

Football officials needed

As the Lakeshore Football Officials Association (LFOA) enters its 51st year of existence, the organization is seeking to add new officials to the largest association of its kind in Canada.

Members of the LFOA officiate high school football in the regions of Halton, Peel, Niagara and all minor football in Mississauga, the regions of Halton, Niagara and minor football in Flamborough.

The LFOA offers Football Canada Certification Programs, rules and positioning clinics, and a personal mentoring pro-

gram to assist in the development of all officials. Those who advance may have the opportunity to officiate in such leagues as the Ontario Varsity Football League, the Ontario Football Conference, the Northern Football Conference, the OUA and the CFL.

Individuals, who wish to become LFOA football officials must complete a Level 1 Football Canada Officials' Certification Program which will be held on April 5 in Burlington.

Pre-registration is required prior to March 1 by contacting lfoa-recruiter@hotmail.com.

Deadline extended for Sports Hall

The Halton Hills Sports Museum is looking for athletes, teams or builders worthy of being inductees into its annual Hall of Fame for the 2014 ceremony on Thursday, June 19 at the John Elliott Theatre.

Any person or team who is or has been distinguished as an athlete, an executive member or coach, or who has brought honour to Halton Hills, shall

be eligible for election provided he or she was a resident of the Town of Halton Hills at the time of the achievement which is the basis for his or her or their consideration.

Deadline for nominations has been extended to March 14.

Full nomination criteria and forms are available at The Independent & Free Press office, 280 Guelph St., Unit 77.



Team members (kneeling, from left) are: Delice Casarin, Avery Montgomery, Mary Harney, Hannah Zmigrodzki, Hailey Smith. Middle row (players): Lauren Panijan, Madalynn Bulla, Courtney Wiffen, Jennifer Parsons, Brianna Bugden, Allison Collis, Kaelah McLennan, Jennifer Freer, Kayla Burt, Marissa Barnes. Back row (coaching staff): Trainers Kathie Bulla, Cynthia Panijan, assistant coaches Paul Bulla, Gary Bugden, Dave Montgomery, head coach Dave Smith. *Submitted photo*

Peewee Twisters take it outside

The Blazin' Bandits from the North Halton Girls' Hockey Association's peewee house league had the opportunity earlier this month to take part in the only youth tournament in Canada that is sanctioned for a body of water.

The Twisters went undefeated through the preliminary round at the Under The Lock Hockey Tournament on the Trent Canal in Pe-

terborough and made it to the final against Les Tornados from Gatineau, Que.

Bandits' goalie Hannah Zmigrodzki, who had given up only two goals in the tournament up to that point, broke her ankle during the second period but stayed and cheered her teammates on from the bench as Les Tornados prevailed 1-0.

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Q: How can I come out victorious from a period filled with change?

A: Change is all about transitioning from loss to new beginnings. During any transition, one works toward overcoming grief and with time becoming open to new possibilities. Transition phases are rich with possibilities. They allow us to reinvent and rediscover ourselves, as well as examine our needs and expectations for the future. Here are some ideas to facilitate your transition:

1. Take the time to acknowledge what was lost and what you cherished about that period of your life.
2. List the things you tolerated during that period to create a balanced perspective.
3. Revisit your values and needs, and use them to guide the new direction and goals you will give to your life.
4. Experiment with new dreams. Think out of the box! This may just be the time to pursue a dream that had been put on ice.
5. Find sources of inspirations. Ask people about their success stories on overcoming change or read about change and resilience.
6. Work with a coach. They are great support to assist you with the climb and make the journey a true discovery process.

Manon Dulude Ph.D is a certified professional coach (PCC) and a certified member with OACCPP. She can be reached at info@forgecoachingandconsulting.com

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Q: I heard that Acupuncture recently became regulated. How do I know who to see and if I have coverage?

A: Acupuncture and Traditional Chinese Medicine (TCM) is a system of medicine that has existed for over 2000 years. Its use has spread into North America but with varying standards of education, training, and regulation. On April 1, 2013 Ontario regulated the profession of Acupuncture and Traditional Chinese Medicine.

Regulation is a wonderful thing in that it creates a standardized level of training and patient care within the field of Chinese Medicine. It also helps legally ensure that the public is protected.

With the advent of regulation, more and more extended health plans are covering Acupuncture when provided by a Registered Acupuncturist (RAC) or a Registered TCM Practitioner (RTCMP). You'll want to check with your insurance provider to determine if you have coverage and in what amount.

Acupuncture is effective in the treatment of pain and sports injuries as well as women's health issues. To see whether Acupuncture and TCM may be a fit for you, you may contact Carolyn directly at cdew@healthspan.ca or check out her website at www.carolyndew.ca