

Wallis, Pereira grab 3 points Turpin, Mahon lead the way

Ian Wallis had a goal and two assists and Chrissy Pereira set up three as Acton Pharmacy defeated MacMillan's 4-1 in Under-11 Atom soccer action at the Elizabeth Drive field last Wednesday.

Darren Banks added two markers and Bruce Milligan a single for Acton Pharmacy.

Nathan Bowen replied for MacMillan's.

Good midfield support spear-

headed by MacMillan's Josh Bowen, combined with the sterling performance of captain Paul Lemisky between the bars, enabled MacMillan's to register a 5-1 win over Acton Pharmacy last Monday at McKenzie-Smith.

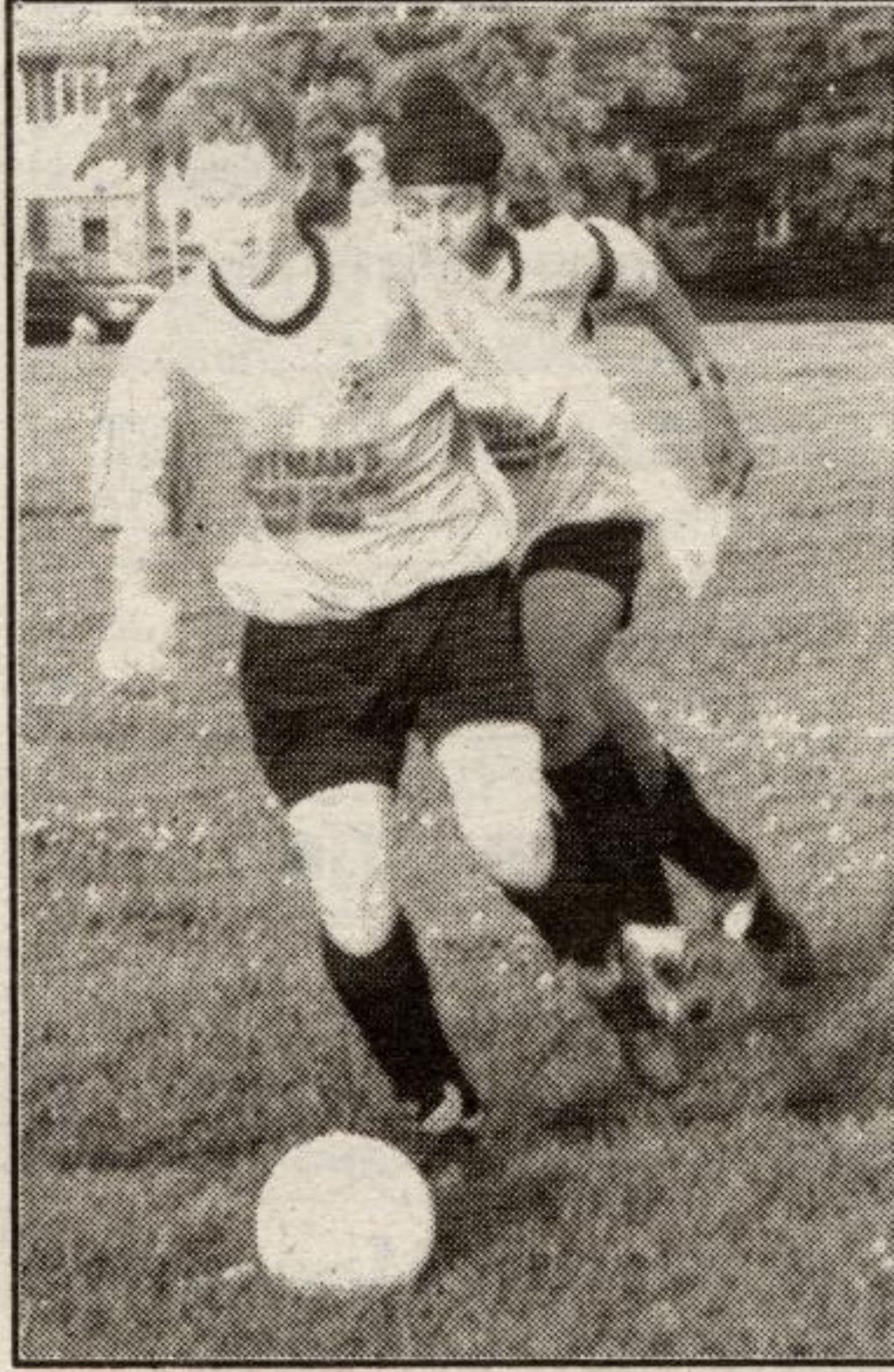
An early first half goal by vice captain Danny Pursoo was just what MacMillan's needed to spur them on to greater things.

