

Dickinson shakes off Team Canada cut

By Tony Saxon
The Guelph Mercury

There was no doubt what Jason Dickinson was going to do the day after getting cut from Team Canada.

Dickinson returned to the Storm lineup Saturday just hours after being cut from Team Canada, picking up an assist as the Storm entered the Christmas break with a 4-3 overtime win over the Erie Otters at the Sleeman Centre.

Teammate Robbie Fabbri did

make Team Canada and Storm head coach Scott Walker is an assistant with the team.

The decision to play or not on Saturday was entirely Dickinson's.

"There was no thought in my mind not to play today," said the 19-year-old Georgetown native, one of the last cuts of the national junior team late Friday night after playing in an exhibition game against the Russians.

"It's good to get away from my room and get away from those thoughts of 'what could I have done

differently' and just come in here and play."

Assistant coach Bill Stewart feels Team Canada made a mistake in cutting Dickinson. Stewart said he wasn't surprised Dickinson wanted to get right back on the horse Saturday and play for the Storm.

"I don't care what anybody says, for me he's not just the best two-way centre in the Ontario Hockey League he's the best two-way centre in the Canadian Hockey League," Stewart said. "I'm just sad, because he deserves better."

Raiders well ahead of South/West pack

The Georgetown Raiders completed the 2014 segment of their Ontario Junior Hockey League regular season schedule on a bit of a sour note Sunday in a 2-1 overtime loss to the Toronto Patriots at Westwood Arenas.

Coming into the contest, the 23-4-3-5 Raiders had won 10 of their last dozen games including one of their best performances of the season Friday in Oakville, a 3-0 trouncing of the Blades, who are tied with the Patriots for second place in the South/West Conference, seven points behind front-running Georgetown.

Caledon's Brendan Jacome notched his 14th goal of the campaign early in the first period Sunday but that was all the scoring the Raiders could generate as the teams finished even in shots on goal at 31.

On Friday, Blake Jones scored twice and Francois Cote had the other, with superb rookie netminder Jack LaFontaine recording his first Jr. A shutout to complement his 1.98 GAA, second best in the OJHL.

Next up for the Raiders is a home date with the Trenton Golden Hawks on Saturday, Jan. 3 at 7:30 p.m.



THUNDER SCORES BIG Members of the Halton Hills peewee select Thunder undertook a food drive and fundraising campaign for the Georgetown Bread Basket and thanks to their efforts 1,275 pounds of food and just under \$1,200 was collected. The donation was in the top 5 for contributions to the local food bank for 2014, said Kevin Flynn, events co-ordinator for the Bread Basket. Pictured above (from left) are Cole Campbell, Garrett Ghesquiere, Carter Gadbois, Phillip Rieder. Submitted photo

Bantam select Chargers unbeaten

Acton's bantam select Chargers are undefeated in six minor hockey games this season and have won three straight, outscoring the opposition 17-6.

The Chargers defeated Centre Wellington and Rosedale of Hamilton and picked up a win and a tie against the Halton Hills minors

and Erin-Hillsburgh.

Scoring: Jake Case (4G, 9A); Caleb Downs (6G, 4A); Brady Borges (3G, 7A); Ben Armstrong (4A); Jack Timmerman (2G, A); Ethan Totty G, 2A); Matt Dunne, Andrew Grant (2A); Brian Secord (G); Alex Cummings, Caleb Van Der Wal, Michael Holmes (A); Owen Ferguson (SO).

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Q: How old would you say children should be for their first dental exam? Five or Six? In years past, it was rare for a child to see a dentist before five or six years old. Would most dentists agree that is too long to wait?

A: Today, most dentists recommend the first dental exam to be scheduled around the age of two. Because not all the teeth are present, this visit is mostly a consultation. Parents can ask questions about their child's teeth. The dentist can also show how to best clean the infant's teeth and advise the parents on the best dietary habits for their child's optimum development. This visit also helps the child to realize the dental office isn't something to fear. As the child gets older, it is important that the parents not discuss their own negative experiences with dentists. Questions should be answered truthfully and with a positive attitude. Modern day dentistry is much better than when we were children. Keeping your children's teeth healthy begins with timely visits to your dentist.

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Q: Why am I feeling so run down at this time of year?

A: Being in a chronic state of "fight or flight" that began in September can leave us stressed and tired by the end of the year. Cortisol elevates, blood pressure increases, we get sick easily; over time this can lead to fatigue, digestive problems, tension headaches, and anxiety or depression.

Add to the mix financial stress, late nights, social and family obligations, and too much alcohol and sweets and we've created the perfect storm for feeling tired and stressed out and not able to enjoy the holiday season.

Science demonstrates that acupuncture works to alleviate stress by releasing natural pain-killing chemicals in the brain called endorphins. The calming nature of acupuncture also decreases the heart rate, lowers blood pressure and relaxes tense muscles.

Acupuncture helps down-regulate the stress response and encourages the body to revert back into its more relaxed, healing state. Consider accessing self-care in the New Year including acupuncture to help reset your nervous system. Make your health a priority for 2015!