



PEEWEE CHAMPS

Rallis Burgers captured the Acton House League championship at the season-ending Day of Champions. The team includes, front, from left: Kurtis Scott, Nick Brace. Connor Kowalik, Billy Barnes and Travis Baker. Back: Assistant Coach Don Mclean, Lee Scott, Erich Haefner, Matt Dawkins, Reid Roberts. Todd Allen, Matt Meihm and Head Coach Mike Dawkins.

— Submitted photo

Season opener for Rockwood Select

The Rockwood Select U10 Girls opened their 2010 season this week with a 7-1 loss to Stratford. In rain, high winds, hail and freezing temperatures, the girls played hard and learned quickly to come together as a team.

Winter training was evident in strong defence, and team spirit was in abundance with cheers yelled into gusting winds as girls huddled in blankets between shifts.

Cailyn Murison scored Rockwood's goal with a high kick to the middle of the net. Keeper Sandrine Jacquot had an outstanding debut with agility, focus and skill. Strong offensive efforts from Clara Denhoed were supported by relentless defensive efforts from Hanna Gordon and Adelle Casarin. The entire team demonstrated skill, passion and perseverance in an opening game that promises an exciting season to come.

Get off the couch!

After hibernating in your den or on your couch all winter, let those first warm breezes of spring be a call to action. There's no better time of year to stretch your mind and muscles — and launch an exercise routine that will take you through the summer and into the fall. The key to developing a fitness routine that will help you reach your health and weight goals is simpler than you may have thought. There are only two firm rules: Keep it simple and keep it up.

Simplicity is key

Often, the hardest part of an exercise program is getting started -- particularly after a long and sedentary winter. So priority number one is to simply get moving by setting aside 20 minutes every day for some kind of physical activity. Spring days

are great times to take a walk, go for a bike ride in the neighborhood or rake those leftover leaves from your lawn. If there's still a bit of winter in the air, stay inside and dance to your favorite tunes or do some chores to fast-paced music. Mopping, vacuuming, dusting can be good exercise if you do them continuously and at a moderately fast pace. The important thing is to keep yourself moving for 20 minutes. The following week, add an additional 10 minutes and change up your activities. After two weeks, you will have developed the habit of taking time to move, which is essential to making any exercise routine stick.

Consistency gets results

The bottom line is this: Once you are in the habit of exercising, it's much more likely that you will

stay with it. What you do during your exercise time isn't nearly as important as simply doing it -- and making it fun. If exercising outdoors with friends will help keep you moving on a regular basis, build an exercise routine that includes walking with others a few times each week. If it's solitude you seek, search out two or three walking routes that are

quiet and serene. Building in variety is another key to keep your exercise plan going strong.

Ask for help

Building new habits is hard, and you don't have to do it alone. There are fitness resources galore both in your public library and on the internet. It's also a good idea to consult your physician for any exercise tips or suggestions.

Call for taxation fairness for Acton businesses

To the editor,

Even though Mr McGuinty told us that the HST (hidden steal tax) was going to save us money, some of us doubted it, but then Mr McGuinty is a lawyer, and we certainly know that they do not lie.

But now the Halton Council has developed the TST (total shaft tax), and with the exception of a few council members (Mayor Bonnette, Jane Fogal) think this new tax is a great idea.

Here is how the tax works, as demonstrated by Metro Pavement Markings and R&M Construction in Acton. First you bring employment into town, and build. This sets a great example for other firms to locate in Acton. But read on---

One of our trustworthy members, Mr Ross Dryden thinks we must have taxation fairness (sounds like McGuinty).

With this in mind a decision is made to make Metro Pavement and R&M Construction, using the TST (total shaft tax), the sum of \$71,000 for nothing. That's right - a big fat zero - no services, goods or anything, all in the name of fairness. How much fairer can you get than take the TST from everyone?

Mr McGuinty will be overjoyed - wow, what a great idea.

Regards
John Shadbolt
Acton

BLOOMING BARGAINS!

Acton Horticultural Society
Saturday, May 22
8 a.m. until sold out
The Hide House parking lot

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