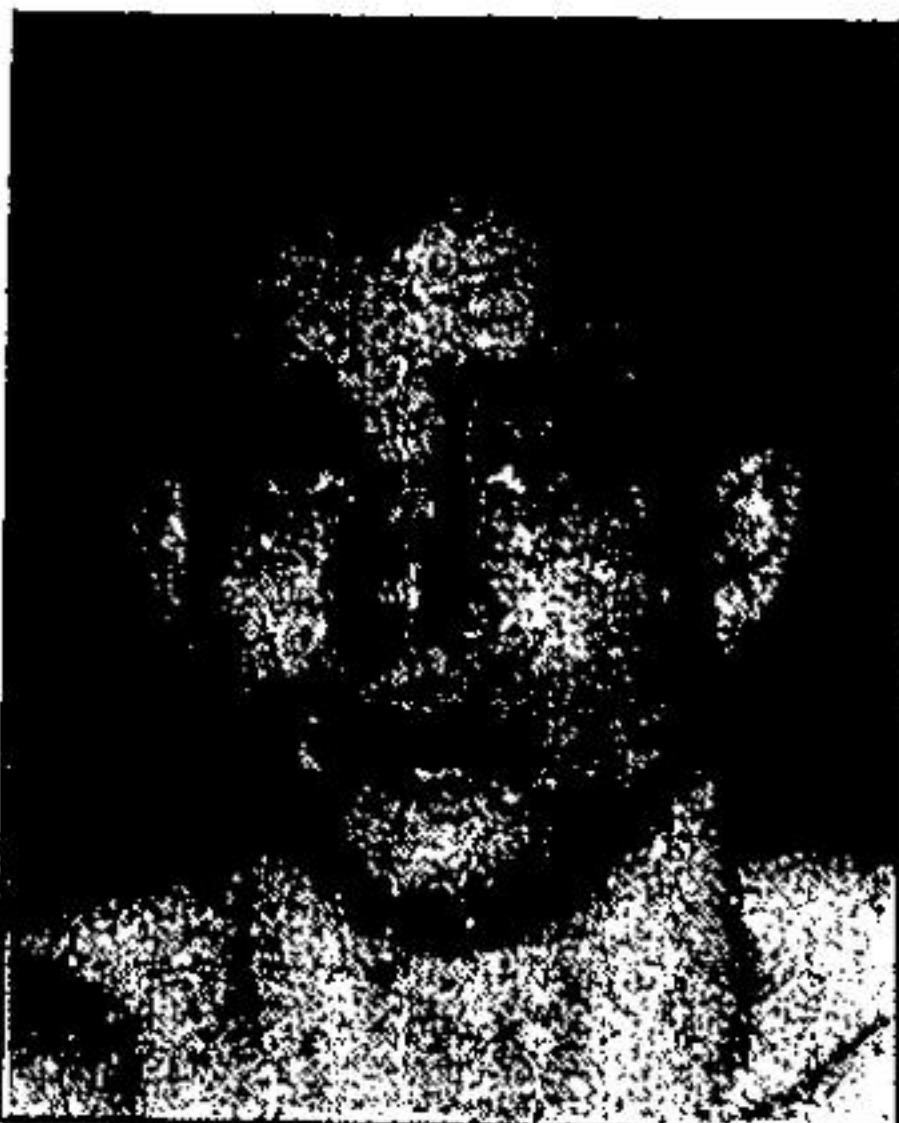


Acton High School Athletes

Jennifer McNabb, a member of the Acton High School Redmen junior volleyball team and Redmen swimmer Scott McKee were chosen as their school's athletes of the week.

McNabb has been consistent on the court, helping her team stay near the top of the Halton league standings. McKee is one of the swim team's leaders in top finishes this season.

The Halton Hills Herald will be featuring Acton High School athletes of the week every Wednesday, starting Jan. 16. Georgetown District High School athletes of the week will continue to be published in the Herald Outlook.



TYKE HOUSE LEAGUE

Terra Cotta stones Masonry

Terra Cotta Cookies shut out McFarlane Masonry in Tyke house league action Dec. 15, putting seven goals past their opposition netminder.

Kyle Findlay led the attack with five goals, while Andrew McCourty got three assists. Jason Angyal and Chad Fleming each had goals, while Bradley Holmes got two assists, followed by Joel Hamilton, Graham Jones and Mathew Pignatelli with assists.

Armstrong Insurance beat J.V. Clothing that same day, winning 6-2. Armstrong's Jason Hunt scored four goals and assisted on one.

Ted Morris and Thomas Temple each scored for Armstrong, while Jordan Armstrong and Trevor Smith each assisted three times.

Douglas Martin and Ryan Bishop scored for Clothing on

assists from Kyle McIlvenna, Robbie Accorn, Dustin McKnight and Gavin Aldridge.

Eagle Landscaping came out on top of Montego Construction, winning 5-1 in another Dec. 15 game.

Daniel Kooy and Mathew Seaman each scored two goals for Eagles, with Seaman getting two assists. Jason Cole scored the other and also got an assist.

