



Judy Pomeroy, owner of North Halton Spotswera, indicates some of the stock of shorts available to her customers.

## Making faces is still exercising

If you see a lady with short blonde hair making what looks like faces at you while she drives by or waits for the light to change don't take it personally.

Judy Pomeroy is just doing her face exercises.

"I'm always conscious of doing exercise," the slender woman said with a big smile. "Even when I'm sitting drinking coffee, I'll wiggle my toes."

Judy Pomeroy has been big on exercise since she turned 20. With three grown up daughters now, she's still big on exercise.

"Once you start, it gets in your blood," she says.

Every morning, Mrs. Pomeroy jogs one and a half miles along Winston Churchill Boulevard near her home, and walks the distance back.

Last month, she came in third in her category in the five kilometre Mayor's Road Race.

That's not all. Mrs. Pomeroy also plays squash and tennis and is now into golf. She doesn't think she's unusual.

"Most of the people in town, the women anyway, are involved in at least two kinds of sports activities," she said.

### Foodstuffs

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Foodstuffs won't prescribe any type of diet and they suggest reading up on what health foods might be best for you.

Popular items are wheat germ, brewers yeast and lecithin, she says.

But people are also buying more whole wheat, flour and baked goods because they believe it is better to bake food from scratch than eat something with a lot of preservatives.

To meet that interest, the owners of North Halton Sports on Georgetown's Main Street recently opened a shop strictly for sportswear.

Mrs. Pomeroy is managing the new shop called North Halton Sportswear. A narrow 44-foot long store, its walls are lined with the trendiest in sports clothing for men and women.

The store opened June 21 during Pioneer Days, and spelled a return to the sports business for Mrs. Pomeroy.

She and her husband Peter, now the regional chairman, started up North Halton Sports over 15 years ago and operated it until he went into politics in 1981.

Current owners Chris Milne and Doug Ander-

son recently decided they didn't want to carry sports clothing in their shop other than hockey or football sweaters, and the idea for North Halton Sportswear was conceived.

"It's been nice because I've met some of the people I used to do business with. They've come back to see me and help me," Mrs. Pomeroy said.

A Mary Kay Cosmetics sales representative for three years, Mrs. Pomeroy won't be giving that up. Her 600 make-up customers will just visit her in the shop to pick up their goods.

"Looking after your skin on a regular program is like aerobics and exercise programs. They kind of go together," she said.



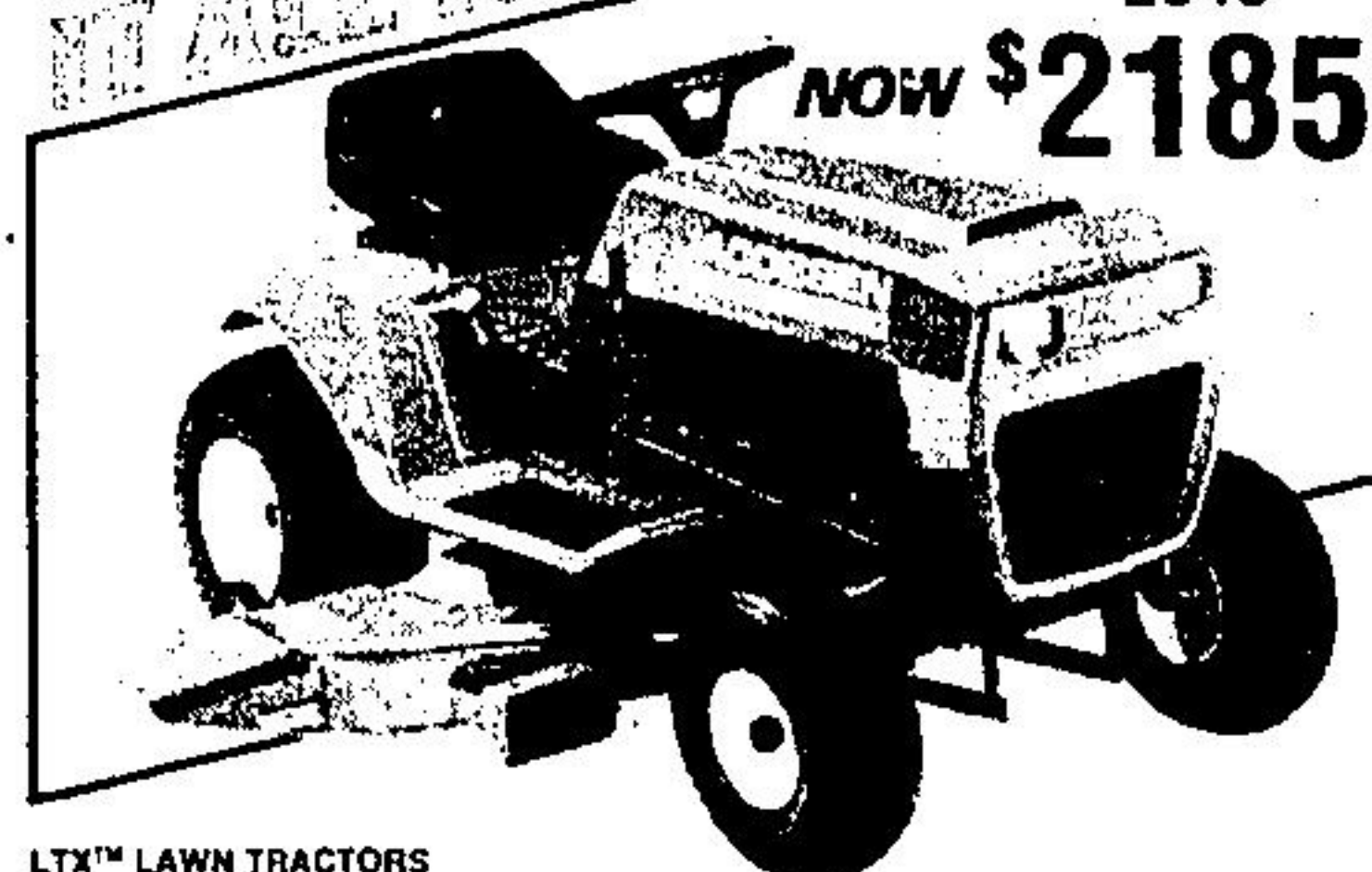
Judy displays a tennis outfit for the budding Wimbledon tennis champion.

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