

Bowling best roll for gold at Sudbury

The nation's best youth 5-pin bowlers converged on Sudbury last Sunday attempting to win Gold, Silver and Bronze medals at the 17th Annual National Youth Bowling Council Championships. All in all, 282 competitors representing British Columbia, Alberta, Saskatchewan, Manitoba, Northern Ontario, Southern Ontario, Quebec, Newfoundland, New Brunswick, Nova Scotia, Prince Edward Island and the North West Territories bowled in Singles or Team competitions, vying for National honors.

Southern Ontario was represented in fine fashion as they came away with four Gold, four Silver and two Bronze. In the Singles competition, the only gold medal won was by senior girl Karen Hickman of Plaza Lanes, Toronto.

Bantam Boys Singles representative, Chris Somers of Georgetown Bowl, earned a second place Silver Medal, as did Bantam Girl Audrey Latta of Thorncliffe Bowlerama, Toronto and Senior Boy Wayne O'Neill of Rexdale Bowlerama. Junior Girl Kim Bailey of Fleetway '30', London captured the Bronze.

Meanwhile, in the Team Finals, Southern Ontario captured three of a possible six gold medals as the Bantam Girls from Waterloo Lanes, Waterloo, the Junior Boys from Pla-Mor Lanes, St. Catharines and the Senior Boys from Royal York, Weston all finished on top. The Bantam Boys Team from Sherwood Lanes, Hamilton, earned a second place Silver while the Junior Girls from Parkway, Scarborough only managed a Bronze.

With next year's championships slated for Newfoundland and the famed eastern hospitality, all the present champions are determined to attend.

MORE CHAMPIONS to come and close out the present season. The Y.B.C. "Bowler of the Year" District finals are at D and K Bowl, Streetsville on Sunday.

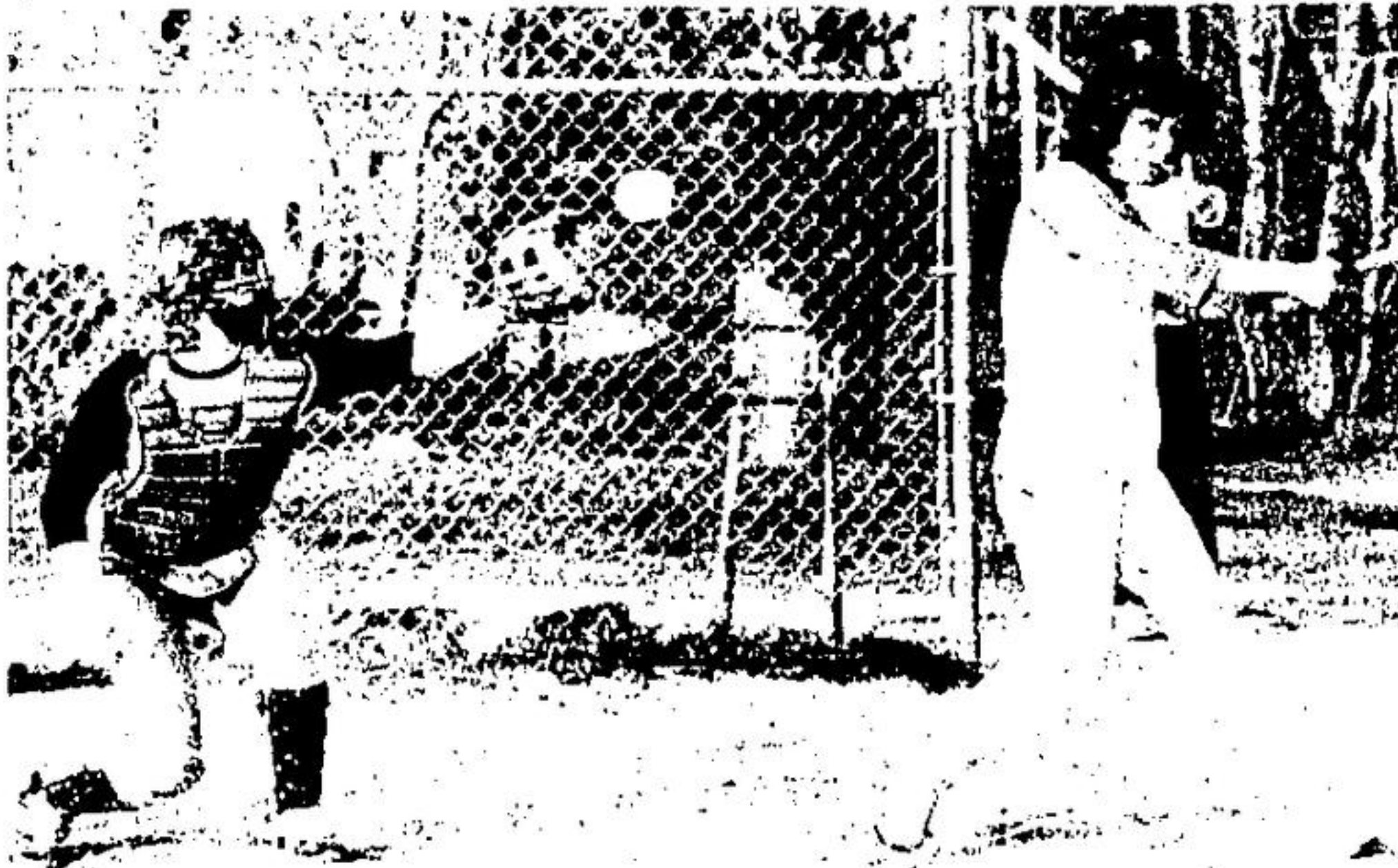
May 15th at 1 p.m. The final stop of the Young Adult Money Tour is at Georgetown Bowl. On Saturday May 14 the Tournament of Champions Competitions begins. Georgetown's eligible Y.A.B.A. bowlers are Colin Hicks, Andre Boisvenue, Dave Paterson, Robin Richardson, Rick Gourlie, Gary Hole, Gary Richardson and Andrew Shenton.

The Invitational Scratch Singles Tournament is on Sunday, May 15 starting at 9 a.m. Participants in this event from Georgetown are Grant Richardson, Gary Richardson, Robin Richardson and Sandy Cuthbert...



The All Ontario Family Twosome Provincial Championship district finals are to be held Sunday, May 29. Local qualifiers are Bantam Chris Somers and his father Grant, Junior Debbie Sibbald and father Eric Sibbald and Senior Debbie Lane and mother Carolyn.

Provincial Combo Team Championship Regional Playdowns are on June 5. Georgetown's rep team is Brian Bell, Sarah Gurr, David Hicks, Debbie Pentesco, Rob Quinton and Shirley Nokes with Shirley Chaplin coach. Georgetown Bowl's annual presentation of championship awards and trophies etc. will be held on Wed. May 18 at 7:30 p.m. at the bowling centre. On Wednesday night at 7 p.m. the wind-up night and fun gathering of all tournament scoremarkers, Y.B.C. league scorekeepers, Teaching Master Bowlers and other workers at Georgetown Bowl. Golden Age Bowling Banquet and Awards night is on May 16 at the Legion Hall.



POWDER PUFFING

This Green team batter fouled off this pitch while attempting to smooth out her swing during play in last Wednesday's Ladies Powderpuff Softball League opener against the black Knight Riders. The Green gals managed to pound out a 13-10 decision in the first game of the season. (Herald photo)

Park Lincoln score final run to edge out Slo-pitch Elks

Ryan Wilson's RBI single with two out in the bottom of the seventh inning lifted Park Lincoln to an 8-7 victory over the

Elks in Service Club Slo-Pitch action last Sunday morning at the Fairgrounds.

Bill Tutt singled for Park with one out in the final frame, stole second, then advanced to third on a fly ball by Al White. He scored on Wilson's single.

In other Slo-Pitch action, Randy Schaeffer, Pete Worton and Dave Hogan bunched together two-out singles in the sixth inning to score the winning run in a 4-3 decision over Random.

