



LOOKING FOR LOST WORLDS: Wellington County Library (Rockwood) and TD Canada Trust are sponsoring a Summer Reading Club for Children, ages three to 12. Each child who registers receives a poster, activity book, and "passport" where they can track their reading success to earn prizes and stickers. The summer program's theme is "Lost Worlds", on which many special events are based. Shown here are Nicholas Jirgens, Jordan and Savannah Letendre, who have just found Napoleon's hat in a scavenger hunt. Clues were presented in a letter from H.G. Wells, in which he asks children for help finding the password for his time machine. For more information, visit or call the library, or visit www.county.wellington.on.ca. *Rebecca Ring Photo*

Sports

with The New Tanner

Acton Minor Ball

HARDBALL - BANTAM

Georgetown's RBC
Dominion Securities 18
Acton Home Hardware
-15

RBC MVP's: Jared Whalen, James Walsh, Scott Morrison
Home Hardware MVP's: Rob Laing, Aaron Weaver, Daniel Borg

HARDBALL - ROOKIE

Georgetown's Direct Hit
Promotions 10
Acton's Herbal Magic 0

Herbal Magic MVP's: Victoria Scott, Allison Scott, and Taylor Phillips
Direct Hit Promotions MVP's: Joey Toussaint, Chris Deligiannis and Andrew Smith

Georgetown's Paul C
Armstrong 22
Acton's Herbal Magic 6
Herbal Magic MVP's: Connor Kowalik, Aron Mersereau and Mackenzie Stewart
Paul Armstrong MVP's: Mat-

thew Weekes, Justin Priebe and Zackary Cunningham

SOFT SAFETYBALL - BLASTBALL

The X-Treme Fitness Tri-
ceps played the X-Treme
Fitness Hamstrings

3 Stars from the Triceps, Abby Girouard, Micheal Battams, Mary-Jane MacDonald

The X-treme Fitness Biceps played another strong game. The outstanding players were Harrison Fraser, Kanyon Paradis and Nolan Cree

Under 18 Soccer

Acton girls' record now six wins, draw

Record Now 6 Wins and a Draw
In a fiercely contested match Acton defeated Bolton 3 - 2 last week at the high school. Striker Lauren Vermeulen regained her scoring touch with her 6th and 7th goals of the season and Ellen Hannah produced her third to keep Acton undefeated. This week is a bye week and the girls return to action Thursday July 19 at the high school.

Sports must be at the Tanner by noon Tuesday

The ROCKWOOD Miller

Council backs 'in motion' project to improve fitness

By Rebecca Ring

Guelph/Eramosa Council unanimously agreed at their last meeting to support the *in motion* project, which is designed to increase the physical fitness and health of the community. Coordinator Karen Armstrong spoke on behalf of *Wellington-Dufferin-Guelph (WDG) in motion* to promote and discuss the project.

WDG in motion is a collaboration of several municipalities, University of Guelph, WDG Public Health, YM-YWCA, and the Heart and Stroke Foundation. It is a health promotion model developed by the Saskatoon Regional Health Authority and implemented there for the last eight years. It resulted in an increase of physical activity rates from 36% of the population to 50% who are active on a regular basis.

The program offers specific tools and strategies to target children, youth, older adults, workplaces, inactive adults, and those at risk for diabetes. Armstrong says no other policies or programs have made such significant changes around physical activity.

According to Armstrong, WDG has an inactive population typical of the province as a whole. "Forty-six per cent of males and 43% of females are inactive, 54% of males and 44% of females

are overweight or obese and less than half the population 15 or older gets sufficient activity to support optimal health," she says. Health risks of inactivity and obesity include high cholesterol levels, type-2 diabetes, gall bladder disease, respiratory problems, heart disease and cancer.

"Our inactivity is a result of time spent in vehicles, in front of the computer, watching TV or playing video games. In fact, a higher than average proportion of WDG residents spends two or more hours of leisure time in these ways. There has been a decrease in the number of children active in sports, except for soccer. We won't have many Olympic athletes. We need a cultural value shift toward physical activity. Most people are willing to spend money and time on electronics, like home theatres, but not on physical activity. Change is urgently needed. An active population is healthier, uses our health system less and uses our parks, facilities and trails more. Communities that support activity thrive economically over those that do not," Armstrong asserts.

Specific strategies include creating walkable communities. "We need to identify barriers for walking to school, for example, and address them," says

Armstrong.

Councillor Doug Breen identified provincial Hwy. 7 as a safety issue for kids. Armstrong suggests that parents could walk with their children, or the township establish a crossing-guard system, and put traffic calming measures in place (sign, speed bumps, etc.). Breen also pointed out that the township is developing a trails system, which could be incorporated into *in motion*.

Funding for the program comes from the province's Ministry of Health Promotion's Community in Action Fund (CIAF) grants (about \$100,000), as part of its Active 2010 strategy. The Heart and Stroke Foundation also awarded a \$25,000 grant. Municipalities have donated or set aside funding in parks and recreation budgets. Support from the township includes advice, working with staff or volunteers, or financial support with the goal of engaging residents in physical activity. Armstrong says Guelph/Eramosa contributed about \$1000 so far.

WDG in motion will kick off on October 3 with an organized walk, which Armstrong hopes will break records. The World Breaking Record Walk will involve the greatest number of people walking at the same time.



SIX NEW CLASSES: Construction is well under way on the six-classroom addition at Rockwood Centennial Public School. The addition is intended to ease overcrowding at the school, as are the school board's boundary changes, which will see some students moving to Eramosa Public School. *Rebecca Ring Photo*

Rockwood Soccer

Under 16 Girls:

Wellington Fireplace & Leisure 1 - Acton 0
Wellington Fireplace & Leisure 1 - Heads 1
Wellington Fireplace & Leisure 2 - Bolton 1

Under 14 Girls:

Yard & Pool Master 7 - Heads 0
Charleston Homes - Acton #4

Under 14 Boys:

Curwin's Pub 10 - Grand Valley 7

Under 12 Girls:

Drexler Construction 6 - Acton 1

Under 12 Boys:

Curwin's Pub 3 - Acton Motors 0
CK Coverings 5 - Grand Valley 1

Under 10:

Freedom 55 Mike Dawkins 5 - C-Plus Blue 0
RockingHorse Early Learning 3 - Village Beauty Boutique 5
Eden House 4 - C-Plus Orange 1

Under 8:

Freedom 55 Mike Dawkins - RM Construction
Eden House - TD Canada Trust
Charleston Homes - New Orleans Pizza
Motts - Tylenol

Under 6:

Dr. Tim Peloso - Rockwood Pharmacy
Charlene Vanderwal Creative Memories - TD Canada Trust
Whistle Stop Café - JB's Renovations
RockingHorse Early Learning - Drexler Construction