

SPORTS



REBEL WRESTLERS ROLLING Members of Georgetown District High School's wrestling team returned from a meet at Turner Fenton in Brampton with several medals from the competition. Pictured above, from left, Anja Vesterback (gold), Davis Rapaĝna (bronze), Liam Teetzel (bronze), Noah Pollitt (silver) and at forefront Kyle Robinson (gold) reached the podium in their respective weight classes. Another Rebel, Taylor Richard, also earned a gold medal. Submitted photo

GYMNASTICS TRAMPOLINE TUMBLING



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Tyke Thunder runner-up at tourney

The Halton Hills tyke #1 Thunder made it to the championship game of a minor hockey tournament in Belle River this past weekend before bowing out to a team from Barrie in the division championship game.

Preliminary round— Halton Hills 1, Barrie Jr. Colts 1; Halton Hills 2, Barrie Minis 2; Halton Hills 8, Tecumseh 2; Quarterfinal— Halton Hills 2, La-Salle 1; Semifinal— Halton Hills 6, TNT 1

Championship— Barrie 6, Halton Hills 1
Team members are: Owen Butler, Josh Frost, Carson Adams, Cameron Barrett, Noah Biesenthal, Jacob Dawicki, Shane Gentes, Ryder Graves, Nolan Keeler, Niko Krmpotic, Liam McKendrick, Bradley Mortimer, Patrick Noonan, Brody Nyitrai, Ethan Parsons, James Presswood, Meaghan Wilkinson, coaches Dave Dawicki, Warren Butler, Jack Krmpotic, Brent Wilkinson, Chris Parsons.

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Gerry Ross
H.B.Sc. PT, MCPA,
FCAMT

Q: What can I do to make my holiday season happy & safe?

A: Keep salt and sand in a place that makes it easy to use, like on a chair by the entrance to your home or business.

- Check the weather forecast prior to retiring for the evening so you can set your morning alarm earlier than usual to clear any snow with less haste.
- Plan your morning tasks, such that your cars' defrost has a chance to ensure proper visibility, perhaps review your day's plans or sort your mail while waiting.
- If you just can't stand looking under the hood to check your car's windshield washer fluid, get gas at full serve stations during the winter months, it's less costly than the accidents caused by poor visibility.
- Neck pain sufferer's benefit from using high coat collars and scarves throughout the winter. Muscles will automatically tighten if you're cold in an effort to generate heat.

Thank you all, clients, family and so many others, for your support and patronage. On behalf of all of us at Ross Physiotherapy, I wish you a happy holiday season and a great new year.
~ Gerry & Kristie



DR. ELAYNE TANNER
Registered Social Worker

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Q: Our office Christmas party is known to be a good time. Alcohol flows freely and everyone is dressed to the nines! My husband is unable to attend but is worried about me going alone. There is no reason for him to be concerned—right?

A: You love your husband and would never give him any reason to worry about your faithfulness but many an affair begins at the office Christmas or New Year's party. One innocent holiday kiss mixed with alcohol is often enough to signal danger. So how does this become an affair?

Flirting is often the first step down the slippery slope. It may seem innocent enough. It is fun, exciting and builds your confidence. Flirting implies an intimacy and a level of trust that is really not there. Flirting can include sexual talk, body language such as leaning in and hair flipping, and casual touching.

The sharing of personal problems with a person of the opposite gender is another common mistake. The person sharing feels understood and the listener interprets the sharing as an invitation to more intimacy. Sharing with the opposite gender takes many forms. Spending time alone, even if it is just for coffee or a casual meeting is asking for trouble. Bad mouthing your partner is another kind of confiding that leads to trouble. If you have problems at home, deal with them properly with a skilled therapist. "We each have problems in our marriage" is not a good common ground on which to build a future.

Sexting, texting, emailing or messaging, are all forms of flirting, and another dangerous route to infidelity. If you would not be proud to have your family, children or partner reading what you have written, don't do it. Again, it may seem innocent enough but not only does it lead to dangerous behaviours, it also is a disrespectful, betrayal of your spouse.

Lastly, anything that draws your attention and love away from your spouse is potentially a threat to your marriage. Whether it is putting friends, parents or children first, refusing sexual intimacy, or spending too many hours at work you are putting a wedge between the two of you. Nurture your marriage and do not treat it casually. Flirting is often a warning sign. Consider counselling for a tremendous positive change before a casual kiss ruins your marriage.

In this season of love and caring I wish you all happiness, health and peace.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation