

Teen Outlook

It's a building boom at Acton High School



Acton High

By Lesley McCrystal

The building construction class members at AHS have completed their jobs for the year. Students started working in March prefabricating walls and the roof for a 12 ft. by 12 ft. tool shed in Eden Mills, a 12 ft. by 20 ft. tool shed in the Ballinacree area and a 21 ft. by 30 ft. three-car garage in Acton.

Included in the class are John Bousfield, Dave Eaton, Dave Haynes, Brian Kuechler, Jamie Mitchell, John Neely, Steve Parker, Steven Sheppard, Greg Smith, Dennis Swinamer, Joe Thring, John White, Kevin Logan, Jeff Scott and Tony Welton.

The senior drama class have just recently finished their last project. The project was putting together a children's theatre. Students in groups of about five people put together story skits to perform in front of day care children. On Wednesday, June 14 the students did

their performances in front of children aged 2-5 years at the Acton "Y" Day Care. Some children got a bit scared when meeting a few wicked witches, dragons, and some pretty ugly creatures. But the good guys, the friendly animals and the funny clowns put smiles back on the kids' faces.

Students who were involved in putting together such great performances, are as follows: Samantha Angel, Karen Case, Nicole Charles, Cathy Coquard, Kari Cripps, Jenny Dahike, Amanda Deforest, Tanya De Jong, Angela Dunn, Steve Ellis, Michelle Heaps, Lydia Hollis, Marilyn Lightle, Lesley McCrystal, Brenda McMillan, Beverly McPhedran, Mary Moore, Lisa Nikifork, Lyn Wade, Tena Peters, Patricia Reynolds, Tammy Wainwright, Laura Warrington and Kevin Quinn.

School is coming to an end as exams started June 17. Unfortunately this means that this is my last article.

I want everyone to know that I've really enjoyed writing for the Outlook about AHS, a school I'm very proud of. This is my last year at AHS and I leave with a lot of great memories.

I hope everyone has a great summer.



Members of the building construction class have been they take a break while working on a triple-car garage kept busy on a number of projects during the year. Here, they constructed in Acton.

Exams mark the final days



GEORGETOWN HIGH

By TREVOR BANKS

It's over! Yet another year has gone by. As all of us students know, this means one more week of, exams. Ick!

While to some, exams mean nothing, to others this week means a rise in the number of ulcers. At one time or another, we will all glance, study or memorize our notes or text books. For some, this started two weeks ago. This very small minority of students then have already discovered a process in which to study i.e. review notes. Yet, here are a few handy tips everyone might not know when preparing for an exam close at hand.

We start off with the night before an exam. It is recommended that you get a "good night's sleep." Cramming will only wear your mind down and although not scientifically proven, you will not be able to think straight. The morning of the exam do not wake up late, then proceed to study something new over a large breakfast. This is not recommended for many various reasons.

Once at school, try not to talk to anyone about to, write the same exam you are. Speaking from personal experience, these people only confuse you with their different interpretations of the same material you have studied. This only proceeds to get you nervous. Don't forget to bring an extra pen or pencil. Once inside the examination room, try to relax. Also, try to get away from the "sniffers". Are they ever distract-

ting! Getting this next bit from the book, "read the whole exam before you start to write." Wouldn't you kick yourself if the last question read 'sign name here and do not write paper.' Don't forget to proofread. Actually this is a note to myself, because otherwise this word doesn't exist in my vocabulary. Now that the torturous experience is over, don't use your notes as firewood. Recycle that paper! Finally check and recheck your exam schedule. From personal experience, there is nothing worse than showing up late for an exam. Good luck, you all probably need it.

The last issue of the GDHS Press came out this week. While this is sad news for some of us, and not even news for others, the paper met with what I would say, great respect from all students and teachers. Well, almost all the teachers. Proving its success, the paper sold out before the end of the day. This was one of three records that The Press set with this issue. The other two were biggest issue and best issue. Un-

fortunately with most of the paper's editors graduating, the question "will it continue next year?" arises. I'm sure it will. However it will most likely undergo a drastic change in format probably. It should be interesting, watch for it!

For senior students the hot topic of conversation was the mail. At homes everywhere, arrived or will be arriving (we hope) pieces of paper stating "come to our university!" While this brought an air of tension and excitement for most, it also brought the realization that High School is over, for good.

This past Wednesday saw students rummage through their lockers "cleaning them out." This means finding lost papers, pictures, and pens etc... Besides that, all else that students appeared to do was throw around a frisbee or baseball, or head to someone's pool. All in all another tough week.

Finally, besides saying goodbye to everyone I know, and thanking Chuck, I'd just like to say Chris I still have your albums, parreque Terryadit!

ASK KATHY

Dear KATHY

I have been on a diet for six weeks, and suddenly I have quit losing weight. Will I have to lower my food intake even further to continue to lose?

Reply:

What you are experiencing is a "plateau." A plateau is the body's way of defending against losing weight too quickly. These temporary leveling-out periods will occur every two to six weeks. Although plateaus may last for several days, exercising can reduce the length of time you will remain at the same weight. There is no need for further reducing the amount of food you are currently eating or the type of food, but you might want to try different food combinations.

At Diet Center, we teach you how to deal with plateaus. Many times

Any Problems With Your Diet?
Any Questions?

Drop in and see

KATHY HAJAS
Diet Center Counsellor

you will continue to lose inches even though your weight loss has slowed. Plateaus really aren't so bad if you focus on their positive aspects and don't give up. When you reach that first plateau, you know you are on your way to a slimmer, healthier you

DIET CENTER

Business Number 877-2900
Home Number 853-0780
98 Mill St., Georgetown

Personal Consultation By Appointment

Bridal Showcase

Below is the professional help and advice you're looking for in your wedding plans. These advertisers will provide the experience and expertise to help you with a successful wedding day.

WEDDING AND AWAY

99 MAIN ST. S.
DOWNTOWN GEORGETOWN
873-2334

Flag Waving Savings FROM ENGLAND WITH LOVE

40% OFF

ROYAL ALBERT PATTERNS

Delacour's
277 MAIN STREET
MILTON 878-0050

So You're Engaged!

Now Is The Time For Your Wedding Invitations. See Our Selection From "Sunset"

J. H. Fishback Photography

85 King St., Georgetown 877-2322

The Fairer Sex

We'll help you look your best for your SPECIAL DAY

THE WORKOUT THAT WON'T WEAR YOU OUT!

310 GUELPH ST., UNIT 5
GEORGETOWN
(Red Roof Plaza) 873-8244

The Paper Factory
878-2334

Your One STOP Bridal Shop!

For Wedding Decorations and Accessories!

Register for your PREFERRED BRIDAL CARD & Receive 10% Off all Invitations and Bridal Supplies.

355 Main St. E., Milton
(Parking & Entrance At The Rear)

HOURS: Mon to Wed & Sat 9:00-6:00
Thurs & Fri 9:00-9:00

TAYLOR MAID

- REGULAR & 1 TIME CLEANING
- SILVER POLISHING
- CLOSETS & CUPBOARDS
- LAUNDRY • WINDOWS, ETC.
- REFERENCES

"We Tailor Our Services To Suit Your Needs"

GIFT CERTIFICATES
FREE ESTIMATES • BONDED
877-1724