

Balson, Lantz top netminders

Goalies pace midgets in tourney

Cross country skiing

By JOHN PEAKER Herald Columnist

PHASE II of conditioning for skiing

PHASE II - AEROBIC FITNESS

What It Is and What It Does  
 Aerobic fitness is determined by the ability of the cardio-respiratory system to transport oxygen from the lungs to the working muscles. Training to improve aerobic fitness increases the capacity of the body to use oxygen, by strengthening the respiratory muscles, by improving the pumping efficiency of the heart, and the quality and quantity of the blood. Aerobic fitness training increases not only the maximum power for aerobic work, but also endurance (the length of time for which aerobic work can be continued).

**Equipment Requirements**  
 The most important and only investment you will have to make initially is the purchase of quality running shoes. Look for shoes with good cushioning in the heel area. This allows the heel to absorb the shock of hitting the ground and will help to prevent leg and foot injuries.

**Warm Up**  
 To prevent injuries such as pulled muscles and other running related injuries.

**Exercise Number 1**  
 With both hands lean against a wall. Extend one leg in a straight position behind you with the heel touching the floor. With the foot of that leg start to exert some pressure as if you were pushing an object. Repeat 6 or more times until you can feel some stretching of the muscles. Alternate both legs. This exercise helps to prevent hamstring muscle injuries.

**Exercise Number 2**  
 Another excellent stretching movement is to place one leg at a time on the back of a chair, or other object elevated to about the waist level. Slowly lean forward and gradually touch your head to your knee, or until you feel some stretching of the muscle. Repeat 6 or more times and alternate the legs.

**Exercise Number 3**  
 The same as Exercise Number 2, with one exception. Instead of leaning forward, rock slightly backwards on the stationary foot. This is an excellent exercise for the inside thigh muscle.

**Exercise Number 4**  
 The famous Achilles Heel injury has seen the demise of many a great athlete. It is most important to stretch this area before starting out. Simply stand with both feet on a step facing the top of the stairs. The balls of your feet should be on the edge of the stairs, your heels protruding over the edge. Now raise and lower your heels using the front of your feet for leverage. This exercise can be performed on any elevated surface. Repeat 10-12 times. You are now ready for your aerobic work out.

**To Run or Not To Run: An Important decision.**  
 It should be emphasized that not all people are meant to be runners. A physical deformity, or an old injury may prevent many people from running. There are other means of achieving aerobic fitness, such as roller skiing, striding and cycling, to name only three. Next issue I will cover striding, roller skiing and running.

Georgetown Sunny Acres midgets went head to head with the best competition available at the Ajax "AA" tournament last weekend. Fifteen-year-old Joe Balson and 16-year-old

John Lantz were awarded the goaltending trophy for the tournament based on their combined record of 7.92 shots-per-goal allowed. Balson led the goaltending exhibition stopping

8.423 shots per goal allowed while Lantz was second in the standings with a record of 7.255. Both players were awarded game stars for their excellent work in allowing 19 goals in five

games played. Coach Rick Hulme indicated his strategy for the team this year in their major midget year was to expose the players to the best competition available.

"All of the scouts cover these tournaments," he said. "Our boys have been noticed." Competition included the Toronto young Nationals, Peterborough Petes, champions of the consolation title and overall championship, as well as teams from Waterloo, Oshawa, Ajax, Pittsburgh, Michigan DePew and New Jersey.

Georgetown's 1-3 record in the round robin tournament and their excellent goals-against average advanced them to the exhibition round Sunday where they outshot a scrappy Pitts-

burgh scored their final goal into an empty net in the final minute of play. Besides Balson and Lantz, game stars were Jon Hammer, Mike Teetzel, Craig Chantler and once again, a game award was given to Hammer.

Hulme said he was pleased with the total performance of his squad. "Injuries hurt us quite a bit too," he said. "But the boys were particularly strong killing penalties.

