In your opinion

Q - Who will be in the Grey Cup, who will win, and what will the final score be? (Asked at the Georgetown Bowl, prior to the Eastern and Western Conference finals on Sunday).



ROBERT MARR-OWS, 14, Mountainview Road - "Argos 28, B.C. Lions 21. The Argos have a great throwing team. They should have won it last year, but they were unlucky."



GREG PEACOCK, 15, Dawson Crescent - "Argos 28, Winnipeg 21. The Argos have a good offense."



RUSSELL CURTIS 18, Bairstow Crescent -"Argos 31, Winnipeg 30, Holloway is playing great right now, and I don't think Tom Clements is quite good enough. The Argos have Terry Greer, too."



MARK SEE, 18, Prin-

ce Charles Drive -"Winnipeg 30, Ti-Cats 24. Tom Clements is a

better quarterback than Dieter Brock, plus, they

are playing the game out west."

BRENT OSATCHUK, 15, Mountainview Road-"Toronto 25, B.C. Lions 20. Toronto has the better defence. Terry Greer will be the most valuable player."

DAVID HICKS, 14,

Moore Park Crescent -

'Argos 33, B.C. Lions

24. The Argonauts have

a better offense. Home

field advantage won't

mean much, because

the fans at the Grey Cup

come from all over the

Fighting those temptations: As a diabetic, nurse Bergmann has learned to control her diet

By ANI PEDERIAN Herald Staff Writer

Dessert lovers know to sit next to Dorothy Bergmann, and she's popular at Chinese. restaurants when the sweet and sour chicken balls are being passed.

Mrs. Bergmann is a diabetic. She's spent most of her life having to refuse the temptation of ples, strudels, chocolate bars, pasta and candies.

Even more remarkable, she's baked cakes and other sweets for her four, now grown-up children, and not cheated, well, not often.

"It was very difficult, and, I must admit, I cheated a few times," she smiled ruefully. "It takes willpower to leave it there. Sometimes you cheat and get into trouble."

As a diabetic, Mrs. Bergmann has to monitor her carbohydrate intake. If she eats two pleces of garlic bread and a potato at dinner, her blood sugar will soar and she'll feel lousy the whole next day. To avoid the upset, she allows herself to eat only half a potato or a plece of garlic bread.
"You learn to pick out

what you can eat and the amount," Mrs. Bergmann explained. "Desserts are usually something I can't handle."

A nurse at Vanier Institute in Brampton, Mrs. Bergmann calls the diabetic diet a very healthy diet for any-

However, if you've been Italian all your life, you may not agree. With the onset of diabetes, a whole plate of apaghetti or pizza becomes a thing of the past, and ples and cakes are gone forever from your dlet.

"They're now discovering if you have a cookie, it's okay, but you have to watch the quantity you eat," she said, "At one time, you never put any sugar at all in anything you fed a diabetic."

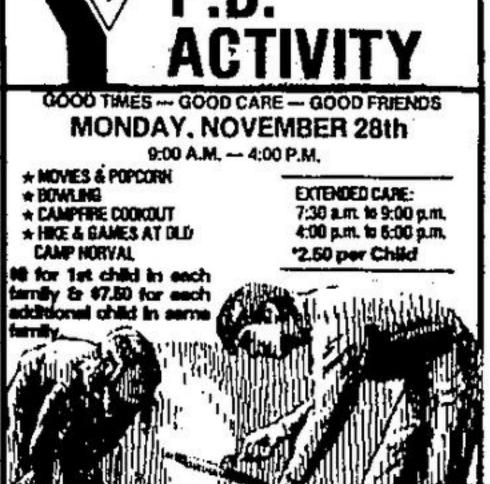
COMPLICATIONS A disease that runs in families and affects nearly one million Canadians, or one in 20 persons, diabetes is the third leading cause of death in Canada and has complications like blindness, kidney disease, gangrene, heart disease and

Most cases of diabetes Crafts and bake sale

There will be a crafts entertainment and a bake sale plus demonstrations at the Halton Region Museum located at the Kelso Conservation area in Milton, Doc. 9, 10, 11.

Sunday features a bake sale and Santa Claus. The fun starts at 1 p.m. to 5 p.m. Admission is \$2 for adults, \$1.50 for seniors and \$1 for children. For more information call 878-3232.







DOROTHY BERGMANN occur in people over 40 and overweight. Symptoms indicating the onset of the disease may include drowsiness, Itching, blurred vision, excessive weight loss, numbness or pain in the extremities or slow healing of cuts and

Mrs. Bergmann was 14 when she was dlagnosed with the disease. Although 80 per cent of

scratches.

diabetics are Type 2 diabetics, which means their pancreas is producing insulin but the insulin receptor cells aren't functioning correctly to help with the metabolism of carbohydrates, Mrs. Bergmann is a Type 1 diabetic. That means there's almost no insulin being produced by her pancreas and she must depend on insulin injectlons.

