

Halton 'Fins do well

The Halton Hills Blue Fins got off to a lightening start at the 'Black Shark Swim Meet' in East York recently.

Ten Blue Fin swimmers recorded an impressive total of 14 first-place finishes, an outstanding record for the 34-member team. There were 211 competitors from 10 different swim clubs at the meet.

Even more telling was the fact that every Blue Fin swimmer posted a personal best time, in just their first meet of the season.

- 50 Free Girls 11-12
2nd Jenni Williams, 4th Tanya Goodiet.
- 50 Free Boys 11-12
3rd Kirk Serjeantson.
- 50 Free Girls 13 & Over
1st Tina Newman, 3rd Christine Weidrick.
- 100 Back Girls 11-12
1st Jenny Williams.
- 100 Back Boys 11-12
2nd Kirk Serjeantson, 3rd Cam Domen.
- 100 Back Girls 13 & Over
1st Tina Newman, 2nd Christine Weidrick.
- 100 Breast Girls 11-12
5th Jenny Williams.
- 100 Breast Boys 11-12
4th Kirk Serjeantson.
- 100 Breast Girls 13 & Over
1st Tina Newman.
- 50 Fly Girls 11-12
1st Jenny Williams, 4th Kristiana Curry.
- 50 Fly Boys 11-12
3rd Kirk Serjeantson.
- 50 Fly Girls 13 & Over
1st Tina Newman, 2nd Christine Weidrick.
- 100 Free Girls 11-12
2nd Jenny Williams.
- 100 Free Boys 11-12
3rd Kirk Serjeantson.
- 100 Free Girls 13 & Over
1st Tina Newman, 4th Christine Weidrick.
- 200 Free Relay Girls 11-12
3rd Nancy Cocha, Katharine Adams, Tanya Goodiet, Jenny Williams.
- 200 Free Relay Boys 11-12
3rd Scott Hamilton, Cameron Oomen, Russ Law, Kirk Serjeantson.
- 200 Free Relay 13 & Over
2nd Christine Weidrick, Lisa Johnson, Kristiana Curry, Tina Newman.
- 50 Free Girls 9-10
1st Janine Glaser, 4th Bridget McCauley, 6th Kim Barr.
- 50 Free Boys 9-10
3rd Scott Lightowers.
- 50 Free Girls 8 & Under
3rd Dawn Newman, 4th Christy Lightowers.
- 50 Back Girls 9-10
2nd Janine Glaser, 4th Kim Barr, 6th Bridget McCauley.
- 50 Back Boys 9-10
3rd Keith Smith.
- 50 Back Girls 8 & Under
3rd Dawn Newman.
- 50 Breast Girls 9-10
1st Janine Glaser, 2nd Tara Finn, 3rd Julie Arnold, 6th Bridget McCauley.
- 50 Breast Boys 9-10
4th Keith Smith, 5th Scott Lightowers.
- 50 Breast Girls 8 & Under
1st Dawn Newman.
- 50 Breast Boys 8 & Under
5th Dunc Primorac.
- 100 Free Girls 9-10
1st Janine Glaser, 3rd Kim Barr, 4th Bridget McCauley.
- 100 Free Relay 8 & Under Girls
1st Kelly Ballinger, Christy Lightowers, Emily Hamilton, Dawn Newman.
- 200 Free Relay 9-10 Girls
1st "A" Team Kim Barr, Bridget McCauley, Julie Arnold, Janine Glaser.
- 200 Free Relay 9-10 Boys
3rd Keith Smith, Terry Harrison, Brent McIntyre, Scott Lightowers.

Senior stats

GOLDEN AGE BOWLING RESULTS

Nov. 18
HIGH SINGLE FLAT: Anne Nicholson 262, Jane LeFevre 220, Gerry Bos 240, Dunc MacMillan 223.

HIGH SINGLE WITH HANDICAP: Jane LeFevre 281, Jessie Bunton 276, Gerry Bos 286, Dunc MacMillan 275.

HIGH TRIPLE FLAT: Anne Nicholson 609, Jane LeFevre 579, Bob Harris 617, Gerry Bos 559.

HIGH TRIPLE WITH HANDICAP: Jane LeFevre 762, Marg Martin 683, Gerry Bos 697, Dunc MacMillan 697, Bob Harris 656.

TEAM STANDINGS

- Ring Leaders 43
- Head Pinners 37
- Try Hards 38
- Blue Jays 35
- Happy Gang 34
- Anne's Gang 31
- Buzz Saws 33
- 747s 30
- Invincibles 28
- Geritol Six 28
- Ups and Downs 24
- Hopefuls 23

Did you know

EMPHYSEMA is not curable, but it can be treated. Emphysema and chronic bronchitis are the fastest growing diseases in Canada. A high percentage of people who have emphysema smoke cigarettes and have been heavy smokers for many years. If you suffer shortness of breath caused by emphysema your Lung Association can help. Your generous donation to the Christmas Seal Campaign helps us to help you.

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Cigarettes
CARTON OF 20'S & 25'S

13.49

WARNING: Health & Welfare Canada advises that danger to health increases with amount smoked - avoid inhaling.