A well-placed shot by Mark

Cripps eluded Pharmacy's goalie to put MacMillan's up two goals before the end of the half.

Pharmacy wasted no time to start the second half as their persistence inside the MacMillan's zone resulted in a goal from Bruce Mulligan.

MacMillan's answered with goals from right winger Steve Barends, Nathan Bowen and left winger Cripps to end the game.



Tuitman's Nick Vancek is chased by Erin's Gogi Dhillon in Mosquito soccer action at M.Z. Bennett last Wednesday. (Doug Harrison photo)

The Acton Lions Club Mosquito Boys ball club split two games last week, winning their second encounter, following a defeat earlier in the week.

Ryan Turpin recorded the win and Thomas Mahon had two hits as the Lions Club played host to Kilbride on Thursday and won in convincing fashion 14-5.

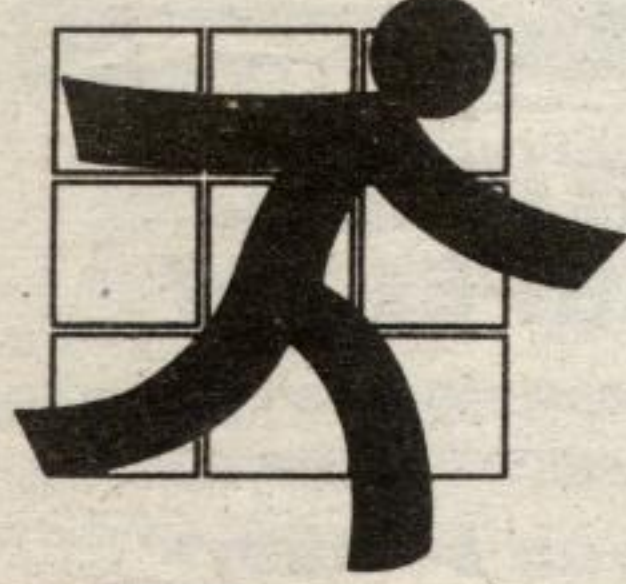
Single hits in the big win were registered by Acton's Turpin, David Schmuki, Mark Pawlak, Josh Budgell, Daniel Banks, Dan Hastings and Joey Field.

However, the Mosquitoes took it on the chin by a count of 9-4 on the road against Limehouse last Tuesday.

RBI's in this match-up for Acton came off the bats of Mahon, Field,

Budgell and Banks.

The next game for the Lions Club is at Prospect Park tomorrow (Thursday) night at 6:30 pm.



LIFESTYLE TIPS

Do as I Do

CFLRI: The Researchers in Active Living

Parents who want their children to be active should follow two cardinal rules: #1 Encourage and support their participation. #2 Set a good example.

It's true. Research on children and physical activity shows the crucial role that parents play. More active parents have more active preschoolers, more active pre-adolescents, and more active adolescents.

It all starts at the beginning. Infants should be free and encouraged to move whenever possible. All that arm swinging and leg kicking is great. Call it "midget aerobics" if you like! Although formal infant exercise programs are available, there is no evidence that they provide any benefit beyond the opportunity for baby-parent interaction. This you can do on your own, any time.

In toddlers, the transition from crawling to standing and walking is a natural and normal part of growing and experiencing movement. Preschoolers explore a broader range of movement as they learn to run, jump, climb, and throw. Informal and friendly play will do much to nurture their love of physical activity.

School-age children enjoy the challenge of more formal games and activities. Basic coordination is well developed by about age 7. At age 8, children are playing more games than at any other time.

We should take advantage of this natural inclination. Parents (and grandparents!) can help. Dr. William Ross, a professor in the Department of Kinesiology at

Simon Fraser University, says that these generations know more games than children of today do. He blames television for this, saying it encourages sedentary living patterns with devastating effect. In the process, children are robbed of the magic of childhood games.

Playing games is a natural, healthy, and enjoyable way for children to be active. Dr. Ross encourages all adults to make the effort to teach children the games that are fast disappearing from our culture. He suggests a somewhat structured approach as he says:

- Be seen and heard. Pick your time and place. (Turn off the television.)
- Get players in game formation.
- Name the game. State the object of the game in a few simple words.
- Describe the technical details. Set the boundaries. Demonstrate.
- Give an opportunity to ask questions.
- Start the game. Modify where necessary.
- Terminate at the high point. Do not play the game too long.
- Retire from leadership. Give the game back to the children.
- Teach another game. Let them return on their own to the ones they enjoyed.

Along with teaching games to children, do your own "active living thing," too. As your children grow, they, in turn, will do what you do.

Make your move.

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