

Exercise For Long And Healthy Life

By Dr. Boyd Hoddnott

More and more articles are appearing in newspapers, magazines and journals about the benefits of keeping fit. Every day we are growing older, but this does not mean we have to grow old. Although there is still much controversy about whether or not exercise increases longevity there is increasing evidence that a regular program of fitness will enable a person to enjoy a healthier, happier and more productive lifespan.

What is meant by "fit"? In general terms it means a state of positive health - the ability to cope with our daily work and stress and still have energy left for recreation. If you're tired late in the day, tense, not enjoying tasks as you used to, finding your job more difficult toward the end of the week, (T.G.I.F. Thank God it's Friday), chances are the main reason is poor physical condition. After colds and sniffles the commonest complaints doctors hear from adult patients are those of being tired with no ambition or energy. It's amazing how blood tests and a physical exam lead to the conclusion that the majority of these people are "out of shape".

Exercise helps lower blood pressure and blood fats and lessens the effects of stress on our bodies. The important aim of a regular fitness program is to maintain a level of physical condition higher than that required for our daily tasks!

We don't have to own a gymnasium or belong to an expensive health club to increase our physical fitness. Jogging, bicycling, squash, cross country skiing and swimming are all excellent for maintaining fitness if done a minimum of 45 minutes, 3 days weekly. Walking instead of driving to the corner store and using stairs instead of elevators will also help.

The local "Y" is attempting to help Georgetown citizens and families attain an adequate level of conditioning through our Spring Programmes. Registrations are now being accepted for family fitness, children's gym, pre-school gym, men's fitness, teen badminton, yoga, and modern gymnastics. Please call the "Y" for further information 877-6163.



For some of us, exercise may represent a case of life or death! One out of four Canadians is overweight and 90 per cent are unfit. All other factors being equal an unfit man has twice as much risk of heart attack as a fit man and a 50 per cent greater chance of dying from his first coronary. Dr. Roy Shepherd, Canadian fitness expert explains that a 5 per cent increase in exercise or a



corresponding decrease in diet can reduce body weight by 22 lbs. in just 3 months. The figures quoted in this paragraph are backed up by studies on thousands of individuals.

Minor Atoms Down Milton, Play Maple Leaf Gardens

Georgetown minor atoms began their championship round for the tri-county league title against Milton on Thursday, March 28. Milton eliminated Chinguacousy, two games to one, to advance to the playoffs with Georgetown. The locals eked out a close 2-1 win against the County Turners. It was a closely played contest and both teams missed many opportunities, especially Georgetown who left their positional play at home. This lack of positional play forced the locals to skate miles to accomplish their win and only the constant hustle of our lads, paid off.

A good demonstration of this was displayed when we found ourselves two men short toward the end of the third period; Pete Haller and Jamie South received tripping penalties. Good goal tending by Jeff Waterworth and stalwart work up front by Kevin Frank, Gordie Adams and Mike Doucette held the fort. Scoring for Georgetown were Bobby Morrow, with Mike Mitchell and Kevin Frank assisting. The winner was notched by Gordie Adams late in the third.

ATOMS Georgetown minor atoms, continuing their weekend play in the Scarborough Timmy Tyke Tourney, had St. Catherine's as their opponents on Saturday, March 30. They disposed of their adversary's by a close score of 4-3.

The locals had built up a 4-0 lead and almost blew it because of their complacency. However, they managed to hold out and come out a 4-3 winner.

The second contest pitted Georgetown against Burlington's Super A team. The locals dropped this game by a 3-0 score, but the boys never gave up trying right to the final bell. The story of this game was in the first five minutes when Burlington struck for two fast goals in the first three minutes of play, and then shortly after a power play goal, made it three goals. The shots on goal were even and our goalie did not have much chance on the ones that got by him.

MAPLE LEAF GARDENS Sunday evening the locals received a big break and some good news. After their loss to Burlington Saturday afternoon, the latter went on to win two more games, thus moving them up to a higher division in the playoffs. This advancing of Burlington to a higher bracket gave Georgetown minor atoms

a chance at the "D" division in the consolation championship and an even bigger thrill, the game will be played at Maple Leaf Gardens Monday at seven o'clock in the Timmy Tyke Tourney.

WOOL

Realize the highest returns for your wool by patronizing your own Organization

SHIP COLLECT TO

Our Registered Warehouse No. 10 Carleton Place, Ont.

Obtain sacks and twine without charge from

W.M. A. WILSON, Shearer R.R.3, Georgetown Phone 877-5679

or by writing to

CANADIAN CO-OPERATIVE WOOL GROWERS LIMITED

Carleton Place, Ontario

SPORTS

Georgetown Atoms went down to defeat 2-1 at Maple Leaf Gardens Monday evening in their final game of the Timmy Tyke tournament.

