

'Relay for Life' raises funds for fight against cancer

By Marissa Kidd

Again this year, Acton High School students will be walking, jogging and strolling around the track for 12 hours to raise funds for the Canadian Cancer Society.

Friday, June 2 to Saturday, June 3, the school will be holding its 4th annual student-organized Relay for Life. Spanning the hours of 7 pm through 7 am, Relay for Life is a non-competitive event that not only fundraises for the Canadian Cancer Society but through a number of activities and the "Cancer Smart Shop," also carries out its mission to educate Canadians about the prevention of this terrible disease.

While students are welcome to pitch tents for their teams in "Tent City," non-stop entertainment provides countless opportunities for them to enjoy their 12 hour stay at the school as they take turns

with other team members walking the track. Six live bands, inflatable bouncy houses, movie marathons, contests, local caricaturist Larry De Souza, BBQs, games, contests and more are all lined up to entertain this year's expected 200 Relay participants.

Four years ago, Acton High School's student council became one of the first high schools in Ontario to host a Relay for Life and the event has only grown and improved with each passing year. Over the course of the last three years, this awesome night of fun, friendship and fundraising has involved well over 500 participants and raised over an astonishing \$36,000 – half of which has gone towards cancer research and one-third of which has come back to programs within our very own community.

Each year, the event commences with

the Survivors' Lap – a celebratory first lap of the track dedicated to life, survival and victory in the battle against cancer, walked by cancer survivors and their families from the Acton community. Later in the evening, the Luminary Ceremony involves the lighting of candles placed in hundreds of white paper bags upon which personal messages and touching words of commemoration, encouragement and hope are illuminated to remember those who have lost their lives to cancer as well as those who are currently battling. Placed around the track to glow all through the night, luminaries are a constant reminder of how deeply cancer affects so many Canadians – the very reason for holding Relay for Life.

For students still wishing to participate, the registration deadline has been extended until the 26th of May, and a reminder to all

students that volunteers are still needed: Relay for Life is an excellent opportunity to earn community service hours!

Local cancer survivors and their families are also invited to participate in our Survivors' lap, and members of the community are invited to stop in for the opening ceremonies and lighting of the luminaries until 10 pm. Tech students from the school will be documenting the event on film, which will be available for purchase later in the school year. Proceeds will also go to the Canadian Cancer Society.

Anyone interested in participating in the Survivors' Lap, purchasing luminaries (for \$5 a piece), sponsoring a student or just seeking more information are encouraged to contact Relay for Life co-chairs Marissa Kidd or Hayley Burgess at 519-853-2920.



LUCKY GIRL: Acton's Heather McIsaac, 13, tries to land a punch, but is blocked by profession boxer Buzz Grant in a sparring session last Wednesday evening. The young pugilist trains out of the BigTyme Boxing Club in Orangeville where Buzz coaches along side fellow pro boxer Bryon Mackie. Heather is currently Provincial silver medal holder in the 47kg Cadet B Division.- Danielle McIsaac photo.

School's students, families 'Live outside the Box'

Robert Little Public School students and their families spent the week of April 24 – May 1 trying to be screen-free by not watching television, not chatting on the internet and not playing video games. Many chose to accept the Live Outside the Box challenge (formerly TV Turnoff Week), and spend more time working together to incorporate more physical activity into their day and adopting a healthy lifestyle. They were also encouraged to eat together as a family and eat at least five servings of fruits and vegetables each day.

This is the fifth year that the Robert Little community has participated in this challenge, which is organized by the Halton Region Health Department.

Studies show that over 50% of Ontario youth are not active enough for healthy growth and development. The average Canadian child watches nearly 15 hours of television a week and spends an additional four hours connected to other screens.

Children who watch a lot of television do not engage in active thinking or playing cre-

atively and are less physically fit and more likely to make unhealthy food choices.

To help the Robert Little community get active, they held their second annual Live Outside the Box (TV Turnoff) Family Fun Night on Tuesday, April 25. Over 150 people participated in this fun evening and enjoyed dancing, skipping, playing hopscotch, four square, tag, beach volleyball, wall ball games, Chinese jump rope, Hula Hoops and basketball.

Sobeys donated watermelon and water, the Halton Health Department gave each family a skipping rope and Frisbee and David Burland of Johnson Associates surprised each family with their very own basketball.

11 Acton High athletes qualify for South Regionals in St. Kitts

Eleven athletes from Acton High School Track and Field qualified for the South Regionals in St. Catherines in two days of competitions in Burlington this past week. Athletes needed to finish in the top five to qualify for the South Regional Competition.

Midget Division:

Cameron Shortt qualified with a second place finish in the 3,000 metres with a time of 10:34.54 and a third place finish in the 1500 metres with a time of 4 minutes and 45 seconds.

Ashley Macpherson qualified with a second place finish in the triple jump with a jump of 8.16 metres.

Rachel Amirault qualified with a third place finish in the high jump with a jump of 1.40 metres.

Alicia Manuel qualified with a fifth place finish in the high jump with a jump of 1.35 metres.

Junior Division:

Jenn Essiembre qualified with a second place finish in the shot put with a throw of 8.42 metres and a fifth place finish in the discus with a throw of 20.36 metres.

Matt Bigg qualified with a third place finish in the 1500 metres with a time of 4 minutes and 42 seconds

and a third place finish in the 800 metres with a time of 2:21.13

Senior Division:

J.D. Hartnagle qualified with a first place in Halton and GHAC in the shot put with a put of 13.55 metres and a first place finish in Halton and GHAC in the discus with a throw of 35.73 metres.

Kaitlyn Andrews qualified in the shot put with a first place finish in Halton and GHAC with a put of 14.21 metres. She also earned a Halton and GHAC first place win in the discus with a throw of 41.01 metres.

Jaimi Fellows qualified in the high jump with a Halton and GHAC first place win with a jump of 1.45 metres and qualified in the triple jump with a Halton and GHAC first place finish with jump of 8.99 metres.

Norm Tosh qualified with a fourth place finish in the shot put with a put of 12.09 metres and fourth in the discus with a throw of 30.40 metres.

Dan Kearns qualified with a fifth place finish in the shot put with a put of 11.75 metres and fifth in the discus with a throw of 28.05 metres.

Athletes who qualified for the South Regionals need to place in the top four to continue on to OFSAA to be held at Centennial Stadium in Etobicoke on June 1, 2 and 3.

Other contestants included:

T.J. Fry who placed seventh in the senior boys' 800 metres with a time of 2:11.61.

Jaimi Fellows finished 8th in the senior girls' shot put with a put of 7.93 metres.

Ashley Macpherson qualified for the semi-finals of the midget 100 metres with a time of 14.51 seconds. She ran 14.61 in the semis.

Alicia Manuel earned a time of 14.81 seconds in the midget 100 metres.

Rachel Amirault earned a time of 15.50 seconds in the midget 100 metres.

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