



THE RENEWAL of old friendships highlighted the Second Annual Acton Duplicate Bridge Reunion. Winning teams also reaped rewards. Pictured above, from left to right, runners-up, Wayne Bruder and Walter Biehn and overall winners, George and Pat Harrow. (Photo submitted)

### Acton Minor Softball

## Pembleton stars at plate

May 25  
 Acton - Bearly Used Auto Parts 20  
 Acton - Halton Hills Elec. 6  
 Auto Parts - Jason Pembleton homer, triple and single, Robert Turpin double and 2 singles, Jason Wilson, Paul Leeking, Matt Boycott all with 2 singles, Scott MacDonald and Wes Almund with a triple and single each, Geoff Stoneham triple, Allan Reynold single.  
 Elec. - Ryan Townsend homer, single, walk, Shane Sero and Stephen Orticello double, Louis Mastro single.

June 12  
 Acton (Nellis Construction) 14  
 Glen Williams #2 13  
 Acton - Ryan Turpin and Devon Fraser with a homer and a single. Sandy Chapman with a single and a walk. Adam Ahearn a homer.

Kevin Dick, Wayne Hopkins, Paul Keirs, David Albano and Tommy Winstone with a walk each. Matthew Bodin and Bryan Cole with a single.

Glen Williams - Trevor Rick with a homer, single and triple. Devon Leegatt a double and a walk. Jason Watt with 2 singles. Stuart Smith, Chris McQueen a walk each. Andrew Smith, Shawn Carlson, Jason Hunt, Steven Kaszer all with a single.

The Acton Atom Select Boys went to a tournament June 9 in Conestoga. They won their first game 10-7 against Lynwood and lost their second game to Elmira 16-2. They did well for their first tournament.

Coaches John Ashley and Brian Bodin. Manager Cornelia Turpin. We're proud of them.



BILL COATES and his wife, Gloria, attended the Second Annual Acton Duplicate Bridge Reunion. For years, Mr. Coates and his wife ran Acton Duplicate Bridge competition from their home. The couple is now retired and living in the Kitchener-Waterloo area. (Photo submitted)

## Duplicate bridge reunion

By NORMA MAYNARD  
 Herald Special


The Second Annual Acton Duplicate Bridge Reunion organized by Walter Biehn was held June 10 at the Georgetown Legion.

There were 10 tables of bridge players. Friends came from Thorold, St. Catharines, Kitchener-Waterloo, Guelph, Milton and Acton, to renew friendships over the bridge table.

Our director was Bill Coates, who with his wife Gloria, ran the Acton Duplicate Bridge for many years in their home. They are now retired and living in the Kitchener-Waterloo area.

There were 10 Wintario tickets drawn and refreshments served. A lovely mum plant was presented to Gloria Coates.

Plaques were presented to the overall winners - Pat and George Harrow and runners-up Wayne Bruder and Walter Biehn. Watch for the 3rd Annual Reunion next June.



*Focus on Fitness*  
 by Laurie Burns  
 Exercise Physiologist

### Cellulite - just fat

One of the questions that I am asked most frequently is "How do I get rid of cellulite?" and "What is it?"  
 And my answer is:  
 Cellulite is really just a fad name for FAT. Cellulite is a term used to describe the dimply-looking fat found in women's hips and thighs that is alleged to be a special type of fat that has gone wrong. It's the stuff that stubbornly resists diet and exercise. Cellulite gurus claim that cellulite afflicts nearly eight of 10 women while most men aren't affected because of their hormonal and physical make-up. They claim that only extraordinary treatments, from cactus-fiber washcloths to rubberized pants and wraps will be effective in reducing cellulite. These treatments are expensive and not guaranteed. Let the buyer beware as there is no evidence that these remedies work.  
 In fact, there's no scientific evidence that cellulite even exists. One scientific fact that have been proven though is "fat is fat".

### Acton Condo League

#### Cheers edge ahead

##### RESULTS - WEEK 4

June 10 - Cheers 14, H.H. Merchants 4; Pops Nicks 12, Nationals 5.

June 15 - Al Powerline 9, Carpet Farm 0; Cheers 12, Nationals 6.

June 17 - Brewjays 8, H.H. Taxi Roadrunners 2; Cheers 0, Cardinals 0; Al Powerline 1, Dukes 1.

##### LEAGUE STANDINGS

	W	L	T
Cheers	4	1	2
Pops Nicks Chiefs	4	0	1
Al Powerline	3	1	1
Dukes	2	1	1
Brewjays	2	1	0
H.H. Taxi	2	1	0
Carpet Farm	1	1	0
Nationals	1	2	1
Cheers	0	2	0
Nationals	0	4	0
H.H. Merchants	0	4	0



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