

## Athlete of year swims but how fit are you?

Mark Bray of Acton, who won the Halton Hills Athlete of the Year award a little more than two weeks ago has put another feather in his (bathing) cap with his performance in Ottawa's 11th annual Eagle Beaver Invitational swim meet recently.

Mark swam to four second-place finishes in the 50 and 100 metre freestyle and 100 and 200 metre butterfly.

He also placed fifth in the 200 freestyle.

Mark swims out of the Guelph Marlins Aquatic club. The Marlins finished 10th overall out of 35 clubs from Ontario, Quebec, and the United States.

Amanda Kovacs meanwhile, also of Acton and who also swims out of the same club, placed fourth in the backstroke and sixth in the butterfly in the Western Region Novice Championships last week in Hamilton.

Amanda is part of the Marlin's C group of novice swimmers who wrapped up their season with an eighth-place finish in the Championships.

Are you fit enough to pull a Datsun? Gillette (of shaving fame) is sponsoring their third annual search for Canada's fittest man and woman and they're looking in this direction. Anybody over 18 who is a citizen or resident of the country, can enter the competition. All you have to do is show up at one of the preliminary events and perform the following

by Diana Waltmann

easy tasks:

—as many sit ups as possible in 60 seconds with feet held down and fingers interlocked behind neck and elbows touching knees.

—pushups for one minute with feet together, hands shoulder width apart and back straight.

—box steps for three minutes (two minutes for ladies), during which you step up to an 18" high (that's 46 cm for metric fans), box one foot at a time and down again one foot at a time.

The finals bring together the top male and female from each preliminary event at the CN tower for some more fitness fun.

There is a bicycle race, an obstacle course, a cross-country run and a Datsun car to be hauled from a standstill to a line 60 feet away.

Then to top it all off there's a relaxing jaunt UP the stairs of the CN Tower, the tallest free-standing structure in the world.

(The record time for running UP the 1,769 steps incidentally is held by Alain Goudou of Quebec City with a 10 minute, 31.43 second time. All reports indicate he's still alive and waiting for his breath to return for the descent.)

A 23-year-old geology student from Calgary is last year's fittest man but you can be this year's.

The two closest preliminary events are on July 12 at Hamilton's Centre Mall and Toronto's Eaton Centre, starting at 10 a.m.

(continued on B4)

Back to Acton Days Fast-ball Tournament results  
Mens: Acton 6 - Merchants 3, Acton 2 - Limehouse 0, Milton 17 - Merchants 2, Oldtimers 2 - Milton 3, Merchants 10 - Hustlers 8 (Conso), Acton 2 - Milton 5 (Championship).

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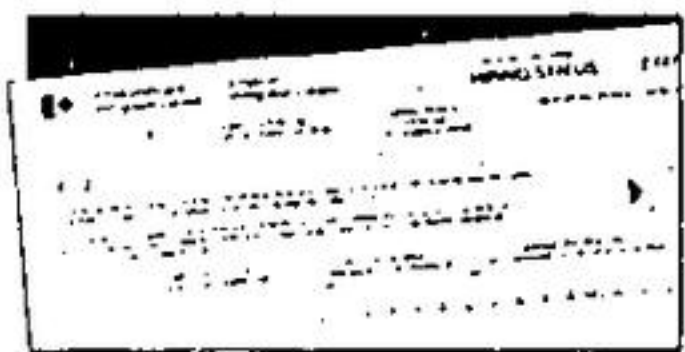
1 MILE EAST OF GUELPH ON THE NO. 7 HWY.

## We're tightening up on people who abuse Unemployment Insurance.

Most people getting unemployment insurance play by the rules. But some people don't seem to know that they can't take a job and collect benefits without telling us they're working. That's why employers are being asked to send us the starting date and Social Insurance Number or extracts from computer payroll tapes for each employee they hire or rehire.

This information is cross-checked with the Social Insurance Numbers of people receiving unemployment insurance benefits. Only cases of potential abuse will ever surface. After investigation, anyone found receiving benefits to which they are not entitled will have to repay them.

It may be an honest mistake. Some people forget or don't understand they must tell Unemployment Insurance and report their total earnings when they start



Social Insurance Numbers of newly-hired employees are now being cross-checked with those of people receiving unemployment insurance benefits. Only cases of potential abuse will ever surface.

a new job. In that case, repayment is all that's required. But, a penalty or prosecution may follow when the new system detects people wrongly collecting benefits.

If you are collecting unemployment insurance benefits, and start a new job, please say so on your UI claimant report card.

Employment and Immigration Canada  
Lloyd Atworthy, Minister

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## Current splashes

Have you received your Summer Activities Brochure yet? It has been distributed to all the elementary schools in Halton Hills as well as being placed at the following locations—Georgetown and Acton Libraries, Post Offices, Swimming Pools, Georgetown "Y", all Banks, Go Station, Town Offices, Clerks Department, Esqueping Office, Finance Offices, Acton Community Services, Newspaper Offices of the Acton Free Press, Herald, Independent, Ballinlad General Store and Hornby General Store and Norval Post Office and the Conservation Authority's Offices.

The Summer Brochure is yellow in colour and called '1990 Summer in Halton Hills'. If you have not received your brochure, yet please pick up one at the above locations.

The Summer swim program is all organized and ready to go. The lessons will commence on Wednesday, July 2 and will run for 11 consecutive days with a final evaluation for the Junior, Intermediate and Seniors on the 12th day. The Master Swim program will continue over the summer months, one night per week in Acton Thursday, 9:00 p.m.—10:00 p.m. starting July 3rd and at the Georgetown Indoor Pool, Tuesday 8:30 p.m.—9:30 p.m. starting July 8th, 1990.

If you have any suggestions regarding the pools or its programs please contact the Pool or the Recreation Department.

Two of our synchronized Swimmers Brillinger went to an meet at the Etobicoke June 7 and performed extremely well. Renata and Laura Intermediate Provincial Olympium Saturday.



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