



Tiger tales

Jacob Kaminga of the Acton Tigers connects for an RBI single during the Georgetown Baseball Association's Spring House League Tournament this past weekend at Georgetown Fairgrounds. The Tigers lost this game 14-6 to the Georgetown Brewers but rallied to make the mosquito division championship game Sunday, in which they lost to the Georgetown Indians in eight innings. Photo by Eamonn Maher

Stars, Dickinson agree to terms

The Dallas Stars and forward Jason Dickinson has been signed to a three-year, entry-level contract.

Per club policy, terms of the deal were not disclosed.

Dickinson, who turns 19 on July 4, posted 78 points (26-52=78) and a plus-42 rating in 68 regular season games for Guelph in the Ontario Hockey League (OHL) in 2013-14. He helped lead Guelph to the OHL Championship, posting 24 points (8-16=24) in 20 postseason contests and earned five points (2-3=5) in four games at the MasterCard Memorial Cup.



**JASON
DICKINSON**

In three seasons in Guelph, Dickinson increased his point totals each season posting 35, 47 and 78 points, respectively and has earned a total of 160 points (57-103=160) in 197 OHL regular season games.

The 6-foot-1, 185-pound Halton Hurricanes' product was selected by Dallas in the first round (29th overall) of the 2013 NHL Draft.



A silver-medal showing by the Halton Hills Bulldogs at the recent OMFL peewee championship tournament in Brampton. Team members (front, from left) are: Manager Barb Clare, Brandon Peet, Alex Gombocz, Nick LeClair, Nolan Cree, Matthew Hunks, Marek Lemme, coach Derek Lemme. Middle row: Coach Kevin Haynes, Gavin Thibeault, Ethan Haynes, Braeden Biggar, Nolan O'Handley, Jackson Webster, Hunter McNair, coach Scott Holmes. Back row: Matthew Pottruff, Josh Burchart, Thomas Holmes, Ayden Clare, Curtis Elinesky, Gabe Rowsell, Gregory Dance. Absent from photo: Luke Evans.

Submitted photo

Team of the Week: Peewee Bulldogs

The Halton Hills peewee Bulldogs finished as runners-up in the D Division at the recent Ontario Minor Field Lacrosse League championships in Brampton, bowing out to Newmarket 8-4 in the final.

The Bulldogs dropped their opening game of the tournament 10-7 to Newmarket before reeling off victories over Innisfil (9-2), Whitby #3 (10-2) and St. Catharines (6-5) to earn a rematch with the York Region side.

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Carolyn Dew
DIPL. DTCM, RAC, RCTCMP

Q: Can Acupuncture and TCM can help with my fertility?

A: Infertility rates are on the rise with an estimated 1 in 5 Canadian couples now experiencing trouble conceiving. Chinese Medicine has gained much positive attention for its ability to enhance fertility. Whether you are trying to conceive naturally or are using assisted reproductive techniques, Acupuncture and Traditional Chinese Medicine (TCM) can help you prepare not only for conception, but also for a healthy and successful pregnancy.

The main ways in which Acupuncture can enhance fertility include: reducing stress, improving circulation to the ovaries and uterus, and balancing hormones. This is evidenced in medical research that supports the incorporation of Acupuncture into IVF protocols and other assisted reproductive technology techniques.

The week of May 24-31 represented the 8th Annual Canadian Infertility Awareness Week. It is important to recognize those struggling with fertility issues by offering support, compassion, and awareness. For further information on whether Chinese Medicine can address your reproductive health needs, please contact Carolyn at cdew@healthspan.ca or check out her website at www.carolyndew.ca.

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**DR. ANOOP
SAYAL**

Q: Is there anything I can do to prevent canker sores? They seem to happen to me often and it is very uncomfortable.

A: If this is a reoccurring problem you are not alone. This condition is actually a small ulcer which forms in the lining of the mouth or the tongue. It happens to people of all ages, though more commonly in children. Most authorities believe the ulcer is the result of a virus attacking the membranes inside the mouth.

One of the better ways to prevent canker sores is to avoid breaking surface tissue inside the mouth. A break often occurs with an accidental biting of the mouth lining, sometimes resulting in a canker sore. Typically this sore lasts from eight to ten days. Dentists sometimes treat canker sores to quicken their disappearance.

To most of us, canker sores will develop and remain an annoyance no matter what we do. Rest assured, though, your dentist can provide invaluable assistance to you with this and all your dental needs.

Q: My parents are considering a move to a retirement home. If and when they move, are there restrictions that I should know about? For example, can I visit or phone any time?

A: Retirement homes cater to independent, relatively healthy seniors who want to enjoy a more carefree, enriched lifestyle. Think of your parents as living in a hotel-like environment. You can visit or phone as you, (or your parents), please. Your parents determine restrictions as to times.

Some retirement homes lock their doors in the evening for security purposes only. Using an intercom system, residents and visitors may still come and go at their leisure.

Just as they have always done, your parents can entertain as they would in their own home and can even invite friends to join them in the dining room for meals.

Again, think of this as a move into a hotel setting, with the freedoms they have always enjoyed.