

# Raiders, Cougars draw

November is the busiest month for the Georgetown Raiders on the Ontario Junior Hockey League schedule with a dozen games and they continue to earn hard-fought road points.

Just once have the Raiders lost in regulation time this year away from home and a 2-2 draw in Cobourg Monday evening kept the team in first place in the OJHL's West Division standings with a 12-2-3-1 record.

The 13-5-1 Cougars led 2-0 before Steve Hladin and Anthony Marra notched second-period goals to draw level in front of close to 600 people in Cobourg.

Veteran Marc Williams made 27 saves in the Georgetown net as his goals-against average has

dropped to 2.28 thanks to a strong run of recent play. Hladin also chalked up his 200th career point in a 3-2 win over the Toronto Jr. Canadiens Saturday.

The Raiders will take on West Division-rival Milton twice this weekend, with the IceHawks hosting Friday night before the teams meet at the Alcott Arena Saturday for a 7:30 p.m. start.

Head coach and general manager Greg Walters has at least five more games remaining on his suspension for uttering a discriminatory slur during the first period of a 3-2 loss in Trenton last Friday against the OJHL-leading Golden Hawks. A hearing is pending on the minimum seven-game ban.

# Blue Fins break some club records

Carter DeForest, a senior athlete with the Halton Hills Blue Fins, led the charge this past weekend as the local swim club took advantage of its first racing opportunity of the season in Milton.



The Halton Hills Blue Fins' swim club enjoyed a strong start to the 2014-15 season after its meet in Milton this past weekend in which (from left) Chris Zanewycz, Shannon Jickling, Emily Collis, Carter DeForest emerged from the pool with records broken in their wake.

*Submitted photo*

DeForest swam the fastest 50m freestyle of his career and top time in the club this season in a time of 25.92 seconds, which qualified him for the Provincial Short Course Championships this February.

Chris Zanewycz, another senior athlete, will be joining HHBF's Provincial Team as well, as a result of his outstanding 100m breaststroke swim, clocking in at 1:14.54.

Shannon Jickling and Emily Collis also had solid weekends in the pool, with each breaking a club record.

Jickling bettered her own girls' 15-16 year-old 50m freestyle record in a time of 28.37 seconds and Collis broke the girls' 100m freestyle record for the 15-16 age group in a time of 1:02.84.

Many other swimmers posted best times on the weekend and the club continues to improve throughout all levels ranging from Senior to Mini-Fins. Anyone interested in swimming competitively contact info@haltonhillsbluefins.ca



**COUNTDOWN TO THE  
RAIDERS  
NEXT HOME GAME**

**November 8, 2014**  
7:30 pm at Mold-Masters SportsPlex  
**Georgetown Raiders  
vs.  
Milton Icehawks**

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**Q:** So I read your last column and now I'm brushing well. Isn't that enough to prevent cavities?

**A:** That's great that you have got your toothbrush working twice a day. If your teeth could thank you, they would. Of course, that leads us to flossing. Wait! Before you crumple up this fine newspaper and toss it away in disgust, let me make the case for the much-loathed act of flossing. Teeth typically have surfaces that make close contact with their neighbours. Your toothbrush bristles never make it into those tight quarters. Consider there are usually 26 contact points in a person's mouth, that makes 26 areas that get missed even after a good brush. Are you surprised to know that these are also the most common spots we find tooth decay? Of course you aren't. The plaque left behind in those areas contains streptococcus mutans (aka the bad bacteria). If left undisturbed long enough, those bugs will make like a gopher on a golf course and start to burrow. So sweep away the gunk with floss. When you hear the satisfying 'snap' as it goes between your teeth, envision the evil little microbes running for their lives. Then nod knowingly to yourself in the mirror. You are preventing tooth decay.

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## Losing Strategies in Relationships

In his book, "The New Rules of Marriage" author Terrance Real points out that people often use "losing strategies" to get their needs met without realizing it has the opposite effect. Not only will these strategies fail to get you what you want, they will cause damage by attacking the important pillars of a relationship: respect, dignity and compassion. Here are some of those losing strategies:

- 1) needing to be right – the idea that one person in the relationship needs to be right over the other,
- 2) controlling your partner – if you are in control or think you are, be prepared for payback,
- 3) unbridled self expression – exploding in anger or saying mean things that you can't take back,
- 4) retaliation – you hurt me so I get to hurt you back,
- 5) withdrawal – pulling back, shutting yourself down, shutting the other out and/or not confronting the issue,
- 6) being contemptuous and self-righteous –this puts down the other person while trying to prove you're 'right',
- 7) punishing – in a number of ways such as angry outbursts or withdrawing from conversations,
- 8) complaining – while it looks like the complainer is a victim, complaining is an indirect attack to show how the other is failing us. Complaining never contributes to the creation of a solution.

To make a difference in any relationship, adopt a strategy of respect. Decide that no matter what, you will not drop below the line of respectful behaviour toward another human being. By shifting your mindset from protecting yourself to protecting the relationship, you will start shifting your responses and reactions.