Type 1 diabetes comes on suddenly, whereas Type 2 diabetes is gradual and can follow emotional or physical stress like a death or anoperation. However, it's unknown just what causes it to develop.

· To stay alive, Mrs. Bergmann gives herself a daily injection of insulin in the thigh, abdomen, buttocks or





PREMER McGibbon Hotel MILTON CINEMAS LISTENING & DANCING 1 DEAD ZONE -- 7, 9 p.m. Adult PLEASURE 2 AMITYVILLE SO - 7,5 p.M. AND 79 MAIN ST. S.

3 ALL THE MENT MENTS, 7, 8 PM A HWY. 25-S of 401

10:00 s.m.-10:00 p.m. Sendey: 11:00 p.m.-0:00 p.m. 72 Mill St. 877-1237

POMPEI PIZZERIA MUORE PARK PLAZA FASTY PIZZA - SURS 877-5281

EXCHANGE TAVERN DAILY SPECIALS & **GREAT ENTERTAINMENT** GEORGETOWN 877-3541

877-3388

NEW MOVIES

TO SEE!

THOMAS VIDEO

Marian 873-1617

(Across from GO Station) DOUBLE WAPPINESS RESTAURANT EAT IN - TAKE OUT 853-2060

336 QUEEN ST. E. ACTON

"It's important to change the site of the injection because after a while it gets to be a pad of hard tissue and insulin no longer is properly absorbed from

that area," she said. Many diabetics don't know this and you have. to fight to get them to change their injection alte. "But it doesn't hurt any more," they say.

When she was studying at St. Michael's Hospital School of Nursing in Toronto in the 1950s, there were no disposable needles and diabetics had to boil up the glass syringe and needle every morning.

"I can remember being in a hurry in the morning, dropping the syringe and it would break and I'd have to wait for the pharmacy to open to get another one," Mrs. Bergmann

She was the first diabetic to graduate from the three year nursing course in 1955. A doctor with a good attitude. who presented diabetes

as a challenge to ber when she was in her teens is responsible for her positive attitude, Mrs. Bergmann sald.

"You have to live with it," she said. "There are very few perfect diabetics, because then, you're living for your

diabetes." ."You have to live as normal a life as possible and not forget you have to keep this balance act going between exercise, dlet and insulin injections," Mrs. Bergmann concluded.



LONG LANE ORCHARDS

GEORGETOWN

HOVEMBER S-100

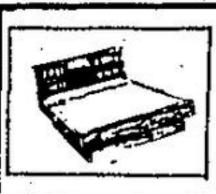
OFF PER BUSHEL WITH THIS AD. (1 ad per bushel)

HOW AVAILABLE

McIntosh, Cortland, Spartans, Spys, Delicious, Idared, Mutsu, Spencer and Greening

BULK CIDER ORDERS NOW BEING FILLED AT DISCOUNT PRICES

LONG LANE ORCHARDS 15 Sideroad, 2 Km. W. of Trafalgar



WATERBED COUNTRY

Georgetown 130 Guelph St.

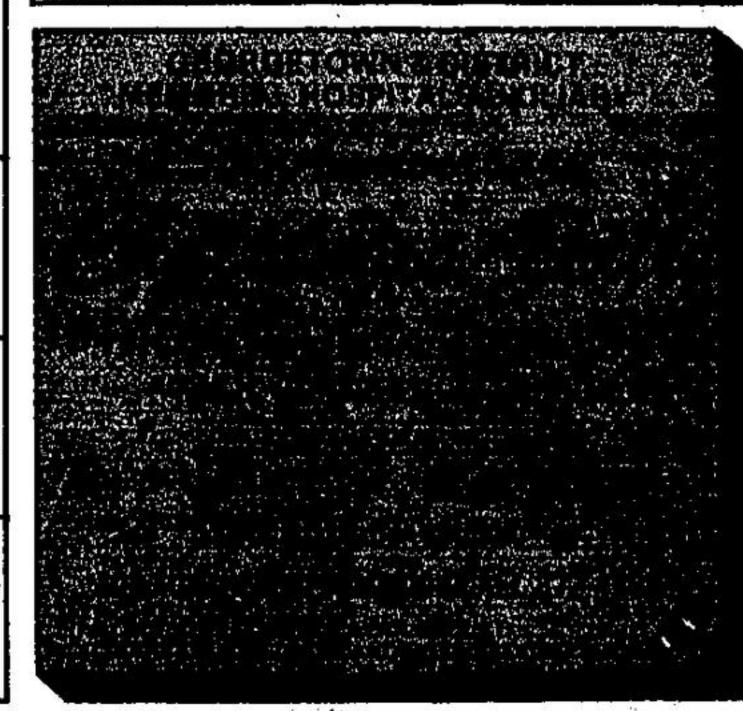
FREE LAY-A-WAY TIL CHRISTMAS NOW AVAILABLE

873-1126

STORE HOURS THURS. - FRI. MON. - WED.

