

Bulldogs looking to strengthen lineup

By **EAMONN MAHER**
Staff Writer

A tough road lies ahead in the month of May for the Halton Hills Jr. B Bulldogs and the short-staffed squad is looking to bolster its ranks for the grind.

Following a home date this Thursday against the Mississauga Tomahawks at the Alcott Arena at 8 p.m., the 'Dogs will play five of their next six games away from their Halton Hills' pound, beginning with a long trip east to face Kahnawake and Akwesasne on Saturday and Sunday.

An upper-body injury to impressive-looking forward Sean Connors, which is expected to keep the New York native out for the next couple of weeks, along with the absence of players who are still at school, have forced the Bulldogs' braintrust to look outside the organization for some help.

"We're not usually a team that sits back and waits," said general manager Mike Hancock on the team's website. "Picking up another piece before the first of June is a priority for us right now."

Reinforcements are expected soon when forwards Mike MacDon-

ald (Princeton) and Tyler Aunon (Delaware) return from U.S. college and defender Leland de Langley finishes up at McGill University. Much-sought-after field lacrosse prospect Theo Dol, who has committed to the University of Virginia for 2015, will also be back shortly from prep school in Connecticut and another defence-man, Mitchell Christopher, will be back from suspension next week.

Veteran Bulldog Brandon Cleland has moved on to the club's Jr. A

affiliate in Orangeville.

Last Saturday, Halton Hills flattened the visiting Orillia Kings 16-2. Leading the way for the hosts were Seth Laidlaw with a goal and seven assists while Connor Brown scored six times and set up two others. Also scoring were Jayson Crawford (3), Parker Campbell (2), Adam Charalambides (2), Tyler LeBlanc and Jacob Hector. LeBlanc chipped in five assists and Jamie Batten collected four helpers.

Local duo eye national title

A couple of 20-year-old Georgetown residents playing for teams at opposite ends of the country are gunning for the Canadian Jr. A championship hockey tournament this week in Summerside, PEI.

Centre Justin Rasmussen of the host Summerside Western Capitals and forward Nic Pierog from the BCHL's Surrey Eagles have qualified for Saturday's semifinals.

The 6-foot-1, 195-pound Rasmussen was picked up at the start of the season by the Capitals after he was released by the OHL's Mississauga Steelheads.

Rasmussen had 12 goals and 24

assists in 35 regular season games followed by four goals and eight assists in 18 playoff starts.

Pierog, a 6-foot-2, 200-pound graduate of the Halton AAA Hurricanes and Canterbury prep school in Connecticut, scored nine times and added 15 assists in 54 regular-season games and then matched his goal total in the post-season, with three game-winners.

To follow the RBC Cup tournament, visit www.hockeycanada.ca/en-ca/National-Championships/Men/National-Junior-A/2013. The championship will be broadcast on TSN at 6 p.m. Sunday.

Koppers joins Mac

Continued from pg. 32

let his actions do the talking on the court, his dedication to the sport and being a role model for younger athletes were two of the main reasons he received the Ken Davies Memorial Award.

At CtK, he has helped coach the junior and senior girls' volleyball teams and received the Community Spirit Award for "contributing to the school's overall well being."

Koppers has volunteered extensively with the Pakmen's SPIKES and house league programs and convened numerous tournaments, keeping score at the York University Excalibur event for the past four years.

"When you learn about everything that Ken Davies stood for, it's a huge honour just to be nominated for that award," the 17-year-old Koppers added.

Davies was a star multi-sport athlete who led Team Ontario's boys' volleyball team at the 1989 Canada Games in Saskatoon. He was killed later that year by a drunk driver at the age of 18.

This weekend, Koppers is slated to be at York University, trying out for Ontario's under-21 team that will play at the Canada Summer Games Aug. 2-17 in Sherbrooke, Que.

Last weekend, his Pakmen under-18s lost in the quarterfinals of the Volleyball Canada championships in Edmonton to the eventual gold medalists from Winnipeg.

He has dabbled in beach volleyball as well and while his schedule limits his participation on the outdoor scene, he said he'd like to play in a tournament with fellow Georgetown volleyball standout Jake MacNeil at some point this summer.

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Elayne M. Tanner

Q: My 9 year old child has been diagnosed with Autism. Although he is non-verbal he understands instructions and is well behaved. My concern is his social functioning and what I can do to help him.

A: Autism is now recognized as describing a wide spectrum of symptoms. For this reason we now refer to the Autism Spectrum Disorder which includes not only Autistic disorder but also Asperger's disorder and other similar conditions.

There has been a great deal of media attention recently, focusing on autistic children and the lack of services available to them and their families. As these children age to teens they can become too difficult for their families to handle and because of the lack of services, some families have relinquished their children to the Children's Aid Society. I too have known families where this has been the case. In order to assist these families so that it does not come to this, I have resourced associates who are specialists in working with this very difficult and intense population.

My equine and autism specialists are prepared to offer services to the autistic child/teen. Focusing on social skills and communication they will use the medium of therapeutic equine experiences on the grounds of Elayne Tanner and Associates. With specialists experienced not only with children who are on the Autism spectrum, but also with our gentle giant Percheron-Freisian horses as well as extensively experienced in providing equine training for autistic children, we are prepared to develop and provide specialized services for a small number of families with Autistic children. In order to keep a high therapist to student ratio, we will keep this program very limited in size. Because of that, we can also be flexible in meeting the specific needs of each child, providing respite for families secure in the knowledge that their child is having a safe, educational and enjoyable experience. This program will be offered on a first come priority so please contact Elayne Tanner and Associates if you are interested in exploring this unique opportunity.

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Marta Masley
B.Sc.(PT), M.C.P.A.

Q: I recently ran a marathon and noticed that there were many runners with bright coloured tape on different parts of their bodies. What is this, and what is its function?

A: What you saw is most likely referred to as "Kinesio-Tape". It is a type of therapeutic and sports tape that gives stability of joints and muscles, but does not affect circulation and range of motion. It is also used for prevention, edema and pain control. It is different from traditional sports taping which predominantly stabilizes and supports a joint, obstructing the flow of bodily fluids. Kinesio Taping is based on the philosophy that aims to give free range of motion in order to allow the body's muscular system to heal itself biomechanically. Kinesio Tape has an elasticity of 130 - 140 percent of its original length, which will allow full range but prevent overstretch of muscles. Kinesio Tape is used for various conditions, including muscular facilitation/inhibition, carpal tunnel syndrome, low back strain, knee conditions, rotator cuff problems, tennis elbow, plantar fasciitis, edema, ankle sprains, achilles tendinitis, and many more.

If you are considering this type of taping for yourself, ensure that you see a health professional, such as a physiotherapist, that is a certified Kinesio Tape practitioner.

"If you do what you've always done, you'll get what you've always gotten."

- Tony Robbins

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