FORE THE PRICE

OF JOINING 1 GOLF CLUB YOU CAN BE A MEMBER OF THREE CLUBS

- Swimming Pool
- Men's & Ladies Sauna
- Licensed Lounges
- Private Locker Rooms
- 18 Championship Layout
- Billiard & Games Room

MEMBERSHIP AS LOW AS \$80. A SEASON

Georgetown Golf Club
Bolton Golf & Curling Club
Brookside Golf Club

FOR BROCHURE & ADDITIONAL INFORMATION
PHONE 877-6011 or 851-2694

SOCCER CLINIC

FOR REFEREES - COACHES - MANAGERS

Saturday, April 6th - 11 a.m. at Cedarvale

--- Subject ---
"THE RULES OF THE GAME"

JIM HERITAGE
SPRING IS HERE!

1968 BUICK SKYLARK CONVERTIBLE

V8, automatic, power steering and brakes, AM radio, power top, tilt steering wheel, silver blue with black top, Lic. BBT 238 originally \$1,895.

SPRING SPECIAL \$1749.00

NORTH HALTON MOTOR SALES LTD.
361 Guelph St.
GEORGETOWN
877-6928 457-4217

NOTICE OF APPLICATION

NOTICE OF APPLICATION TO THE ONTARIO MUNICIPAL BOARD BY THE CORPORATION OF THE TOWN OF HALTON HILLS FOR APPROVAL OF A BY-LAW TO REGULATE LAND USE PASSED PURSUANT TO SECTION 35 OF THE PLANNING ACT.

TAKE NOTICE that the Council of The Corporation of the Town of Halton Hills intends to apply to the Ontario Municipal Board pursuant to the provisions of Section 35 of the Planning Act for approval of By-law No. 74-37 passed on the 18th day of February, 1974. A copy of the By-law is furnished herewith. A note giving an explanation of the purpose and effect of the By-law and stating the lands affected thereby, is also furnished herewith.

Any person interested may, within fourteen (14) days after the date of this notice, send by registered mail or deliver to the Clerk Administrator of The Corporation of the Town of Halton Hills notice of his objection to approval of the said By-law together with a statement of the grounds of such objection.

Any person wishing to support the application for approval of the By-law may within fourteen (14) days after the date of this notice send by registered mail or deliver to the Clerk Administrator of The Corporation of the Town of Halton Hills notice of his support to approval of the said By-law together with a request for notice of any hearing that may be held, giving also the name and address to which such notice should be given.

The Ontario Municipal Board may approve of the said By-law, but before doing so it may appoint a time and place when any objection to the By-law will be considered. Notice of any hearing that may be held will be given only to persons who have filed an objection or notice of support and who have left with or delivered to the Clerk Administrator undersigned, the address to which notice of hearing is to be sent.

The last date for filing objections will be April 12, 1974.

DATED at the Town of Halton Hills this 29th day of March, 1974.

G. D. PRITCHARD
Clerk Administrator The Corporation of the Town of Halton Hills, 36 Main Street, South, Georgetown, Ontario.

THE CORPORATION OF THE TOWN OF HALTON HILLS
Amendment to Zoning By-law No. 57-91 from the former Town of Georgetown by By-law No. 74-37

Council for the Corporation of the Town of Halton Hills deems it advisable to amend Zoning By-law No. 57-91 of the former Town of Georgetown to change the use which may be made of certain lands from Commercial, Second Density to Residential, Third Density. The property to be re-zoned is outlined on Schedule "A" to By-law 74-37.

The uses presently permitted on the lands are specifically set out in Section 6.2.2.1.1 of Zoning By-law 57-91 and include such uses as neighbourhood stores, retail stores, professional offices, business offices, service stations, animal clinics, bakery shops, clothes cleaning agencies or pressing establishments, confectionery stores, and other specified commercial uses.

The lands outlined in Schedule "A" to By-law No. 74-37 are presently used for single family residential purposes. By-law No. 74-37 would permit the use of the lands for single family detached dwellings, public, separate and high schools, churches, parks and playgrounds operated by the Town of Halton Hills.

The land immediately north of the subject property is vacant; while the land immediately to the south of the subject property is used for residential purposes. In addition, the land to the east of the subject property is used for open space, and the land to the west of the subject property is used for residential purposes.

The property outlined on Schedule "A" to By-law No. 74-37 is designated for residential use on the Official Plan for the Town of Halton Hills (Georgetown) Planning Area.

G. D. PRITCHARD
Clerk Administrator for The Corporation of the Town of Halton Hills, 36 Main Street, South, Georgetown, Ontario.

THE CORPORATION OF THE TOWN OF HALTON HILLS
BY-LAW NO. 74-37

A By-law to amend By-law No. 57-91, as amended.

WHEREAS the Municipal Council of The Corporation of the Town of Halton Hills deems it advisable to amend By-law No. 57-91, as amended.

NOW THEREFORE THE MUNICIPAL COUNCIL OF THE CORPORATION OF THE TOWN OF HALTON HILLS ENACTS AS FOLLOWS:

1. That Schedule "A" to By-law No. 57-91 is hereby amended by changing to R3 the zone symbol of the land so designated R3 on Schedule "A" hereto.

