Herald Sports Roundup

ACTON LANES

GOLDEN AGERS Men's High Singles Edgar Barnstaple 194, Arlie White 175, Wallace Swackhammer 172.

Ladie's High Singles Rose Fountain 227, Grace Robertson 221, Mabel Barkman 211.

Men's High Triples Edgar Barnstaple 489, Arlie White 488, Wallace Swackhammer 485.

Ladie's High Triples Rose Fountain 580, Pat Giguere 567, Pearl Baker 557.

ACTONIGA Men's High Singles Harvey Burt 243, Allen Stokes 233, Wade Sheppard 225.

Ladie's High Singles Cathie Ahearn 309, Cathy McDonald 205, Frances Hogenbirk 205, Agnes McGinnis 205. Men's High Triples

Wade Sheppard 619, Harvey Burt 612, Allen Stokes 604. Ladie's High Triples Cathie Ahearn 689, Lisa Mc-Crystall 557, Karen Hackenbrook

TUESDAY NIGHT LADIES

High Singles Deb Mills 258, Anna Olsen 243, Sylvia Mages 215, Sue Walton 214. High Triples

Deb Mills 598, Sue Walton 564, Mary Anderson 562, Sylvia Mages 530.

TUESDAY MIXED Men's High Singles Brian Knott 278, Dave Mills 261, Jack Mowat 232.

Ladie's High Singles Deb Storey 268, Teresa Uiterwyk 254, Angie Dunn 230.

Men's High Triples Dave Mills 766, Brian Knott 725, Rocky Lefebvre 613.

Ladie's High Triples Deb Storey 695, Teresa Uiterwyk 672, Angie Dunn 608. INDUSTRIAL/COMMERCIAL

High Singles John Ahearn 368, Rob Olchowik 341, Bruce Clarke 315, Dave Mills 293.

High Triples John Ahearn 836, Dave Mills 776, Kevin Perkins 756, Rob Olchowik 720.

ACTON Y.A.B.A. Men's High Singles Norm White 330, John Ahearn

310. Dave Mills 288. Ladie's High Singles

Katy Kavinsky 239, Deb Mills 238, Cathie Ahearn 230. Men's High Triples John Ahearn 756, Norm White

714, Dave Mills 693. Ladie's High Triples Deb Mills 670, Katy Kavinsky

635, Cathie Ahearn 624. ACTON MIXED

Men's High Singles John Wagg 251, Jack McLean 233, Bryan Creasey 218.

Ladie's High Singles Linda Wagg 272, Denise Corcoran 258, Joan LeBlanc 205. Men's High Triples

John Wagg 658, Jack McLean 616, Kevin Priestman 614. Ladie's High Singles

Linda Wagg 686, Denise Corcoran 680, Pat Giguere 563. Y.B.C. PEEWEES

Boy's High Singles Daniel Newell 131, Ryan Sampson 131, Corey Havens 101.

Girl's High Singles Jennifer McBean 118, Lacey Kernohan 96, Amanda Nelissen

Boy's High Doubles Daniel Newell 226, Ryan Sampson 221, Ryan Winn 174.

Girl's High Doubles Jennifer McBean 195, Lacey Kernohan 184, Amanda Nelissen 162.

Y.B.C. SQUIRTS **High Singles**

Steven Terry 73, Samantha Mills '69, Brandon Kernohan 66, Adam Cripps 40, Darryl McKnight 30, Jeremy McBean 30.

High Doubles Samantha Mills 130, Steven Terry 119, Brandon Kernohan 115, Adam Cripps 80, Darryl McNight 55, Jeremy McBean 45.

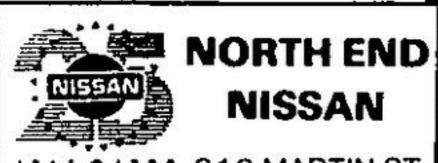
Y.B.C. BANTAMS Boy's High Singles Adam Ahearn 251, David Albano 129, Peter Topolay 116.

Girl's High Singles Sandra Banjac 163, Sarah Perkins 158, Rebecca Austin 125.

Boy's High Triples Adam Ahearn 651, David Albano 319, Peter Topolay 318. Girl's High Triples

Sandra Banjac 426, Sarah Perkins 383, Rebecca Austin 341. Y.B.C. JUNIORS

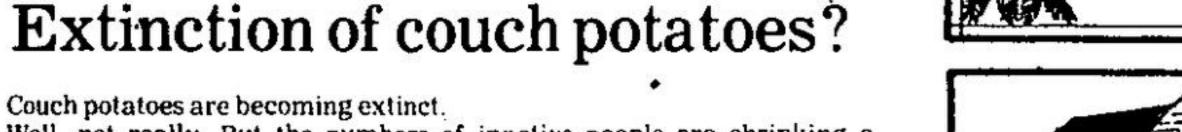
Boy's High Singles Trevor Hogan 197, Scott Hogan 174, Wayne Porty 163. Girl's High Singles



610 MARTIN ST.

878-4137 MILTON, ONT.





Focus on Fitness

by Laurie Burns

Exercise

Physiologist

Well, not really. But the numbers of inactive people are shrinking a little.

Adults who participate in traditional fitness activities at least twice a week have increased. However, a large majority of the population still does not participate at all, or participate only occasionally, in any fitness activity.

Recent surveys have shown that:

- Frequent fitness participation increased slightly in the 35 to 54 age group.

- Fewer women are sitting around these days (dropping 5%, while men dropped 1%).

Non-participation declined as personal incomes rose.