Tight games played in non contact loop

Dave McGilloway had three goals and an assist as Acton ReMax and Exchange House tied 6-6 in Georgetown Non Contact Hockey League play.

edged Nick Martina Motors 5-4. Gary Frerichs had two goals for Exchange House while singles went to Mark Waters, Rick Poot, Bob Veitch and Kevin Phillips. Phillips tied the game with seven seconds left to play.

Doug Penrice had two goals for Jaycees while Brian Farrell, Rob Hagen, Gary Wall had the others. Bill Kirby had four assists.

Rob Leslie and Doug De Forest had two goals each for Halton Hills Radiator while Frank Robertson had the other. Rob Hagen had two goals for the Nick Martina crew. Singles went to Mike Coffey and

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TOP GEMINI

Georgetown Gemins forward Brian Demone was named the player of the month for the month of November, and received this bag from Molson's. Teammate Wayne Morrow was named top player for the month of October, and received such a bag also.

1985 HYDRO RATES

Ontario Hydro has announced that the wholesale cost of power purchased by Halton Hills Hydro Commission from Ontario Hydro during 1985 will increase by 8.4 percent effective January 1, 1985.

Due to the higher cost of wholesale power and higher cost of providing service, the Halton Hills Hydro Commission find it necessary to increase the 1985 retail rates a average 8.0 percent effective January 1, 1985 as follows:

RATES FOR RESIDENTIAL SERVICE	
MONTHLY ACCOUNT	BI-MONTHLY ACCOUNT
First 250 kWh at 8.00¢ per kWh	First 500 kWh at 8.00¢ per kWh
* Next 500 kWh at 4.41¢ per kWh	* Next 1000 kWh at 4.41¢ per kWh
Balance at 4.61¢ per kWh	Balance at 4.61¢ per kWh
Minimum Bill \$4.50	Minimum Bill \$9.00
* Residential Customers with metered controlled water heaters NO INCREASE IN 1985 RENTAL WATER HEATERS	
40 gallon - \$3.00 month	60 gallon - \$3.50 month
RATES FOR GENERAL SERVICE	
MONTHLY ACCOUNT	BI-MONTHLY ACCOUNT
First 250 kWh at 8.00¢ per kWh	First 500 kWh at 8.00¢ per kWh
Next 1225 kWh at 5.01¢ per kWh	Next 2450 kWh at 5.01¢ per kWh
Balance 3.48¢ per kWh	Balance 3.48¢ per kWh
Demand Charge \$3.80 per kW for all kW over 50	
MONTHLY	BI-MONTHLY
Minimum Bills Under 50 kW \$4.50	Minimum Bills Under 100 kW \$9.00

OVER 50 KW - .45¢ per kW for all kW applicable to the maximum billing demand during the previous 11 months or the contracted amount whichever is greater.

Royals split

Southern Intermediate "C" hockey action on the weekend saw Hillsburgh Royals split a pair of games.

Saturday in Elora, Hillsburgh dropped a 6-5 decision and in the process saw their winning streak end at six games.

Sunday the Royals bounced back topping Palmerston 8-1. Hillsburgh's record now stands at eight wins, two losses and two ties.

Saturday Brad Miller was outstanding for the Royals, but the Hillsburgh offence could not get on track. Miller made 47 saves while the Royals managed but 33 shots on the Rocks goal.

Dale Braden and Steve Bronizewski both scored hat tricks while singles went to Paul Fraser, Andy Broadbent and Karl Meyer.

Braden was effective defensively as well. Hillsburgh's next game will be Saturday night when they host Palmerston 81's at the Community Centre.

**Royalties** - Hillsburgh was without Steve Solomon (knee injury - out at least a month), Glen Murray (ankle - indefinitely) and Chris Peavoy (ribs - game to game) for both contests.

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Swim registration

Registration for Winter Swimming Lessons begins Monday, December 17 at the Acton and Georgetown Swimming Pools during regular office hours. For a description of programs being offered, please refer to our Fall and Winter Brochure.

