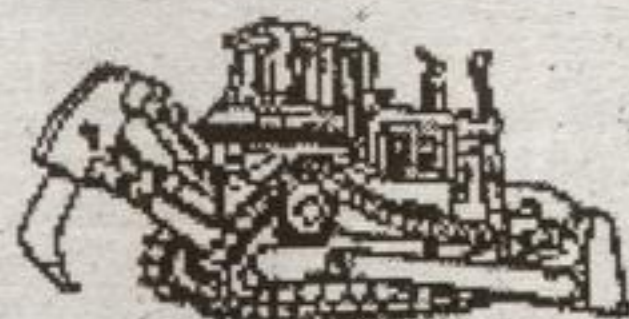


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Remember, bicycle helmets are mandatory for persons up to 18 years of age. Section 104(2.2) of the Ontario Highway Traffic Act provides that; No parent or guardian of a person under 16 years of age shall authorize or knowingly permit that person to ride on or operate a bicycle on a highway unless the person is wearing a bicycle helmet.

Parents, please take time to talk to your children about the importance of bicycle safety and especially, the proper wearing of their bicycle helmets. If you, the parent, area bicycle rider...please, set a good example for the kids.

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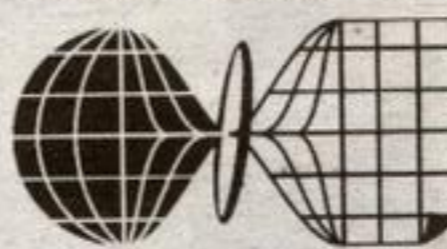
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**KARATE COLLEGE AWARDS:** Sandra Rodgers, Tracey Urquhart and D.R. macGregor from Classic Karate in Acton attended the 17<sup>th</sup> annual Karate College in Radford, Virginia, USA, the only Canadian participants in the event. All received certificates while macGregor was presented with two. -Submitted photo.

**Local karate members attend Karate College**

Classic Karate members Sandra Rogers, D.R. macGregor, and Tracey Urquhart recently travelled to Radford, Virginia, to attend the 17<sup>th</sup> annual Karate College. They were the only Canadian participants at this internationally renowned event.