Each year end we all make New Year's resolutions and I am sure that if you are like most people, you too will ponder over which resolutions to make for the upcoming year. If beginning an exercise program is going to be your New Year's resolution, here are some tips to help you stick with it.

Committing to exercise represents a major life change. Not only is such change stressful, but it doesn't occur overnight. It takes time to fit exercise into your lifestyle. Start your exercise program slowly. Getting to the shape you are in did not happen overnight, so getting into good shape will take time.

The benefits of exercise are far too great to just keep putting off until tomorrow. This year make your New Year's resolution one that will let you enjoy a better quality of life.

Merry Christmas and a happy healthy New Year.



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it's time to call your Welcome Wagon hostess. She will bring congratulations and gifts for the family and the NEW BABY!

Krista Desiree Barrett 241, Keir 226, Paula Hardy 185. **Boy's High Triples** Scott Hogan 481, Trevor Hogan

469, Wayne Porty 388. Girl's High Triples Krista Keir 660, Desiree Barrett 596, Paula Hardy 433. Y.B.C. SENIORS

Men's High Singles Steve Turkosz 226, Brad Hammond 223, Chris Wilson 206. Ladie's High Singles

Ann Lucas 223, Sue DeForest 220, Cindy Carter 191. Men's High Singles

Steve Turkosz 226, Brad Hammond 223, Chris Wilson 206. Ladie's High Singles

Ann Lucas 223, Sue DeForest

220, Cindy Carter 191. Men's High Triples Steve Turkosz 624, Brad Ham-

mond 583, Chris Wilson 530. **Ladies High Triples** Ann Lucas 612, Sue DeForest 602, Cindy Carter 573.

TRIANO Men's High Singles Ryan Wilson 253, Bill Cripps 239, Bob Service 223.

Ladie's High Singles

Kim Wilson 254, Donna Brownlee 197, Mary Service 192. Men's High Triples

Bill Cripps 664, Bob Service 592, Al Hackey 563.

Ladie's High Triples Kim Wilson 620, Donna Brownlee 539, Mary Service 534.



Hoping you have a safe and magical Christmas!

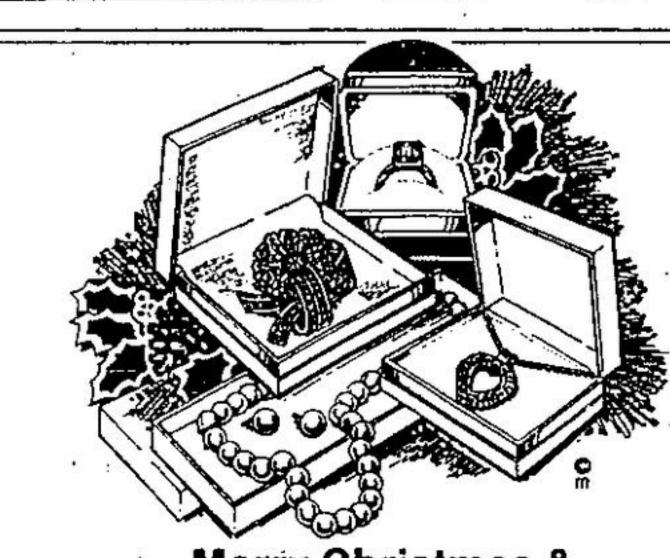
IN JUST A FEW WEEKS the magical season of Christmas will be with us. it is the season when souls review the past several months of their living and make an effort to put aside trivial differences between themselves and others. It is also the time to share with others less fortunate. People soften, and like magic they show the peace, love and compassion that has always been in their hearts, even if they didn't know it was there. Christmas makes possible the most incredible gift you can give ... yourself.

From the staff at

BLUE DRAGON

MOUNTAINVIEW PLAZA 10 MOUNTAINVIEW RD. S./ GEORGETOWN, ONT. (416) 873-6879





Merry Christmas & Best Wishes for the New Year John

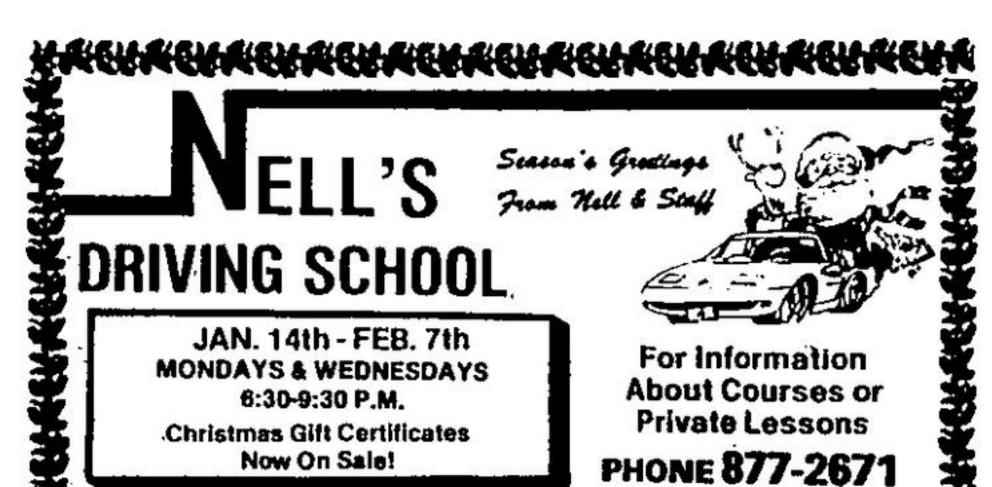
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