Optimist splits

Optimist Club Minor "AA" pee-wees split two of their games this week. Despite scoring their first two goals of the game, Georgetown dropped a 4-2 decision to Milton. Jason Smith and Sean Gualtini scored for the locals with David Lawrence assisting.

Georgetown rebounded by defeating Streetsville 4-2. Brian Brooker, Steve Brown, Trevor Ellinesky and Jason Smith had the goals for the winners. Assists went to Brian Duby, Brooker, Adam Hagen, Trent Cull, Duane Lewis and Lawrence.

Sussman's of Arthur

ONE OF CANADA'S LARGEST INDEPENDENT MENS WEAR STORE CELEBRATING THE COMPLETION OF OUR NEW ADDITION WITH A GRAND OPENING SALE!

CHOOSE FROM OVER 3,000 MENS SUITS \$99.00 SALE SIZES 34 TO 50 REGULAR TO \$330.00 \$149.00 FAMSOME BRANDS INCLUDE SHIPLEY, MERIT, RUBIN, SHETLAND, HYDE PARK, PIERRE CARDIN, McGRATH & MORE. 1000 THIS FALL'S NEWEST SPORTCOATS Includes Entire Selection Wool Tweed & Harris Tweed. Sizes 36 to 50 Reg. to \$189.00 SALE \$99.00

GREAT SAVINGS ON ENTIRE SELECTION 3000 PAIRS DRESS SLACKS Reg. to \$49.99 Sizes 28 to 54 SALE \$17.95 \$24.95 \$29.95 ALL FAMOUS CANADIAN BRANDS ALL THIS FALL'S NEWEST 2500 DRESS SHIRTS Values in \$32.99 Sizes 14 to 17 1/2 Famous brands of Pierre Cardin, Massaro, Forti, S. Schiavone, Van Heusen & others. SALE \$9.95 & \$14.95

ENTIRE SELECTION MENS JEANS & DESIGNER JEANS Reg. to \$49.99 SALE \$21.95 \$24.95 \$29.95 GREAT SELECTION OVERCOATS WOOL TWEEDS, WOOL & CASHMERE BLENDS & MORE Reg. to \$239.99 SALE \$99.00 & \$169.00 ALL WEATHER COATS ZIP-OUT LININGS Reg. to \$129.99 SALE \$59.00 \$79.00 SAVE 20% TO 35% OFF ENTIRE SELECTION MENS OUTERWEAR BIG SELECTION WRITER & SKI JACKETS. Reg. to \$60.99 SALE \$39.99

2000 FAMOUS BRAND NAME SPORTSHIRTS NEWEST FALL STYLES Reg. to \$15.99 SALE \$12.99 \$14.99 \$24.99 SAVE 10% OFF ALL OTHER DRESS & SPORTS SHIRTS HUNDREDS TO CHOOSE FROM ALL FAMOUS BRANDS SAVE 20% OFF AND MORE ON ALL OTHER SWEATERS. ALL FAMOUS BRANDS. THE SOFT TOUCH - 750 CORDUROY & 100 SUEDE LOOK SPORTCOATS THIS FALL'S NEWEST COLOURS & STYLES Sizes 36 - 52 Reg. to \$139.99 SALE \$99.00 TURTLE NECK PULLOVERS By Pierre Cardin NEWEST FALL COLOURS PACKAGED FOR GIFTING Reg. \$25.99 SALE \$17.98 1/2 PRICE Men's RUGBY TOPS By Saxon Reg. \$30.00 SALE \$14.95

1000 FASHION TIES Reg. to \$17.99 SALE \$6.99 SILK TIES Reg. to \$25.99 SALE \$9.95 GREAT VARIETY WARMLY LINED SUEDE & LEATHER BOMBER JACKETS SIZES 36 to 48 Reg. to \$169.99 SALE \$69.00 \$89.00 \$119.00 ENTIRE SELECTION FINE WOOL DRESS SLACKS Reg. \$55.99 to \$85.99 Sizes 28 to 48 SALE \$39.95 ENTIRE SELECTION STRETCH CORDUROY SLACKS Reg. \$60.99 to \$75.99 SALE \$44.95 DRESS BELTS Reg. to \$20.99 SALE \$7.95 20% OFF OUR GREAT SELECTION MENS ROBES

Save 20% off & more in our Ladies' Store "SUSSMAN'S FOR HER" Located 2 stores south of Men's Store Convenient parking - rear of store - space for 50 cars Staff of 30 includes 5 seamstresses for prompt alterations. Many other great savings throughout our newly expanded store.

