

Herald Sports Roundup

ACTON LANES

GOLDEN AGERS

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

Ladle'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.

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

ACTON IGA

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

Ladle'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.

Ladle's High Triples
Cathie Ahearn 689, Lisa McCrystal 557, Karen Hackenbrook 545.

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.

Ladle's High Singles
Deb Storey 268, Teresa Uiter-

wyk 254, Angie Dunn 230.
Men's High Triples
Dave Mills 768, Brian Knott 725, Rocky Lefebvre 613.

Ladle'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.

Ladle'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.

Ladle'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.

Ladle'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.

Ladle's High Triples
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 81.

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 McKnight 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

Desiree Barrett 241, Krista 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 Turkoz 226, Brad Hammond 223, Chris Wilson 206.

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

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

Ladle's High Singles
Ann Lucas 223, Sue DeForest

220, Cindy Carter 191.
Men's High Triples
Steve Turkoz 624, Brad Hammond 583, Chris Wilson 530.

Ladle's 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.

Ladle'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.

Ladle'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




Focus on Fitness

by Laurie Burns
Exercise Physiologist

Extinction of couch potatoes?

Couch potatoes are becoming extinct. 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 in to 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.



NORTH END NISSAN


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



Merry Christmas & Best Wishes for the New Year

John Boughton
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Season's Greetings From Nell & Staff



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