

Sunny Acre midgets lose to Ancaster, tie Burlington

The Georgetown Sunny Acre Midgets resumed league play Dec. 7 in Ancaster, losing 6-5 in an entertaining contest. After spotting the home team a three goal lead, Georgetown began their comeback with two goals, one an unassisted effort by Ryan Pirie and the other a Mark David tally assisted by Mike Lange.

Paul Kalbarski's second period marker from Pirie and Greg Dawson brought the Sunny Acre squad close but Georgetown still

found themselves trailing 5-3 with just a little over five minutes remaining.

That's when Dustin Thompson made things interesting. His first goal of the evening made the score 5-4 and second, from Derek Ellard, tied the score with two and a half minutes left.

Sunny Acre's hopes of a comeback victory however were shattered when an Ancaster shot found its way through a maze of players and into the Georgetown net to seal the home side victory.

Determined to avenge that narrow loss, the Sunny Acre Midgets took on the Burlington squad at the Alcott Arena Dec. 9.

In a closely contested affair the teams fought to a 1-1 tie, Georgetown's only goal coming from Greg Dobbin in an unassisted effort. Georgetown deserved a better fate in this contest, outshooting the visitors 50-18 but will have to wait for the rematch in Burlington for a chance at victory.

Youth bowling Brunton captures president's division in zone finals

Georgetown bowlers are still maintaining their reputation of being at the top of competition. The league executives at Georgetown Bowl have two bowlers successful in the Na-

tional League Executive Championships tournament.

In the zone finals, Larry Brunton captured the president's division while Gord Lane topped the secretary's section. However, the

treasurer's division was taken by Brampton.

They will now bowl in the Provincial Finals in January in Kitchener where they will compete for an expense-paid holiday trip for two to Florida. If successful, they will proceed to the National Championships on April 25 in Ottawa.

Georgetown Y.B.C.

Juniors: Ken Armstrong 534(195), Kevin Shapcott 530(191), Jody Tunny 517(192), Paul Larocque 492(180), John Moon 477(175), Chris Gostlin 472(168), Richard Larocque 459(214), David Pegg 437(164), Monica Beauparlant 432(183), Erich Tremblay 427(153).

Bantams: Matthew Walker 568(227), Nicki Verheul 506(194), Shawn McCullough 440(159), A.J. Ellison 426(175), David King 425(164), Michael Cluney 396(138), Brendan Louth 394(158), Suzanne Larocque 375(131).

Pee-Wees: Alex Foster 408(160), Jordan Scuralli 379(155), William Walker 370(165), Ryan Louth 320(110), Jason White 288(109), Gordon Clarke 277(100), Cindy Maddigan 274(101), Blake Mandarino 269(97).

Smurfs: Jason Pshyk 325(117), Benjamin Keess 240(85), Patrick Hole 207(77).

Georgetown "Hotshots"

Men's League: Bryan Creasy 784(285).

Wed. Mixed League: Craig Stephens 818(303), Ken Donaldson 726(326), Andy Parent 707(260).

Thurs. Niters: Wayne Norton 704(271).

Athletes of the week Acton



PAM OLSON, a junior girl's volleyball player, had an outstanding performance on defence last week as the Redmen took two important games from the Bishop Reding Royals.

TODD DEMONE, a member of the senior boy's basketball team, was the leading scorer in last week's contest against Bishop Reding. Despite his strong performance, the Redmen lost.

Georgetown



No Photo Available

JEN MURRAY, a junior girl's volleyball player, led her team to victory against St. Thomas Aquinas last week with her power hitting and great work on defence.

MARTIN SOMMER, a junior boy's basketball player, was the team's scoring leader who also played exceptional defence during the Rebels' victory over Nelson last week.



Focus on Fitness
by Laurie Burns
Exercise Physiologist

Holiday stress

Holiday stress comes from the extra demands celebration and family time place on an already overloaded schedule.

It can also seem like a more disappointing time of year. Certain people are not with you. You are lonely while everyone else is having fun. The weather doesn't co-operate, not enough money, too much food and drink and too many late nights.

It is all too easy to forget the holiday season is a time for affirming commitment to friends, family and enjoying the pleasures of celebration. We get too busy and distracted to appreciate the true meaning of the holidays. Before we know it, they're over and we are exhausted.

Almost everyone experiences some extra stress during the holiday season. Some stress can be stimulating and invigorating. This positive stress, called Eustress, helps us rise to the occasion. Unless, we get completely overloaded, eustress does not appear to cause the harmful health effects associated with distress.

Stress is not something that simply happens to us. We have a great deal of control over what causes us to feel stressed, and our response to it.

Tips on Maximizing Our Enjoyment of This Special Time of Year:

1. What things are the most important to you and your family during the season?
2. What really makes the season meaningful to you?
3. Can anything be put off until the new year?
4. If there is no pleasure in a holiday activity that you are doing, why do it?

Well designed daily plans based on clearly defined goals help you feel more in control, and a sense of control helps turn distress into eustress.

Say: "I saw it in The Herald"

HIGH SCHOOL SCOREBOARD

Sr. Girl's Volleyball
Bishop Reding 2 - Acton 0
Georgetown 2 - Loyola 0
Jr. Girl's Volleyball
Acton 2 - Bishop Reding 0
Georgetown 2 - Loyola 0
Sr. Boy's Basketball
Bishop Reding 94 - Acton 20
Georgetown 58 - Loyola 46

ANNA CHRISTINE'S FOR HAIR

25% OFF Selected LINGERIE

25% OFF CASUAL WEAR

20% OFF SWEATERS

310 Guelph St. Behind Pizza Hut 873-6027 Georgetown OPEN SUNDAYS 12-4 pm



A Very Merry Christmas

From all of us, to you our dearest friends and kind patrons.
"May you enjoy a very happy and healthy holiday time."
FROM YOUR EYE-CARE SPECIALISTS AT

Family OPTICAL

873-3050
232 Guelph St., Guelphview Square (Next to Roos Travel) Georgetown



ATTENTION NINTENDO RENTERS

RENT ALL YOUR NINTENDOS FOR \$9.99 PER MONTH (UNLIMITED RENTAL)

- Rent for free as many as you like
- Reg. Nintendo and Super Net
- Maximum 4 per visit
- 364 days of the year
- 2 drop boxes being installed in town
- Still 3 day rental
- Over 700 games to choose from

Great Christmas Gifts!

JOIN THE GOLD CARD NOW (ONLY 1500 ISSUED)

COUNTRY LANE

10th LINE & RIVER RD. 877-2254 877-6767