Eric Cartwright got two assists, followed by Patrick Saeron, Bradley Norton, Marcus Sargent and Sean McNally.

Ryan Taylor got the lone marker for Montego, assisted by Andrew Koenigsberger and Scott Rostrup.

Tyke action Dec. 29 saw Eagle Landscaping continue their winning ways with a 6-5 victory over McFarlane Masonry.

Eagle's Mathew Seaman scored four goals, followed by

Gregory Brown and Sean McNally.

Mathew Terry led McFarlane with three goals and two assists, with teammate Jordan Scurall getting two goals and two assists.

Terra Cotta Cookies also kept on the plus side with a 10-4 win over J.V. Clothing, with Kyle Finley getting five goals for the winning team.

Terra Cotta's Chad Fleming also had a good night, scoring two and assisting on three others. Joel McDonald, Andre Oesch and Andy Burns each assisted twice, followed by Michael Irvine, Andrew Hahn and Jason Forbes with one each.

Armstrong Insurance and Montego Construction fought to a 1-1 tie Dec. 29, supported by good goaltending from Thomas Temple and Montego's Donnie Lane.

Atoms tie Orangeville

League leading Oakville won both ends of last weekend's set with Star Fuels Major Atoms by scores of 5-1 and 4-1.

Oakville continues to be the only team Georgetown hasn't beaten this year. Allan Rasmussen and David Popadopoulos scored the goals for Georgetown.

Monday night, the boys travelled to Orangeville to pay the consolation winner in the recent Ac-ton Tournament, tying them 4-4.

Georgetown came out flying and built up a 3-0 lead by the beginning of the third period.

Ryan Boudreau had his biggest game of the season as he scored the first two goals of the game, with assists going to Popadopoulos and Stephen Gibbons.

All three members of the line are big and strong and they gave the opposition all kinds of trouble

moving the puck. Rasmussen was moved onto the line with Andrew Beavan and Fraser Brown for this game, and the move paid off as his line clicked for two goals in the third period.

Rasmussen scored to open the period on a fine set-up from Beavan. Beavan followed that tally with one of his own a minute later as he took a pass from Cameron Hunter in his own end and fought off an Orangeville defender down the right side before slapping the puck between the goalie's pads.

With the game in hand at 4-1, Georgetown let up and lost their edge. In the last four minutes of the game, Orangeville scored three goals to earn a 4-4 tie.

The team now enters a very busy two weeks with seven games in nine days, including a weekend tournament in Peterborough.

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 IS PREPARING FOR THE 1991 SEASON

The League features mid-week games and we are looking for interested teams or players.

If sufficient interest is shown we may create a mixed division.

The first meeting is scheduled for January 31st, 1991.

CONTACT:
PETER WANNER 877-0776 OR **BURKE METCALFE 873-4902**

Georgetown Ladies Baseball POWDERPUFF LEAGUE
 Annual
 Registration and Meeting
 at
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January 20, 1991
9:30 A.M.
Registration Fee \$50
On First Come First Served Basis
190 Girls Required

Focus on Fitness
 by Laurie Burns
 Exercise Physiologist

Fitness flexibility is foremost

Flexibility is critical to overall fitness and can be achieved through stretching exercises. With patience, anyone can increase his or her flexibility.

Stretching increases our range of motion, keeps our muscles supple and improves circulation.

Many exercise enthusiasts, athletes and body builders have great muscle tone and cardiovascular fitness, but lack flexibility, making them more prone to injuries such as muscle strain, shinsplints and tendonitis.

Your stretch exercises should be done before and after any activity that causes tightness - jogging, weight training or aerobics - to prepare your muscles for the work they are about to do and minimize the risk of hurting yourself.

Stretching should be done in a manner that is not stressful and is relaxed as possible, in order to reduce muscular tension. Relaxed stretching done regularly will do more good than forcing yourself too far too fast. A muscle that is overstretched will tighten up.

Go into a stretch gradually and only go as far as you can without strain. Hold it 24 seconds. Breathe steadily the whole time. Release. Stretch again. Hold. Release. Try to increase the stretch very slightly each time. Never hold your breath.

Do these stretches daily. Start out slowly.

INNER THIGH AND BACK STRETCH

Sit on the floor and place the soles of your feet together. Hold onto your toes and, keeping your head up and back straight, press forward from your hips. To increase the stretch, gently place your elbows down against your lower legs.

HAMSTRING AND LOWER BACK STRETCH

Sit with your legs together straight out in front of you, knees relaxed, feet flexed. Bend forward from the hips as far as you can without strain, pressing the backs of the knees into the floor. Gradually, try to hold your toes during the stretch.

LOWER BACK AND HAMSTRING STRETCH

Stand with your feet a little more than hip distance apart, toes forward. Slowly bend forward from the hips with knees slightly flexed. Relax your neck and arms. Bend until you feel a stretch up the back of your legs.

These are the hamstring muscles and tendons. Do not bounce but hold a steady stretch for twenty seconds. Slowly roll back up.

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