Nick Boere tripled and singled and scored three times to pace the SOB's to a 10-4 victory over Choice Air.

Jerry Hills singled, doubled and tripled, scor-

ing twice for the winners.

Royal Pizza struck for eight runs in their first at-bat, then raked up nine more in the fourth, in an 18-5 romp over the Newfoundland Club.

The Firemen swept aside the Jaycees, 23-7, to round out the week's action.

In the opening week's action, it was the Jaycees over the Newfoundland Club, 27-5; the Elks buried the Optimists, 22-8; Random slammed the SOB's, 11-4; Choice Air doubled Royal Pizza, 10-5; and the Kinsmen pounded the Lions, 22-8.

HALTON HILLS SLO PITCH LEAGUE STANDINGS

Team	W	L	T	F	A	PTS
Park Lincoln	2	0	0	32	18	4
Kinsmen	2	0	0	26	11	4
Lions	1	1	0	42	28	2
Jaycees	1	1	0	34	28	2
Firefighters	1	1	0	34	31	2
Elks	1	1	0	29	16	2
Royal Pizza	1	1	0	23	15	2
Random	1	1	0	14	8	2
Choice Air	1	1	0	14	15	2
S.O.B.	1	1	0	14	15	2
NFLD Club	0	2	0	10	45	0
Optimists	0	2	0	14	56	0

On April 24 the league commenced a new season. This year two additional teams have joined the league for a total of 12 teams playing a total of 22 games plus playoffs.

On June 18-19 the league will be playing their annual tournament. The proceeds from the tournament will go to the Association for the Mentally Retarded in Halton Hills.



KEEPING PACE

Georgetown Rebel runner Eric Hopkins ran hard enough to finish third in the junior boys 3,000 meter race at the Father Redmond Track Meet in Toronto on the weekend.

Fitness in apartments

By RUSS KISBY
Time was a landlord would advertise an apartment to rent simply by telling you how many bedrooms and bathrooms it had.

Nowadays, we're pleased to note, the classified ads have begun to lure prospective tenants and condo owners with a description of the fitness facilities the property offers.

We glanced through the paper this morning. Here's a building offering "...indoor pool, saunas, squash, racquet-ball, gym..."

Here's another complex featuring "...swimming pool, sauna, jogging track, paddle tennis and hobby room..."

Others simply offer "full recreational facilities..." supposing, I guess, that readers are so fully aware of physical fitness, they'll know exactly just what's included.

"In many buildings, the fitness facilities become a kind of attraction," says E.H. Zeldler, partner in the Toronto architectural firm of Zeldler, Roberts which has designed both fitness clubs and fitness facilities in apartments and hotels.

"The developer says 'Fine, I'm already spending several hundred million dollars here, so I can throw in the fitness as a kind of teaser!'"

"One apartment developer told me it's kind of the 'Christmas Tree' theory: if you try to sell somebody a condominium, say, you have to have all the facilities so the customer doesn't have a reason not to buy. You have to have a swimming pool so he can't say 'I won't buy because you don't have a swimming pool.'"

people simply want the prestige associated with having a shimmering, azure expanse of water off the lobby with attractive, well-toned people attempting an occasional backstroke.

Or, they like knowing the facilities are there so they can invite guest over - or in case they themselves suddenly get an urge to try them.

"Some folks even think they are exercising just because their building has a gym."

Hotel owners tell Zeldler a similar story: relatively few guests use the gyms and pools - even though hotels advertise them widely, especially to business travellers.

And while neither the apartment nor the hotel depends entirely on use of its fitness facilities, the same infrequent use pattern does affect the private fitness clubs. The public joins, then quits after thirty days of workouts. That explains the constant barrage of "Join Now At Discount Prices" advertising the private clubs undertake in an effort to maintain a stable membership base to offset the high rents their central locations demand.

Is physical fitness, then, just a trend?
No, says Zeldler, whose own home features a swimming pool (which he claims he'd like to enjoy more often!)

"Physical fitness isn't a trend - but often, the gimmicks to get you into fitness are trendy. Activities come and go in the public favor. And some people just have to be chauffeur-driven in a Cadillac to the gym before they'll exercise."

