

At pair of meets

Skaters off to good start

Four Georgetown residents who are members of the Milton Speed Skating organization are off to good starts to the season following recent meets in Waterloo and Cambridge.

Both regional and provincial-level skaters participated at an event at RIM Park, in which Kelsey Carr (provincial) broke the minute mark in the 500m race in a time of 59.42 seconds.

Ranked fifth in Ontario amongst 12-year-old girls, Carr then improved on her personal best in the 500m with a time of 58.6 seconds.

Sarah Buchanan, 13, competed at the provincial meet in Cambridge and achieved PBs in all of her distances. She shaved 0.2 seconds off her 400m time to finish in 46.15 seconds, took a second off her 500m time to 56.4 and a whopping 10 seconds off her best clocking over the 1,500m distance, crossing the line in 3:02.725 seconds.

Buchanan is ranked ninth in Ontario for her age group.

Regional-level competitors Matthew Laxton and Callum McAlpine have also fared well.

Laxton has reached the podium at each meet so far and knocked seconds off all his distances, coming closer to qualifying for the provincial series. Ranked first in the 14-year-old boys' age group for Ontario regional boys, Laxton earned gold medals at the RIM, Brampton and King meets, significantly lowering his times in the 400m, 500m and 1,500m races.

He also scored a bronze medal with a PB of 43.46 seconds over 400m in Clarington.

McAlpine, seeded eighth regionally for his age group, claimed a third-place result in the 1,000m at the RIM meet with a brilliant one-foot pass on the last corner.



TWISTERS ACTION: North Halton Red Dynomite Twisters' Carmen Mattear tries to elude the checking of Mississauga Black Panthers Emily Martins during bantam action at the North Halton Twisters house league tournament held at the Milton Sports Centre this past weekend. The Panthers won 2-1. In the all-North Halton novice final, Twizzlers edged Awesome Tigers 2-1 while in the all-North Halton atom consolation final Bumble Bees downed Black Magic 2-1.

Photo by Eric Riehl/Metroland Media Group

Jaguars blank Rebels in opener

Brad Ranson scored twice and Devon Blanchard recorded the shutout as Christ the King's Jaguars began their Halton senior boys' hockey season with a 4-0 victory over the Georgetown Rebels in the 'Battle for Highway 7.'

Josh Kalbenn and Teagan Gillian also tallied for the Jags, who'll play in a tournament in St. Catharines Thursday and Friday.

The team is also raising funds for a March Break hockey tour of Europe by selling draw tickets this weekend at the Georgetown Market Place for a luxury box for a Maple Leafs' game at the Air Canada Centre.

Georgetown native Kelsey Carr of Milton Speed Skating broke the minute mark in the 500m race in a time of 59.42 seconds at a provincial level meet at RIM park recently and then followed that performance by posting a personal best time of 58.6 seconds.

Submitted photo

Ask the Professionals DIRECTORY

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SUSAN S. POWELL



Q: I have been living with my boyfriend for 4 years. He owns the house we live in and he pays the bills for the house but I pay for the groceries and other expenses. He wants me to move out. Does he have to pay me spousal support (his income is much higher than mine) and can I make a claim against his house?

A: You can make a claim against a common-law spouse for spousal support if you have lived together for 3 years or longer or if you are the parents of a child and have had a relationship of some permanence.

Property claims are different when you live common-law or are married. If you live common-law you do not have a claim against your boyfriend's house, unless you made a substantial and direct contribution to the preservation, maintenance, operation or improvement of the property, which should entitle you to an interest in the house.

If you wish to further discuss this situation please contact me to ensure you understand your rights.

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Q: Why is Self-Care Important to My Well-Being?

A: If you want to be effective in either your personal or professional life, take a look at how you manage your self-care.

Most of us lead busy lives and experience the pressure of responsibilities encroaching on every hour of our day. As a result, we often adopt the mindset that "with so much to do, something has to go". For many, it is self-care that loses the battle.

What is self-care? It is essentially the conscious effort put forth to actively and purposely do something that energizes you. Self-care means you are making yourself a priority and treating yourself like you have value. Attending to your self-care will likely increase your resilience and give you a position of personal power regardless of the challenges you are facing.

There are many ways to enhance your self-care. It can be as simple as getting enough rest/sleep, eating a balanced meal or creating personal time for a favorite activity. Maintaining healthy relationships through clear communication, respect and balanced responsibilities can contribute to self-care.

Getting back into a hobby can be wonderful for self-care. Creating art, woodworking, scrapbooking, knitting etc, will make you feel happier. That is because doing things with your hands triggers a pleasure reaction and a feel-good state in your brain. Once involved in a hobby, people lose track of time and purely enjoy the process and the moment. Hobbies induce a state of relaxation called "flow", even when acquiring new skills or problem solving.

Include a dose of self-care to your daily routine and you are likely to notice an improvement to your overall well being and your effectiveness.

"I am an optimist. It does not seem too much use being anything else." ~ Winston Churchill