Sussman's MEN'S WEAR Main Street, Arthur EXTENDED SHOPPING HOURS Open Mon. to Sat. 9 a.m. to 8 p.m. Open Thurs. to Sat. nights 8 p.m. Just 30 minutes North of Halton Hills. Take Trafalgar Road North to Hwy. 9, turn left until you reach junction of Hwy. 9 & 6.

about town with Shari

New body a possibility Exercise yourself into a new person at the Milton Fitness Centre. Work at your own pace with experienced professionals assisting you individually throughout all the routines. Participate in a fitness test which consists of a series of measurements including what your fitness level is at when you start. After you have had a full evaluation of the body and a cardiovascular test, you can begin working on your problem areas. Thirteen pieces of Canadian-made equipment, from the incline leg press to the bi-curl machines are there for you to use. Exercise in the atmosphere of a great club and achieve your best physique in the shortest possible time.

MILTON FITNESS CENTRE 355 Main St. E., Milton 876-1985.

A personalized gift service Looking for the ideal gift that will last a lifetime? Then look no more. Delacourt's China Shop is just the place for you. The shop carries all the major lines of china, crystal and stemware. All items purchased are specially gift wrapped and topped with lovely silk flowers. For your daughter's hope chest register her pattern with Delacourt's and a file will be kept, of the purchases. To help the bride-to-be with her exciting plans for her new home, the friendly staff at Delacourt's will help her to co-ordinate china, crystal and flowers. This service is complimentary. A gift awaits you when you register at Delacourt's.

DELACOURT'S CHINA SHOP 227 Main St., Milton 878-0500

Bill and Betty love their work Salomon do you come across an establishment where the people are anxious to go to work - never complaining, always happy and uncomplaining as it may sound, such an establishment exists here in Georgetown. Bill and Betty Cox work seven days a week year after year since they opened Hunter's Country Restaurant, and they enjoy every minute of it. From the bare wood floors to the rough-hewn beams and wooden bench seats, the restaurant is very much like the old coach house it originally was. Don't get the idea the food is out of date, though. Far from it. The menu, found on blackboard posted on the walls, changes daily, offering only the freshest of vegetables and the best cuts of meat prepared with tender care. The spots a "must".

HUNTERS COUNTRY RESTAURANT 99 Mountainview Rd., 877-3145

Don't lose that painting! A painting, photograph or favourite landscape can be utterly lost in the wrong style of frame. The same thing can happen if the frame doesn't complement the colors in the painting. Charles, owner of the Little Gallery, is critically aware of these factors. With his years of experience in interior design, Charles painstakingly puts his talents to work for you. Specifying Victorian and Edwardian decor, he can help you choose the right type of frame and matting to bring out the art work. Perhaps you have a cherished frame that has been damaged. When Charles restores it, you won't be able to see where the frame was. The Little Gallery has a great selection of original 19th Century illustrated news pictures from England; just tell him the theme you're looking for and he's sure to have it.

THE LITTLE GALLERY 110 Mill St., 877-2734

Strictly for your health Literally everything from soup to nuts is yours for the asking at Willow Lane Natural Foods. Not only can you find the highest quality of organically grown foods, there's a wide selection of health herbs, teas and spices that are always fresh. For those who enjoy preparing their own foods, there are sprouting kits, yogurt makers, juicers, baby food grinders and more. As a matter of fact, there's so much in this delightful little store that you could spend the entire day and still not see everything that changes weekly. This week, it could be Roast Pork or Deep Fried Shrimp, or Roast Turkey or Ribs or Beef Stroganoff or... well, you'll just have to check and see. Back because of customer demand, Bracken's famous Rib Feast. Come on in and get your pound of ribs served with garlic bread on Monday, Tuesday or Wednesday. Then, dance the night away.