"But people realize their mental health is certainly dependent on their physical health."

"But I've always thought you don't need an expensive fitness facility to get into shape. You can get just as much exercise running around your block in the morning and doing your sit-ups!"

Pool clinic

The Halton Hills Parks and Recreation Department will be sponsoring a two-day workshop for people with backyard pools May 24-25 at the Georgetown District High School.

The main topic for discussion Tuesday will be pool operation and maintenance, while safety will be discussed the second day.

The department supervisor Mary Coffin will conduct the clinics, which are free to the general public.

To get involved, contact the department at 877-5185 and leave your name.

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2 Gosh's sister
3 Kari
4 Out of from sleep
5 Deum
6 Dama, actor
7 Smith, Que N.Y.
8 Newspaper Service
9 Star Egypt
10 Most ancient
11 For example
12 Accomplishment
13 French city on Rhone
14 Paris
15 Fan-shaped
16 Heavybody
17 Dentist
18 Cliff Clara Bow
19 Esplanade abbr.
20 Discovers
21 Bull's tip
22 Penetrate
23 Not deep
24 Roman road
25 Raced
26 Dringo tributary
27 United Nations abbr.
28 Heat of emotion
29 M.A.
30 M.A.
31 Satisfies
32 Venture
33 Conclude
34 Reg. nurse abbr.
35 Outer space character

DOWN
1 Daid
2 Elgical
3 Evening 2 wds
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32 Northwest
33 University out

13 Cholesterol
14 Protein
15 Writer of verse
16 Bacterial while cooking
17 Over poet
18 Right side
19 Francis abbr.
20 Prayer
21 Enlarging
22 Reesman
23 Beeswax
24 Living news
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26 Crafts
27 Right side
28 math abbr.
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30 Feet
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Golf is good exercise if you chase your ball

Query the average business executive as to what he does to keep in condition, and you'll get an answer something like this: "Oh, I get plenty of exercise. I play golf at least twice a week."

As he says the word "Exercise", you notice that his paunch is popping over his pants, and he's out of breath just from showing you his two-over-par stroke.

You wonder why. The fact is that playing golf is not a game of exercise. Not the way it's being played nowadays. True, years ago it entailed a great deal of walking, including the carrying of a heavy golf bag for a full 18 holes. This develops stamina. Today, golf is nothing more than a game of skill in which you ride the full length and breadth of the course on a golf cart, do a great deal of talking and betting, which is followed by a full course of heavy drinking and eating on the 19th hole. This develops the paunch.

Before all the golf enthusiasts get up in arms about anyone criticizing their beloved sport, let it be known here and now that golf is one of the most popular games in Canada. It's produced some great performers like George Knudson and Moe Norman, and has benefited some great charities thanks to people like Bob Hope and Perry Como. And it's fun and

develops co-ordination. But that's all that it is. Don't deceive yourself into believing that it gives you the adequate exercise you need.

What's the alternative? Doctors of chiropractic, who place a great deal of emphasis on the value of physical fitness for the maintenance of your body's structural integrity and health, recommend good old-fashioned exercise such as moderate calisthenics, brisk walking. Try sit-ups, push-ups, side twists, neck-rotations.

Still play golf, but do that in addition to, not instead of, more stimulating exercise. And if you happen to belong to a golf club that still allows you to walk and carry your own clubs, do it. In fact, running after the ball isn't as silly as it sounds. It's certainly more interesting than just running, and healthier than riding.

Before you go off and

try to make up for all the exercise you've been missing by thinking golf is an exercise, here's a warning.

Don't overdo it. You have to build your capacity for exercise by increasing your involvement slowly. And never, never try to push yourself beyond your limitations. To protect your health, it is wise to have a check-up, including an examination of your spine and nervous system on a regular basis.

Garage sale

The Georgetown Track Club will be holding a garage sale Saturday May 14 at 9 a.m. This fund-raising event will be located at the Guelphview Plaza, the corner of Highway 7 and Mountainview Rd.

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