

A-team tops in ladies basketball

A-team took sole possession of first place in the McCauley Ladies Basketball League with their exciting 48-45 victory of Killer C's last Wednesday.

A-team and Killer C's were previously tied for top spot for two weeks when Killer C's lost their unbeaten streak to Green Hoosiers.

Power forward Boo Tufford led the way for A-team with a 20-point performance while Sue Fairs and Judy Spear rounded out the team's scoring with 14 and 10 points respectively.

A-team's defence were able to hold Killer C's star Carolyn Stewart

to four points and while Chung Kim put in an excellent offensive showing with 22 points, it wasn't enough to cool A-team's hot streak.

Moving up a notch in the standing last Wednesday were Time-Ins, who edged their way past Slammers 42-37. Both squads are now tied for third spot with 10 points each.

Time-Ins forwards Heather Lawrence and June Nicholson were high scorers for the team with 11 points each while Shirley Van Rijk contributed to the win with eight points and Kyra Kristensen-Irvine scored six.

Time-Outs, who remain in last spot in the league, are still looking for their second win of the season. Last week they were beaten up 61-36 by Green Hoosiers.

Green Hoosier Penny Wright was the high scorer of the week with 24 points while teammate Tracey Yorke had a strong game with 16 of her own.

Time-Outs' scoring was led by Kim Melvin, 10 points, and Mary Lou Valleau, who scored eight points.

Halton Rec news

Looking For Something To Do?

We are looking for adults who have some time available on Wednesday afternoons, 12:30 to 4:30 p.m. We are a group of adults who get together weekly for an afternoon of fun and activity. Sometimes, we need help in setting things up or in showing us how to do things. We meet at the Acton Legion. If you would like more information on what we do please contact Debbie Miethig at the Halton Hills Recreation and Parks Department 873-2600, ext. 267. You won't be disappointed!

Last Call

Friday, December 6 is the deadline to apply for Summer Senior Staff positions with the Halton Hills Recreation and Parks Department, Youth Services Division. If you are 18 years of age or older and enjoy working with youth of all ages, consider a supervisory role with us. Opportunity to meet some new friends while gaining valuable work experience will make your summer memorable and enjoyable. Application forms available at all Recreation and Parks Facilities, School Guidance offices or call us at 873-2600, ext. 267.

Winter Aquatic Registration

Registration for all Winter Aquatic Programs begins Sat., Dec. 7 for both the Acton and Georgetown Pools. Register at Pool entrance. Call 873-2600.

Acton Christmas Water Show

Everyone is welcome to attend the 18th Annual Christmas Water Show at the Acton Indoor Pool. Fri., Dec. 6 at 7:00 p.m. Admission is Free!

"Christmas Spirit" Swim

Join us at either Indoor Pool, Sat., Dec. 14, 2 to 4 p.m. Admission is one can of food or regular fee.

ATHLETES OF THE WEEK ACTON HIGH SCHOOL



DANIEL BONNELL, a member of the Acton High School swim team, scored two personal bests Thursday evening at Aldershot High School's swim meet. He finished first in both the 50m freestyle (28.68) and the 50m butterfly (33.50).

AMY BUTLER, an Acton High School swimmer, took first in the 50m butterfly with a personal best time of 41.37 at Thursday's swim meet at Aldershot High School. Amy also helped her team win both the 200m medley relay and 200m freestyle relay.

GEORGETOWN HIGH SCHOOL



KEVIN TAYLOR, a member of the GDHS swim team, had two personal bests in the 50m backstroke and 50m freestyle relay last Tuesday during GDHS' swim meet against M.M. Robinson High School. He placed second in the 50m backstroke and his team won the relay.

SABRINA BASSETT, a swimmer at GDHS, took first place in the 100m freestyle and 100m backstroke events at last Tuesday's swim meet against M.M. Robinson. She also helped her relay team win the medley and freestyle relay events.

Local squash player scores big at Provincials

The London Squash Racquets Club in London, Ontario, was the scene of the Provincial Mens and Ladies Closed Championships this past weekend, November 29th to December 1st. Eighteen-year-old Melanie Jans, from Georgetown, finished 2nd out of 14 competitors, by reaching the finals without losing a game. However, she met National team member Lori Coleman in the final, and was defeated 1-3. After a slow start, with a 3-9 loss in the first game, Melanie took off the brakes and played 3 strong games with scores of 7-9, 9-6 and 7-9. The third game was won decisively when she was able to move Coleman around the court with accurate drops and boasts scattered among drives to length.

Melanie is travelling to Amsterdam, Holland, Dec. 2nd to the 16th, in order to gain international experience and participate in the Dutch National Open Championships.



Rocking with the skip

Skip Eyn McLaren of Georgetown led his team of curlers to a game victory over Arnold's Greenhouse Curling Team at the Dunlop Insurance Charity Bonspiel in the North Halton Golf and Country Club Friday. The bonspiel attracted 14 teams. Money raised from the event will be donated to Georgetown District Memorial Hospital and United Way. (Herald Photo by Lisa Boonstopfel-Pot)

Focus on Fitness
by Laurie Burns
Exercise Physiologist

Don't hibernate

Are you active throughout the spring and summer? Do you hibernate like the bears when the first fall of snow comes? If this is an accurate description of your physical activities, you need to change them.

You don't have to be a triathlete to reap the health benefits of regular exercise.

Even moderate exercise can significantly decrease your risks for cardiovascular disease, cancer and other illnesses, according to a landmark new study by Dr. Kenneth H. Cooper's Institute for Aerobics Research in Dallas.

Results of the first quantitative fitness study ever conducted show that people who exercise moderately reduce their risk of early death by 50 per cent.

Simply put, people who exercise just a little bit, tend to live longer. So no more "buts" about it. Beat those winter blahs by beginning or continuing a regular exercise regime.

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