



TEAM OF THE WEEK: The Halton Hills minor atom A Thunder tuned up for this weekend's Best of the Best Thanksgiving Challenge, to be hosted by the Halton Hills Minor Hockey Association, by finishing runner-up at a recent tournament in Etobicoke. The minor atom Thunder finished first in its preliminary round pool to grab a spot in the final, with Brampton prevailing 5-1. Minor atom A Thunder team members (front, from left) are: John Butler, Jacob St. Pierre, Connor Brown, Owen Wilson, Nate Benoit, Ryan Jackson, Jaden Behm, Nolan Peet. Back row: Coach Kyle Benoit, Caiden Merritt, Mitchell Winsler, Jack Graham, Albert Ledesma, Mark Dunning, Keiran Whelan, Hayden Hamilton, Aiden McLean, coaches Jason Peet, Cameron Butler. Absent: Ethan Kirkpatrick, trainer Ryan Hamilton, manager Phil Jackson.

Submitted photo

Minor football AGM Nov. 5 at Gellert Centre

The Halton Hills Minor Football Association has scheduled its annual general meeting for Thursday, Nov. 5 at the Gellert Community Centre starting at 7 p.m. in the Rotary Meeting Room.

Anyone interested in attending is asked to RSVP to president@haltonhillsfootball.com

The Crimson Tide will also host the OFL Fall Ball championships on Nov. 15.

Giles grabs 2nd straight Halton title

High school golfers from Halton Hills figured prominently on the leader board of the Halton Secondary School Athletic Association's second and final event of the fall tour at Hidden Lake in Burlington last week.

Kristen Giles of Georgetown District High School won the girls' division series title for the second year in a row with a round of 85 and the Grade 10 student qualified for the OFSAA Girls' Golf Festival 2015 Oct. 14-15 at the Roseland Golf & Curling Club in Windsor.

Her Rebel teammate, Erin Oughtred, placed fourth after a 92 Wednesday and also qualified for the provincials. Christ the King's Jennifer Knox had the low round of the day with an 84, but because she didn't complete the first leg of the series at Blue Springs in Acton last month, she fell short of qualifying for OFSAA, although she may still receive an invite.

In the boys' division, CtK's Thomas Giroux shot a 74 at Hidden Lake to finish second on the day and third in the tour standings to earn a spot in the Golden Horseshoe Athletic Conference tourney, which was held on Tuesday at the Beverly Golf & Country Club.

The Jaguars' team, consisting of Giroux (74), Andrew Pehiniak (78), Nolan Jarv

(78) and Andy Morris (82) finished fourth at GHAC and didn't advance to the provincials in Windsor next week.



Thomas Giroux of Christ the King Secondary School in Georgetown finished second with a 74 on last week and qualified for Tuesday's GHAC event in Beverly.
Photo by Herb Garbutt

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Q: I always seem to feel angry. My life is basically good so I don't know why I'm angry or what to do about it. Can you suggest anything?

A: Anger can come about from various sources. Sometimes it is because things are out of our control and we feel they are unfair. Sometimes it is due to too much stress in our lives. Anger is what I often call an umbrella emotion. It covers other emotions, such as hurt or embarrassment and can make us feel less vulnerable.

Anger is a valid emotion but it can become problematic when it is interfering with the way you want to live your life. If you are so angry that you cannot do your job effectively or relate appropriately to loved ones, or you are self-harming or self-medicating, anger can obviously result in many other problems. In those cases, it is worth dealing with the anger in ways that will lessen it and leave you feeling better about yourself.

There are very effective strategies that can help deal with anger. In the immediate, there are many that you might have already heard of such as counting to 10 or shifting your attention and walking away. They can help you stay out of confrontational situations and arguments.

Other strategic responses teach you how to lessen the anger on a more permanent basis so that anger does not end up affecting your health or life. Often, just talking the situation out with a neutral third party can have a significant and immediate benefit when this is a part of a long-term plan. When dealt with professionally, all of the long-term strategies will involve changing your perspective and the way that you view and deal with situations that anger you. CBT is a therapy modality that has been proven to be very effective in changing thinking patterns. CBT stands for Cognitive Behaviour Therapy. It is a quick and effective approach to dealing with anger issues that can help you stop anger from controlling your life. If anger is beginning to impact you I can help you change your reactions in a positive way. Instead of getting angry and then justifying your inappropriate behaviour, you will react in a manner that leaves you feeling in control of your life and good about yourself.

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FCAMT

Q: Can I trust the internet for health information?

A: Our clinic's website www.rossphysio.com has a clinical library with hundreds of great articles written by registered physiotherapists (including yours truly) often with the scientific references noted for the article. There is a body map and a folder system so you can find what you are interested in quickly. You can also choose areas that you are interested in and be notified when a new article is added to that section of the site. A word of caution though – partner with a Physiotherapist during your rehab to avoid disappointing results or injury. Please take advantage of this information and stay well.