

HIGH FLYING: Acton Redmen spiker David Turple jumps for the ball as Devon Ambrose and Steve Bottero cover in a game against Mayfield at the Redmen Invitational Volleyball Tournament Friday at Acton High. Milton's E.C. Drury were the champions. (Bruce Andrews photo)

AHS Redmen knocked out early in tourney

Acton High's Redmen Boys Senior volleyball team was knocked out early in play at the Redmen Invitational Tournament Friday in Acton.

Eight teams, seven from Halton and one from Peel, competed in two pools of four teams. Each team in the pool played two games each for points. Acton finished fourth in the "A" pool and then lost to Oakville's White Oaks. Each team won a game apiece but Acton had more points scored against and lost.

In the quarter-final Acton was defeated two games to none.

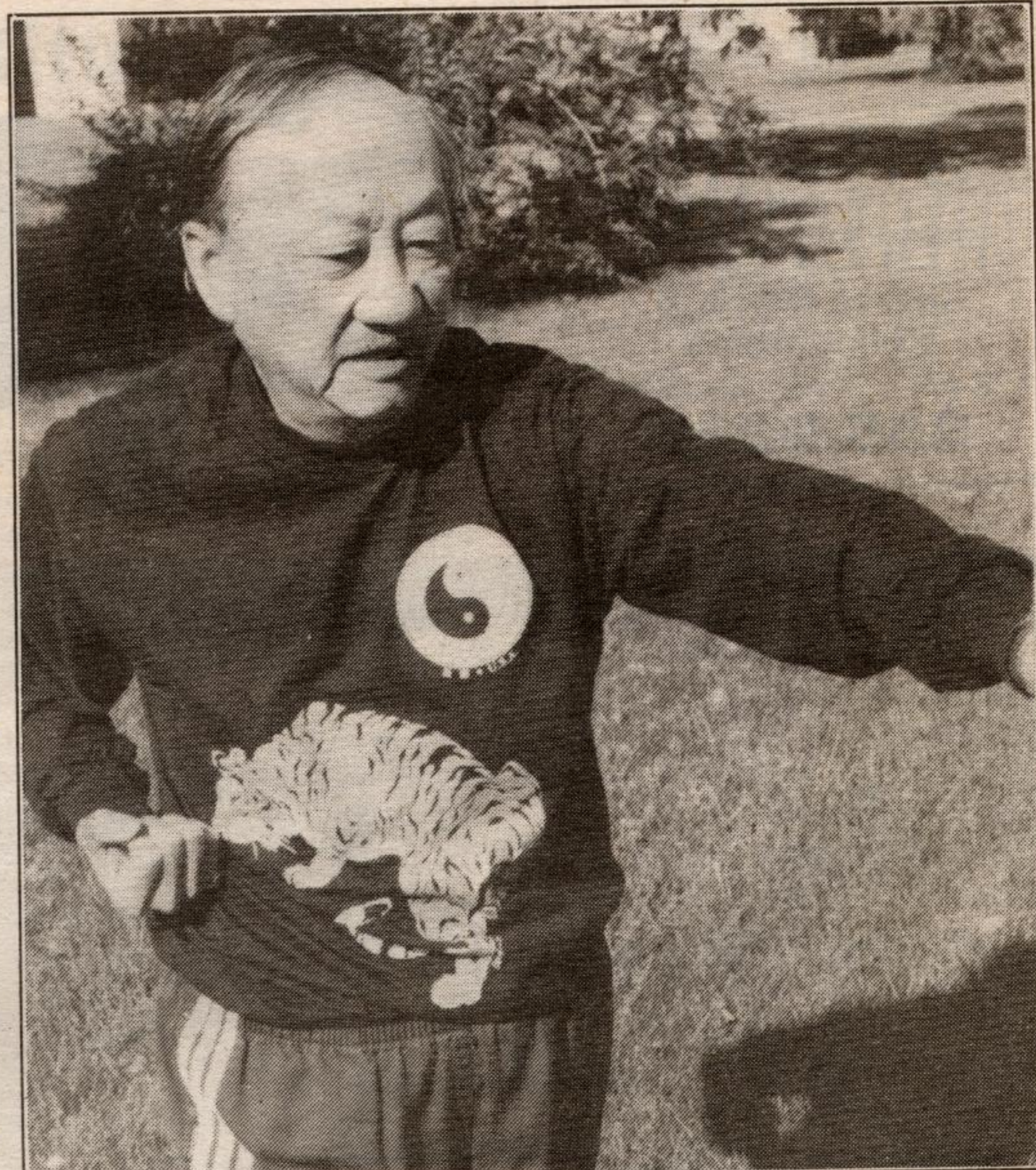
Indoor soccer club looking for players

Acton's men's indoor soccer club is looking for some additions for the 1992-93 season and interested players are asked to phone team contact Paul Nolan at 853-5100.

The season begins for the team in mid-November, when they will kick off a fifth year of competition. Games are held Sunday mornings at the E.C. Drury school. MacMillan's Frozen Foods sponsors the club.

We goofed!

In last week's Tanner we reported that the Eagles won the championship hockey game in the recent Puck and Ball Tournament. In fact, Acton IGA were the winners, defeating the Eagles 9-5.



Tai Chi instructor looking for both space and students

BY ERIC BALKIND

Instructor George Lee has been teaching Tai Chi in Acton for six years; as of today, he is prepared and anxious to carry on the good work but he needs a space to work in. If you've got any ideas or if you have any questions please feel free to call George at 853-1066.

Tai Chi originated in China more than 600 years ago. Initially developed as a means to improve health, the unique combination of postures and movements can have

remarkable beneficial physical and mental effects. As George observes, "You have to concentrate on what you're doing and you forget everything else." Concentration is a good word to use, since Tai Chi consists of 108 distinct yet consecutive moves which must be learned, in a manner of speaking, by both mind and body.

Tai Chi has also been described as a moving meditation because it relieves stress and improves both the powers of concentration and perception. Slow turning motions loosen the joints and relax points of tension throughout the body.

Don't be fooled however, into thinking that this gentle art is not a real workout. As instructor Lee puts it: "You don't have to tax your heart but — you will definitely perspire." He goes on to explain that a number of industries, including such giants as Northern Telecom are now providing Tai Chi classes for their employees; apparently, this ancient art helps to release the daily tensions of today's workplace.

Once hooked, students will literally travel a long way to keep up their new skills; just a couple of years ago, one man drove regularly every two weeks from Boston to Toronto to take his class. An 80-year-old man took up Tai Chi because he wanted to make some friends and remembers that: "Six months later I became an instructor and started to teach the gentle exercises to seniors."

George Lee has students who come back for more again and again; "They tell me that it makes them feel really good," he says, "and they notice the improvements in their flexibility and even their memories." This does not really surprise Lee since he understands the mental discipline which is involved.

Some people credit this gentle form of exercise with putting an end to troublesome headaches and other assorted aches and pains. Tai Chi is a form of exercise which can be enjoyed by both young and old alike; in fact, it can become a pleasureable, lifetime's study for those who stick with this graceful form of workout.

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