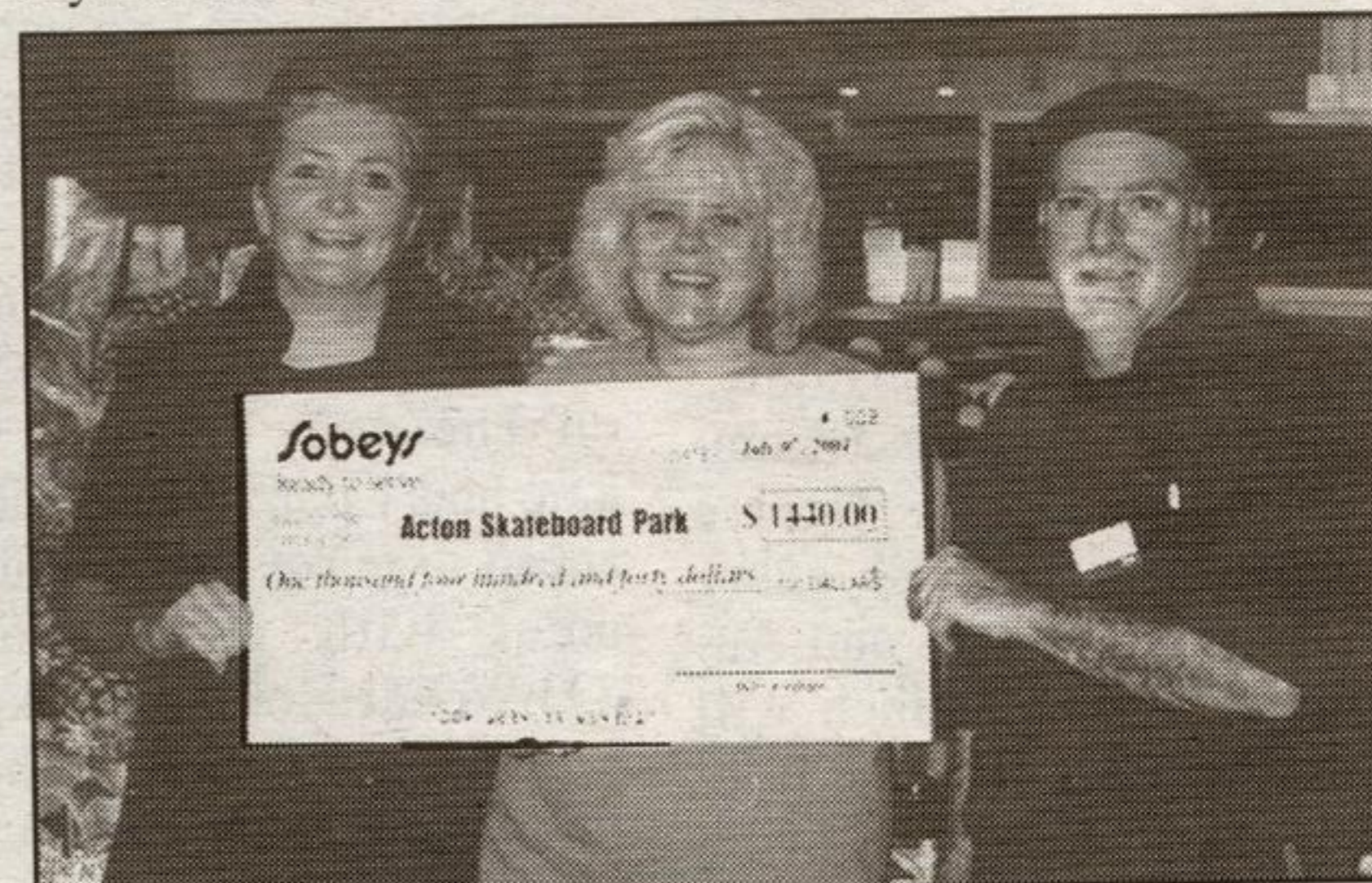
Karate College is the world's premier mixed martial arts summer camp. Legendary kickboxing champions Joe Lewis and Bill "Superfoot" Wallace have taught at the event since its inception. This year they were joined by jiu-jitsu master Michael Depasquale Jr. and No Holds Barred Champion Renzo Gracie plus several masters of other systems.

"I've always been willing to travel to learn from the best," says Classic Karate owner

D.R. macGregor. "We learned new skills and ideas while training with some of the greatest martial artists on this continent."

The curriculum included advanced kicking techniques; the use of pressure points; submission wrestling; Kali (a Filipino fighting art); and trapboxing. It was also the Karate College debut of Mike Lee Kanerek and the Israeli Hagannah combative system.

Karate College is sponsored by the American Independent Karate Instructors Association (AIKIA). D.R. macGregor was awarded a certificate of service for his continuing support of AIKIA and Karate College. He also received an Advanced Fighting Systems certificate in stick and knife fighting.



**BOARD BUCKS:** ASAP - the Acton Sports Action Park - is \$1,440 closer to reality, thanks to the Canada Day party at Sobeys that donated proceeds from the day to the skateboard park project. ASAP chair Deb Fendley (centre) gratefully accepted a cheque from Sobeys employees Connie Bath and Wayne Gouin on Monday. - Frances Niblock photo

**Warrior Grasshoppers score big in Carlisle**

By Lynn Mersereau

A & S Engravings Warrior Grasshoppers made the not so long trip to Carlisle and made a record five hits for five innings against Carlisle. This successful win is with thanks to the seven Warriors who made the trip.

Carlisle called the game as they couldn't beat the Warriors in the last inning up.

Carlisle could not shut down an inning either and the Warriors scored their five runs per inning allowed.

There were many notable plays but the most notable were the first and second in the line-up. Aron Mersereau, and the coach's son Liam Duncan. Both Warriors went five for five.

Congratulations team, what a fantastic game.

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