WILLOW LANES NATURAL FOODS 15 Willow St., Acton 853-3051

Lunch doesn't have to be boring! Looking for a tasty lunch? Here I got the spot for you. Every Thursday and Friday, Bracken's puts out a fantastic buffet lunch and every week, it's a new luncheon special that includes fresh vegetables, roast potatoes, salad bar and tender, juicy roast beef, all for \$4.99. From Thursday to Sunday, starting at 3 p.m., Bracken's serves a hot and cold buffet that changes weekly. This week, it could be Roast Pork or Deep Fried Shrimp, or Roast Turkey or Ribs or Beef Stroganoff or... well, you'll just have to check and see. Back because of customer demand, Bracken's famous Rib Feast. Come on in and get your pound of ribs served with garlic bread on Monday, Tuesday or Wednesday. Then, dance the night away.

BRACKEN'S 10 Mountainview Rd., 877-4186

It's an artisan's paradise Before you give up on that sweater you've been trying to knit, visit Gail at Col-Craft. No problem in the craft field is insurmountable to Gail. And she's only too happy to pass this knowledge on to you. With a Maritime background, Gail mastered the skills of knitting, crocheting, patching and understanding by the time she was eight years old. By the time she related her four children, Gail had a wide spectrum of craft skills to her credit. So, she opened Col-Craft. Her shop is an artisan's paradise. A rainbow of multi-textured yarns, loops of chenille, pom poms, ribbons, ribbons and more ribbons. We could go on and on. It's here, everything you'll need, even the making of self-curling hair curlers. Drum-bacher oils, "how to" books, calligraphy, smoking, flower-making and...

COL-CRAFT Georgetown Marketplace 877-1521

Forget that drab look Forget the drab, boxed look. Dazzling fashions for the full-figured woman has finally come to Georgetown. Carl at Cameron's Fashions has a large range of styles, like Jalousy co-ordinated sports wear and the elegant dresses and suits by Four You and Paris Star. The care, craftsmanship and attention to detail the designer ensures your confidence and comfort whatever your lifestyle. While you're there, take a peek at the delightful lingerie and nightwear. You'll be surprised. I bet you think you can't afford Cameron's. Well, you're wrong.

CAMERON'S FASHIONS & BEAUTY SALON 61 & 65 Main St., 877-2881

Retreat into Old World quality La Vieille Auberge, "The Old Inn", maintains the charm and Old World hospitality that was a constant influence in dining establishments of yesteryear. Retreat into the Parisian delicacies that Chef Roger Leger prepares. He is schooled throughout the world in the fine art of French Cuisine. So, as a patron you are assured of authentic and savory French cuisine. Escargots baked in garlic butter, homemade pate and beef with artichoke baseless are a few highlights of the culinary excellence that awaits your approval. A little of the south of France has come to you.

LA VIEILLE AUBERGE Rockwood 856-4170

No Compromise! In a world of compromise it is a pleasure to know that quality is not sacrificed in favor of quantity. Greg Orant, has built his business reputation on his craftsmanship and high quality products. Woodchip Manufacturing produces a product that will pass the stress test of daily use to pass on from generation to generation. Each piece of furniture carries a little part of Greg with it and he intends to be around a long, long time. His business has blossomed from a basement hobby to a company which employs six competent craftsmen. From the initial moulding of the wood to the exquisite finish, Greg's high standards of customer care are constantly monitored and maintained. Items can be custom designed or stained to fit your personal furniture needs.

WOODCHIP MANUFACTURING 147 Armstrong Ave., Unit 7 877-9742

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