SAT.

10 a.m. - 5:30 p.m. 10 a.m. - 9 p.m. 10 a.m. - 5:30 p.m



penny sale The winners of the

Legion bazaar

Royal Canadian Legion ladies auxiliary Christ-

mas bazaar penny sale; 7795 J. Evans, Apron; 3718
Marg Raynor, Friendship
Dolt; 7797 J. Evans, Wine;
8479 Eleanor Hurren, B.B.Q.
Apron; 8167 Doreen Fry,
Necklace; 1962 Phylits Booth,
Cheeseboard; 1790 Lynn
Richardson, Necklace; 3057
Elaine Lewis, Wine; 7835 Matthew Todd, Ceramic Candy
Dish; 1757 Verna Stapleton,
Wine; 1869 Audrey Lyons,
Chokery Bracelace; 3052 Peg
Lewis, Necklace; 8096 J.
Gilson, Mans shirt; 3134 Helen
Davis, Wine; 8174 Betty Snow,
Times Watch Band; 8254 Minnie Johnston, Ceramic Mug nie Johnston, Ceramic Mug

nie Johnston, Ceramic Mug
and Bowl; 7876 Linds Pringle,
Hot Chocolate; 1952 Bob Carswell, Childs Toy; 7766
Eleanor McClead, Kitchen
Tools; 1953 P. O'Heilly, Childs
Tea Service; 8226 Dorothy
Ireland, Wine; 8226 Lots Findley, Tupperware; 3074 Edna
Rippon, Candles; 3000 M.
Fegan, 3 bara soap; 7929 D.
McCartney, Egg Cups; 1650
W.R. Webb, Centrepiece, 8073
Betty Neesa, Umbrella; 1799
K. Prust, Wallet, 3162 Nicki
Carney, 6 Glasses; 3024 Ethel
Murray, wine; 3831 B. McDonald, Baby outfit; 8251 S.
Matheson, Ceramic Figure;
3019 Robert Kennedy, Wine;
3464 Elaine Higgins, Cocos
Butter Lotion; 3145 Liss Latchford, Juice Tupperware;
3365 Marion Cunningham,
China Cups & Saucers; 3151 G.
Thompson, Putling Partner;
1789 Irene Richardson,
Vinegar Set. Vinegar Set.

3508 Hill Oales, Christmas
Candica; 3508 Hill Oales, Christmas
Candica; 3508 Hill Oales, Vase
& Flowers; 1561 E. Arthurs,
Towel; 1631 Pat Russell,
Wine; 3360 Linda Paul, Clown;
8060 D. Mulholland, Soap Set;
1853 Ruby Bailey, Fragrant
Candle; 3031 Sandra Murrey,
Christmas Wreath;, 3574 P.
McClure, Childs toolhbrish;
3585 L. Lee, Set of glasses;
1865 R. McAusland, Mana

shirt: 1849 Ruby Bailey, Wine; 1767 Buba Wailes, Wine; 3840 Brenda Barker, Flower vase; 8148 Jean Reid, Friendship Doil; 7929 D. McCartney, Candles; 8072 M. Haskins, Christmas Cake; 7822 Tammy Switzer, Sait & Peppers; 3356 May Swason, Doll; 8463 Marnie Thompson, Christmas decoration; 3149 C. Thompson, Stockings; 3609 Pat Boissoneault, Bean Pot, 3241 Joan Brown, Christmas centreplece.

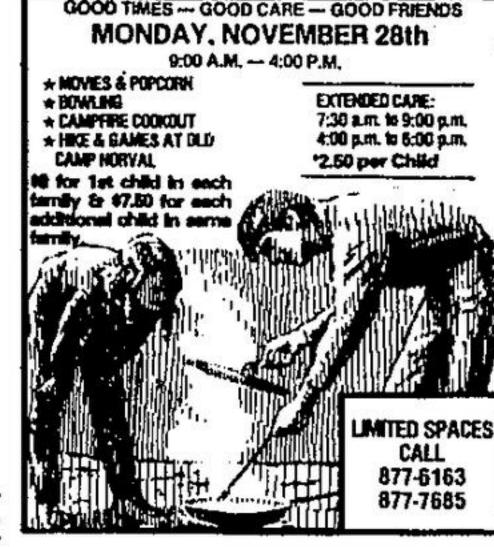
Joan Brown, Christmas Centreplece.