2. This By-law shall become effective on the date hereof subject to receiving the approval of the Ontario Municipal Board.

BY-LAW read a first and second time this 18th day of February, 1974.

Mayor THOS. J. HILL
G. D. PRITCHARD Clerk Administrator

BY-LAW read a third time and finally passed this 18th day of February, 1974.

THOS. J. HILL Mayor
G. D. PRITCHARD Clerk Administrator

SCHEDULE "A"
TO BY-LAW NO. 74-37
PART OF WEST 1/2, LOT 18, CON 9
KNOWN MUNICIPALLY AS 31, 33, 35, 37 & 43 WATER ST.
TOWN OF HALTON HILLS

147.426 266

WATER STREET

PARK STREET

THIS IS SCHEDULE "A" TO BY-LAW NO. 74-37 PASSED THE 18th DAY OF FEBRUARY, 1974.

THOS. J. HILL Mayor
G. D. PRITCHARD Clerk Administrator

Bowling Finalists

The 5-pin bowlers competing for the Thomas Adams Distillers Limited Trophy, began competition in earnest two weeks ago. Both the Acton and Georgetown zone play offs were finished, and the winners now play in the Provincial Championships to be held on April 6 and 7.

The winners from Georgetown were: Bev Bradley, Myrtle Zillo, Judy Vetricek, Ann Nicholson and Charlene MacCormack.

From Acton, the winners were: Jerry Buchanan, Bud Martin, Bryan Dunn, Had DeForest and Jim Bullough.

Should these teams win their Provincial Championships they will receive an expense paid trip to Vancouver, B.C. over the Victoria Day weekend for the National Finals.

KEL-CO CALCULATORS

THE ONLY HANDICAPPING DEVICES TO PROVE IN PUBLIC THEY WORK

NO. 1 HANDICAPPING AIDS!

THE ANSWER TO A HORSEPLAYER'S DREAM

PERFECT GIFT FOR EVERY FAN

There's one calculator for turf and flat races called the Kel-Co Class Calculator. Another for the trotters called the Kel-Co Trot Calculator. Each is \$25

THE KEL-CO Team has just returned from a nationwide tour where they demonstrated that using the KEL-CO CALCULATOR the art of handicapping is not an art at all but a science.

There's one calculator for turf and flat races called the Kel-Co Class Calculator. Another for the trotters called the Kel-Co Trot Calculator. Each is \$25

Michael Cox, Eddie Arcaro, Con Errico, Prof. Alton Kelsey

Now! 9%

Guaranteed Investment Certificates

Member Canada Deposit Insurance Corporation

VICTORIA and GREY

11 Main St. S. BRAMPTON 451-7320

TRUST COMPANY SINCE 1869

You Must WIN...or Your Money Back!

There's only one reason in the world to bet horses. To win big money. That's where the Kel-Co Class Calculator comes in. It's a completely new concept in handicapping. Proved in action by thousands of owners, trainers, professional handicappers, turf writers, and enthusiastic racing fans everywhere.

It really works. On fast tracks and off tracks. With flat, turf and hurdle races. With small fields and large ones. It tells you when and how to bet. Individual races, doubles, exactas, parlays. It eliminates the "stiffs" and the non-playable high-risk races. Spots the true drop-downs. Points out the hidden class in allowance races. Automatically steers you off the non-contending horse out for a "conditioner." Picks out playable longshots. Tells you the true potential of "shippers." Gives you precise ratings based on class, condition and consistency. Yet the Kel-Co Class Calculator is so easy to read, it provides a horse's rating in just 30 seconds. So easy to read, even beginners with no previous handicapping experience can use it to pick winners the very first day.

Started With \$200. Cleared Over \$30,000!

The Calculator was developed by a professor of probability and statistics, currently a statistician in the aerospace industry. The principles behind it have been evaluated through extensive computer studies, then proved out at the toughest tracks in the country. In the first year's test, starting with \$200, the Calculator cleared over \$30,000! Last February the popular racing magazine, *Turf & Sport Digest*, tested the system for one week at Bowie—and the Kel-Co Class Calculator made \$4,417 over a \$900 investment! No wonder those in the know use Kel-Co!

The Calculator can be in a handy carrying case and fits right in your pocket. For the flats, use the Kel-Co Class Calculator...for the trots, the Kel-Co Trot Calculator.

SIMPLE ANYONE CAN USE IT

This calculator must perform as we say it will or....

If you are not completely satisfied with the unit, return within 30 days for full money refund.

YOUR MONEY BACK

Pacific Products Distributor
P.O. Box 187, Station A
Scarborough, Ontario M1K 6B9

Enclosed find my \$25.00. Please send me my Kel-Co Class Calculator with the instruction book and carrying case.

Enclosed is my \$25.00. Please send me my Kel-Co Trot Calculator with the carrying case and instruction book.

SPECIAL OFFERS—Please send me both the Trot and Class Calculators for your special combination offer. \$40.00.

Signature _____
Name _____
Address _____
City _____ Prov. _____ Code _____
Ont. Residents add 7% sales tax