

# Novice 'Canes never gave up

Halton's AAA novices had just returned to their winning ways, snapping their only two-game losing streak of 2014-15 with a 4-3 squeaker over host Ajax-Pickering.

Now came the hard part.

Sitting at 1-2 in the Ontario Minor Hockey Association championship tournament, the Hurricanes needed to not only beat the Whitby Wildcats— who'd toppled them in all three meetings this season— but do so by a minimum of two goals.

The Hurricanes came out firing on all

cylinders, scoring three times before the high-stakes clash was 10 minutes old and pummeling the Wildcats 8-4.

Finishing round-robin play at 2-2 and earning a championship berth via a plus-minus tiebreaker, Halton would make the most of their mid-tournament turnaround.

Rallying from an early deficit and enjoying topnotch goaltending from first-star Anthony Russell, the Hurricanes edged the Markham Waxers 2-1 with the gold medal on the line.

The Halton novice Hurricanes won the OMHA and SCTA titles.

Team members, front, from left, are: Anthony Russell, Christopher Soares, Liam Edmonds, Noah Race, Ryan Cunha. Second row: Christian Giannaris, Michael Lefave, Matthew Langille, Mason Kocher, Austin Medeiros. Third row: Jaedon Holloway, Aiden Cormack, Isaac Badoo, Christopher Caissie, Brayden Turley, Joshua Cote, William Eggleton. Back row: Head coach Tim Race, assistant coaches Ron Cunha, Michael Eggleton, Brian Cormack.

Submitted photo



The Halton Hills Thunder had a 21-game win streak snapped by Stouffville in the preliminary round of the Bradford Bulldogs' Blue & Gold Classic Minor Hockey Tournament, but came back to beat the Clippers 3-0 in the championship game of the minor bantam select division. Team members, front, from left, are: Brendan McGill, Ethan Amaral, Graham Ripley, Steven Abrams, George Kiroplis. Second row: Ryan McSkill, Kody Trumble, Benjamin Conrad, Bruce Martin, Jayden Moran, Caleb Hennessey, Casiano Chiavaro, Assistant Coach Tim Kerr. Back row: Assistant coach Todd McGill, Trainer Justin Priebe, Ryme Hossian, Joshua Priebe, Dylan Hannah, Hunter McCauley, Aidan Quinn, head coach Verne Priebe. Absent from photo: Manager Byron Conrad.

## Thunder avenges loss to Stouffville

Heading into the Bradford Bulldogs' Blue & Gold Classic Tournament, the Halton Hills minor bantam select Thunder maintained a 21-game unbeaten streak until taking on the Stouffville Clippers in their opening contest.

The Clippers skated to a 4-2 victory, forcing the Thunder to win its next two games to set up a rematch in the championship game.

Halton Hills defeated the Etobicoke Bulldogs and the Barrie Colts with three late goals to get a shot at revenge against Stouffville.

A solid all-around effort by the Thunder resulted in a 3-0 victory over the Clippers and the team's second tournament win of the season.

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**Q:** I often have a nagging headache, frequent stomach pain, and aching back and neck. I am sure something is wrong but my family physician insists I am experiencing stress. How can this be?

**A:** I have written frequently about stress because it is one of the most common causes of debilitation that I see. Stress can take on many forms and although many people know it can affect your thoughts and feelings many do not realize that it can also affect your body. If you can identify your stress symptoms, you may also be able to manage them. If you do not recognize and deal with stress symptoms, stress may contribute to many health problems such as obesity, heart disease, diabetes and high blood pressure.

The Mayo Clinic notes that stress can affect you in 3 ways. It can impact your body, your mood and your behaviour, causing symptoms such as:

**Physical:**

- Headache • Muscle tension or pain • Chest pain • Fatigue
- Change in sex drive • Stomach upset • Sleep problems

**Changes in Mood:**

- Anxiety • Restlessness • Lack of motivation or focus
- Irritability or anger • Sadness or depression

**Behavioural Changes:**

- Over or under eating • Angry outbursts • Tobacco use
- Drug or alcohol abuse • Social withdrawal

Stress can most often be successfully managed through good counselling and stress management techniques that are easy to maintain and very successful. Why suffer the symptoms or compromise your health, when with a few hours of counselling, you can manage your stress and take control of your symptoms?

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**Q:** I am interested in running but I have been told that it's bad for my joints. What do you think?

**A:** When running is not done correctly, it can hurt joints and cause other issues; however, when done correctly, running can be good for your joints. In some cases it can improve joint health and help muscle control. In addition to being convenient and economical, running is also great for mood regulation, cardio health and social wellness.

Learning to run is best done with a knowledgeable team that can teach and support you. If you are new to running or have had difficulties running in the past, I suggest that you attend the learn to run series offered by the Georgetown Runners starting April 28th at 7 pm at the Kiwanis track. Check out [www.georgetownrunners.ca](http://www.georgetownrunners.ca) or their Facebook page for more details. