble is, many female employees haven't been paid according to the law, for one reason or another.

Examples.
It's not good enough for employers to set wage rates on the basis of job title or to use minor differences in work to justify differences in pay.

For example men employed as clerks may have to do some purchasing of plant equipment or supplies perhaps, while a woman clerk may do the purchasing of smaller items—stationery, office needs, etc. But minor differences such as locking up at night, handling petty cash or lifting heavier loads do not make a "substantial difference" in the job and do not necessarily entitle the man to a higher rate of pay. The law states that when a woman is doing substantially the same work as a man, she must be paid the same.

What "substantially the same" means.
To clarify it for you, "substantially the same" means that the skill, effort, responsibility and working conditions required for the work are similar and any difference in these are of a minor nature.

In considering skill, attention is paid to factors such as experience, training and education required

to do the work. In considering effort, attention is paid to the degree of physical or mental exertion required to do the work. And in considering responsibility, attention is paid to the degree of accountability to others in doing the work.

Enforcement of the law.
To enforce the equal pay law, the government of Ontario has added extra staff to the Employment Standards Branch. Their job is to make spotchecks into businesses across the province, to audit pay practices and to investigate complaints made by you to the Ministry of Labour.

Equal pay for equal work. It's your right. And it's the law. If you want more information or feel you have a valid complaint, call or write your local Employment Standards Branch of the Ontario Ministry of Labour.

To call your local Employment Standards Branch, check your telephone directory or ask Bell Directory Assistance for the toll free number.

Paying a woman less than a man for doing substantially the same work isn't just unfair, it's illegal.

Ontario Ministry of Labour Employment Standards Branch Robert G. Elgie, Minister



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