

Jr. B Bulldogs honour 2014's top performers

The Halton Hills Bulldogs of the Ontario Jr. B Lacrosse League held their 2014 awards dinner during the holidays at the Rotary Glen Banquet Hall in Brampton to celebrate a season in which the club captured the Eastern Conference championship.

It was also an opportunity to honour a fantastic graduating class of 1993-born players who were rookies when the Bulldogs won their lone Founders Cup Canadian title in 2010.

Seth Laidlaw, Mike MacDonald, goalie Dustin Hanzelka, Jayson Crawford and Tyler Nieuwendyk all spent five years in the dog pound. Other overagers from last year's roster, Tyler LeBlanc, Lewis White, Aaron Boreland, Miles Cox and Mitchell Bolduc, were also thanked by Halton Hills general manager Mike Hancock and head coach Blaine McCauley for their commitment and contributions.

Individual award recipients included: Kyle Moore — Most Sportsmanlike; Defender of the Year — Captain Jamie Batten; Rookie of the Year — Campbell Parker; Leading scorer — Adam Charalambides; Bulldog of the Year (tie) — Jayson Crawford, Dustin Hanzelka; Adam Holton Unsung Hero Award — Cory Highfield; Regular season MVP — Adam Charalambides; Playoff MVP — Seth Laidlaw.

The club also honoured several coaches from the Halton Hills Minor Lacrosse Association for their long-standing volunteer efforts.



Although the Halton Hills Bulldogs were swept in the 2014 Ontario Jr. B Lacrosse League final series by the Six Nations Rebels, the local squad earned yet another banner to hang in the Alcott Arena rafters as Eastern Conference champions. Individual award winners included (front, from left) Seth Laidlaw, Playoff MVP, who scored the double-OT winner in Akwesasne to win the Eastern Conference title; Rookie of the Year Campbell Parker. Back row: Adam Charalambides, who earned the Regular Season MVP honour and Leading Scorer award; Fifth-year Bulldogs Dustin Hanzelka and Jayson Crawford shared the team's Bulldog of the Year award. Photo by Eamonn Maher

Sterk in big OHL deal

The Oshawa Generals have made it known they're gunning for a spot in this year's Memorial Cup and it appears Georgetown resident Josh Sterk is part of the cost the Ontario Hockey League club has paid.

Sterk, a fourth-year forward in the league, was dealt to the London Knights on New Year's Day in a blockbuster trade that gave the top-ranked Generals veteran forward Michael McCarron and shutdown blueliner Dakota Mermis. Prospect Cliff Pu and draft picks also went to London in the trade.

The 5-foot-11, 180-pound Sterk, a fifth-round pick of the Kitchener Rangers in 2011, had 10 goals and 18 assists in 33 games with Oshawa this season.

The Mississauga Senators' graduate spent his first two OHL years in Kitchener before being dealt to Oshawa for a fourth- and sixth-round draft pick prior to last season.

London is hardly throwing in the towel on the 2014-15 campaign with a 24-11-3 record thus far, and after three straight appearances

in the Memorial Cup, emblematic of the Canadian Hockey League championship, the Knights still possess a potent lineup.

With his 20th birthday coming up on Jan. 17, Sterk has one more year of OHL eligibility.

NOTES: Seventeen-year-old **Chris Klack** of Georgetown has returned home from a half-season stint with the USHL's Lincoln Stars and has rejoined the Jr. B Ancaster Avalanche...Local native **Matthew Kreis** has missed the past month of action with the OHL's Barrie Colts due to a concussion. The 17-year-old winger, the Colts' 2013 first-round draft pick, had two goals and three assists in 27 games prior to his injury...Another local resident in his NHL Draft year, net-minder **Michael McNiven** of the Owen Sound Attack, hasn't played enough games to rank amongst the OHL leaders, but the 6-foot-1, 210-pounder has been impressive nonetheless, posting an 8-3-0 record with two shutouts, a 1.89 GAA and a .939 save percentage.

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Q: I was determined to start the New Year with a new attitude but I feel terrible. My physician assures me that in spite of my racing heart, I am fine and suggested I talk to a therapist regarding anxiety. How can that help me?

A: Happy New Year! Anxiety seems to have reached almost epidemic proportions in our society. Unfortunately, the New Year seems to bring with it a time of high stress when feelings of anxiety and depression get worse. Anxiety sufferers are both female and male of all ages.

Anxiety, a normal reaction to a stressor, is associated with feelings of fear, unease, panic and dread. It is often accompanied by sweating, shortness of breath, racing heart, crying, and sadness. The sufferer begins to narrow their contact sphere. They do not want to go out socially. They often refuse to see friends and family and eventually take a leave from work. Although the sufferer hopes that reducing outside involvement will contain the anxiety, this approach does not help.

Anxiety is a normal reaction to a stressor. It is your body's way of trying to prepare you to deal with a high stress situation that will result in a fight or flight response. Everyone experiences anxiety regarding some stressors and the reactions that you are feeling is a normal and healthy response if not to this extreme. Although you may feel like you are dying, your physician has confirmed that you are healthy, I can assure you that in all the years I have worked with this problem I have never had a patient die of an anxiety or panic attack.

Cognitive Behavioural Therapy (CBT) involves changing your thinking and learning anxiety reducing techniques. This will assist in decreasing your anxiety. High anxiety is a very treatable problem and the sooner you deal with it, the better it will be. Let's start the New Year off right!

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H.B.Sc. PT, MCPA,
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Q: Last fall I tried to get back into shape but I can't stay on a routine because I keep getting injuries. Why?

A: Some old injuries may have recovered enough on their own to allow you to do day to day activities but they may not have recovered in a way that tolerates the demands of your workout. In addition, the physical demands of work, parenting and home maintenance may have caused your joints and muscles to lose their proper balance in terms of strength, co-ordination and flexibility. By carefully analyzing your pain patterns and using orthopedic assessment techniques we can point out faulty movement patterns, strength and flexibility imbalances, then give you a rehab plan that will allow you to lay down a solid base upon which you can successfully build a general fitness program.