Robin Hood Flour
2.5 kg BAG

1.99

OUR REGULAR PRICE 3.21

White Sugar
FINE, GRANULATED
LARGE 4 KG BAG

2.59

OUR REGULAR PRICE 3.97

Pepsi-Cola
MOUNTAIN DEW, PEPSI FREE REGULAR OR SUGAR FREE, REGULAR & DIET
CASE OF 24-280 mL TINS

5.99

OUR REGULAR PRICE 7.99

Old Dutch Bleach
LIQUID 3.6 LITRE PLASTIC JUG

.99

OUR REGULAR PRICE 1.79

Arctic Power
POWDERED LAUNDRY DETERGENT 6 litre box

4.49

Royale Tissue
BATHROOM TISSUE, ASSORTED COLOURS pkg of 4 rolls

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Bran Flakes
POST CEREAL 400 g pkg

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FLAKED LIGHT

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OUR REGULAR PRICE 1.49

Heinz Soups
TOMATO OR VEGETABLE 10 FL OZ TINS

3/1.00

OUR REGULAR PRICE UP TO .55 EACH

Condensed Milk
EAGLE BRAND 300 mL tin

1.79

Perrier
MINERAL WATER (675 mL BTL, 89) case of 12

8.99

Prestone II
ANTI-FREEZE 4 litre cont

6.99

Savarin Pot Pies
FROZEN, BEEF, BEEF & KIDNEY, CHICKEN, TURKEY

.59

OUR REGULAR PRICE .95

Orange Juice
McCain, FROZEN, CONCENTRATED 12 1/2 FL OZ TN

.99

OUR REGULAR PRICE 1.39

Ice Cream
SILVERWOOD, CREME DE LE CREME, BRONZE LABEL Assorted Flavours 1 litre carton

1.59

Crush Beverages
ASST VAR INCL REG & DIET HIRES ROOT BEER & PURE SPRING GINGER ALE 750 mL bot

.49

Crush Beverages
ASST VAR INCL REG & DIET HIRES ROOT BEER & PURE SPRING GINGER ALE case of 280 mL tins

5.99

Apple Juice
BRIGHT'S PURE 48 fl oz tin

.99

OUR REGULAR PRICE 1.75

Boneless Beef Roasts
CUT FROM CANADA'S FINEST GRADE "A" BEEF

4.17 / 1.89

OUR REGULAR PRICE 5.05/kg - 2.29 lb

Loin Pork Chops
COMBINATION PACK CONTAINS 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUT CHOPS, 8 CHOPS IN A PKG

373 / 1.69

OUR REGULAR PRICE 5.05/kg - 2.29 lb

Beef Roasts
SEMI-BONELESS BLADE OR CHUCK SHORT RIB

351 / 1.59

OUR REGULAR PRICE 4.61/kg - 2.09 lb

Pork Side Spare Ribs
PREVIOUSLY FROZEN 351 / 1.59

Pork Loins
ROAST OR CHOPS 483 / 2.19

Bologna Chunks
MARY MILES, BY THE PIECE 284 / 284

Golden Fry Sausages
MAPLE LEAF, SKINLESS OR 500 g pkg 2.29

Sliced Bologna
MAPLE LEAF, REG, GARLIC OR ALL BEEF 500 g vac pac 1.79

Cottage Rolls
MAPLE LEAF, SWEET PICKLED, VAC PAC 395 / 1.79

Side Bacon
MAPLE LEAF, SLICED, REG, THICK OR HINT OF MAPLE 500 g vac pac 2.29

Polish Sausage
MAPLE LEAF, COIL 373 / 1.69

Schneider's Wieners
Red Hot, Dutch Treat or All Beef 1 LB VAC PAC 1.49

Delicious Apples
CANADA FANCY, PROD. OF ONTARIO PICK OF THE ORCHARDS, RED 5 lb bag

1.99

Navel Oranges
PROD. OF CALIFORNIA, SEEDLESS, SIZE 138'S each

.12

Fresh Spinach
PROD. OF U.S.A., DELICIOUS IN SALADS 10 or 149

Green Grapes
CANADA NO. 1 GRADE, PROD. OF SPAIN 2.18 / .99

Large Avocados
PROD. OF FLORIDA, DELICIOUS 2 / .99

Roasted Peanuts
PROD. OF U.S.A., IN SHELL, FRESH 1 kg bag 2.99

Celery Stalks
CANADA NO. 1 GRADE, PROD. OF CALIFORNIA each .99

Fresh Mushrooms
PROD. OF ONTARIO 439 / 1.99

Heinz Baby Foods
BUY 3-SAVE .33 STRAINED, MEATLESS VAR 4.5 FL OZ JAR

3 / .99

OUR REGULAR PRICE .44 EACH

Corned Beef
FRAY BENTOS 340 g tin

2.19

Frozen Vegetables
A&P FANCY ASST VARIETIES 1 kg pkg

1.89

Billy Bee Honey
NO. 1 GRADE, CREAMED 750 g cont

2.99

Whole Bread
JANE PARKER, SLICED 60% Whole Wheat 675 g loaf

.59

OUR REGULAR PRICE .99

Nabob Coffee
REG. FINE OR EXTRA FINE, TRADITION 369 VAC PAC BAG

2.99

OUR REGULAR PRICE 3.89

Pepsi-Cola
MOUNTAIN DEW, PEPSI FREE REG OR SUGAR FREE, REG & DIET 750 mL bot

.49

Green Giant Vegetables
ASST VAR INCL SWEETLET PEAS & CREAM STYLE CORN 10 fl oz tin

.59

Margarine
PARCHMENT WRAPPED-CHEFMASTER 1 lb

.49

Royale Tissue
FACIAL, WHITE, YELLOW OR ALMOND box of 100 sheets

.79

OUR REGULAR PRICE 1.39

Tomato Juice
AYLMER, FANCY 48 + L OZ TIN

.89

OUR REGULAR PRICE 1.69

Pronto Towels
WHITE 150 mL tube

1.99

Colgate Toothpaste
REGULAR, WINTERFRESH OR GEL 150 mL tube

1.99

Flakes of Ham
MAPLE LEAF 184 g tin

1.29

Kraft Singles
PROCESS CHEESE SLICES 500 g pkg of 18

2.99

OUR REGULAR PRICE 3.78