HESULTS OF THE DRAW
Marg Clarke - Quilt, Pillows

Lillian Kirley, Spaghetti Edna Rippon, Train Set Becky Rippon, Clowns - C,
Stone, Friendship Doll - Julie
Atkinson, Christmas Stocking

Molly Atkinson, Log - Ian
Lee, Lamp - Yvonne Lorusso,
Crockpot - Marion Carney,
Gingerbrend House - Sandra Murray, Christmas Box - Sandra Murray, Ceramic Xmas tree - E. Davis, Cake - Trudy Paul.

Recycle this newspaper! To find out how, call: The Ontario Recycling Information Service, 1-800-387-2817.



Simon Fraser

Phone (416)877-0109

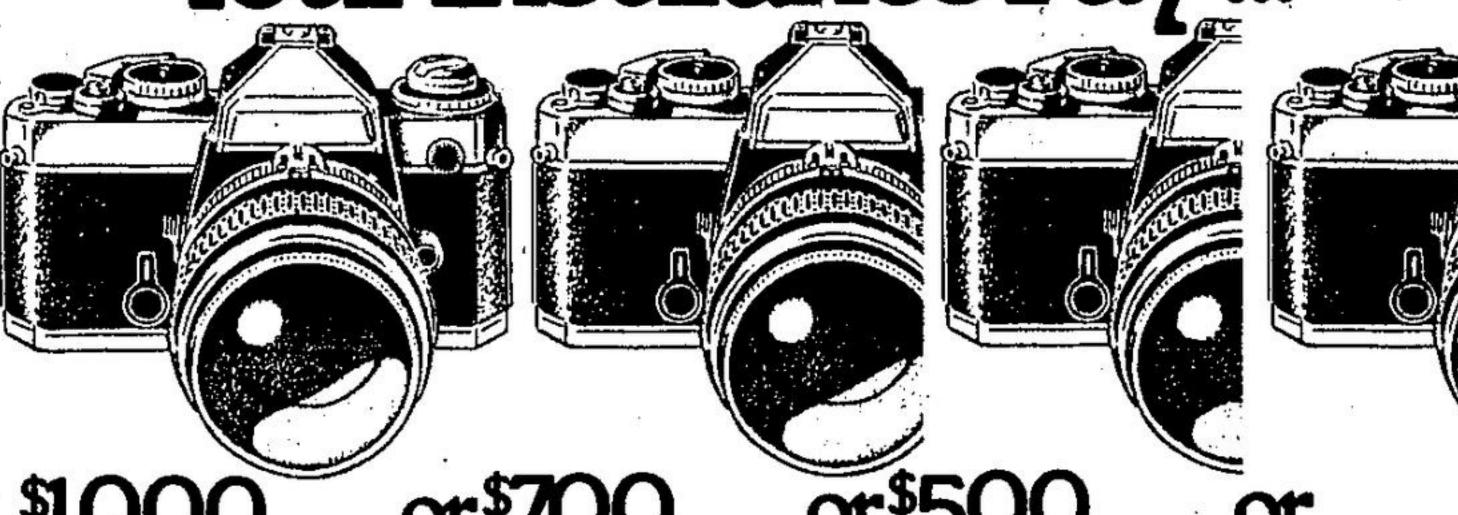
CHARTERED ACCOUNTANT

5 Wesleyan Street, Georgetown, Ontario L7G 2E2



Service Club or Fellow Employees are planning to do some caroling over the holiday season and you would like to have the Herald's carol sheets on hand then all you have to do is to make your request before December 16/83 by dropping into the Herald or by calling:





When many people insure their personal belongings they make the

mistake of believing that they are

market value.

covered for full replacement value. Sadly that's not always the case. Some policies will only pay out a fraction of what it would cost you to replace your possessions at current

Insurance brokers fisted below. Is there a difference between an I.B.A.O. broker and an agent?

should talk to one of the LBAO.

To find out where you stand you

Yes there is, An agent works directly for one insurance company.

GEORGETOWN

GLENN MAGNUSON LTD. 232 Guelph St. 877-2247

PAUL C. ARMSTRONG INS. R.H. WEST INS. BROKERS 124 Main Street S. 8 Wesleyan Street 877-0133 877-1177/877-5113

BARBER & HENLEY LTD. 72 Main Street S. 877-2214

ACTON DENNY'S INS. 17 Mill St. W. 853-0150

unblased.

NORVAL **DUNLOP INSURANCE Guelph Street** 877-3268

An LB.A.O. broker is independent and

Your I.B.A.O. broker shops around

So call your broker and ask if he

for value, recommends the right coverage

at the right price and makes sure your

when you need to make a claim.

or she is a member of the I.B.A.O.

interests are professionally represented

There's More To Insurance Than Just a Policy Call the I.B.A.O. broker in your neighbourhood.

(416) 453-3811

ERIN McENERY INSURANCE 35 Main Street) 833-9393

the HERALD

45 Guelph St., Georgetown