

High school report

Abrams, MacNeil, Guo take top spot

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Abrams and MacNeil backed up their bold outfits with some dazzling play as they went undefeated to win the boys' double division, defeating CtK's Thomas Giroux and Greg Litster in the final 21-10, 21-15.

The tournament was a precursor to the divisional round of play, which will take place in Milton later this week, with qualifiers moving on to the HSSAA championships.

CtK's Charlie Guo, a Grade 11 student who won the GHAC senior title as a junior last year and competed at OFSAA, comfortably won all four of his matches to win the boys' singles title.

FIELD LACROSSE: Christ the King's Jaguars were keen to begin their 2014 high school season at home on Friday night and showed their enthusiasm with three straight wins under the lights.

Jenna Bathgate and Coree Pogbee each notched hat tricks as the junior varsity Jaguars downed the visiting Lynx 12-3. Nicolle Trivino, Erin Arsenault,



The Georgetown Rebel duo of Robbie Abrams (left) and Jake MacNeil won the boys' doubles title at a high school badminton tournament Friday at Christ the King involving 14 teams from the Halton Secondary School Athletic Association. Photo by Chris Carvalho

Jenn Knox, Lucia Beram, Sarah Lauryssen and Rachel Kearney added single markers.

CtK's varsity girls posted a 9-5 victory over Stephen Lewis, with Karlee White scoring six times. Heather Anderson, Jess Fariello and Meaghan Hector rounded out the scoring.

John Vezina had five goals and Cody Menzies added four

more in the boys' varsity Jaguars' 13-1 trouncing of Humberview. Teagan Gilian (2), Bret Allonby-Swan and Robert Wight competed the scoring.

This Friday, the Jaguars will host the Lorne Park Spartans in girls' action with games at 6 & 7 p.m., followed by the varsity boys' matchup with Mississauga's Mount Carmel at 8 p.m.



Team of the Week: Sky Blue

Incorrect photo caption information appeared in last week's published photo of Team Sky Blue, which won both the regular season and playoff titles in the under-15 girls' division as the Georgetown Soccer Club recently wrapped up its 2013-14 Indoor League campaign at the Rural Dufferin Heritage Community Centre in Acton. Team members (front, from left) are: Kailee Thinghuus, goalie Cassidy Intzandt. Back row: Coach Shelley Intzandt, Sarah Kunica, Meaghan MacDonald, Brooklyn Kutasienski, Sabrina Begin, Lindsay Faber, Logan Kelman.

Submitted photo

Local links to OHL draftees

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Several members of the Halton minor midget AAA Hurricanes had their names called online, including 6-foot-2 goalie Jake Lawr of Caledon by the Erie Otters in the second round, 28th overall.

Georgetown Minor Hock-

ey Association product Taylor Raddysh, a 6-foot-2, 190 pound forward with the Toronto Marlies who now calls Caledon home, went to Erie in the first round, 19th overall. He joins 18-year-old brother Darren, a defenceman, with the Otters.

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Elayne M. Tanner

Q: My boyfriend and I are planning to get married but we have communication problems. What can we do to ensure our future success?

A: Communication issues are the crux of every problem. I am going to answer by borrowing from *Marriage Advice from a Divorce Lawyer* from the Huffington Post.

1. **Ask for what you need.** It is not true that "if he really loved me he would know what I need." The person who does not ask becomes resentful when she does not receive. The partner feels confused and resentful that his efforts do not make her happy.
2. **Forget Perfect.** Don't marry someone that you cannot live with as they are. Do not assume that you will be able to change them or that you share the same definition of perfect.
3. **Fairy Tales are not real.** Affairs do not exist in reality. Affairs don't deal with laundry or garbage. Relationships must deal with the realities of life.
4. **Lower your expectations.** Holding grudges and never forgiving or being resentful and setting the bar so high that your partner cannot succeed, is just setting your relationship up for failure. When either of you lose, you both lose.
5. **Be polite.** Don't treat strangers better than you treat your own loved one.
6. **The glass is half full.** If you can read this, you already have more than many people all over the world. Be grateful. Pass on a positive attitude.
7. **Choose happiness.** You can choose to be happy. You will not be punished for being happy.
8. **Show compassion.** Say you are sorry. Accept your share of responsibility for your spouse's responses.
9. **Not everything means something.** Sometimes a person not wanting to talk just means they don't want to talk. It doesn't mean that they hate you or have someone else.
10. **Put your partner first and your ego second.** If you both support one another and don't trash the other imagine the results. Knowing that even when you feel bad you still love each other is the foundation of unconditional love. "You have done something I don't like but I still love and respect you."

Relationships need work. You both may use the same words but not be speaking the same language. With some guidance you will be set on a path for future happiness.

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Gerry Ross
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Q: The weather's improving and I am itching to get out and do some yard work. What can I do to reduce the likelihood of getting injured?

A: There are two key issues to understand. One: The physical characteristics of our winter lifestyles are very different from those of our spring lifestyles. Two: As we get older or bodies ability to adjust to different physical demands reduces (the good news is that as we get older we become wiser). With this in mind it is important to plan your work so that your exposure to extremes postures like kneeling and crouching is paced over time and mixed in with postures that are not so extreme, like working at chest height or walking. In addition to movement and postural variety taking full advantage of thoughtfully chosen gardening tools like gardening stools for sitting and kneeling and long handled tools for weed removal and tilling the soil will reduce exposure to aggravating postures. This may require changing some old habits and perhaps loosening a little speed but it will still be faster, more enjoyable and better for you than trying to work while in pain. If you have any aches or pains that you suspect may become distracting or disabling I recommend that you consider booking a consultation.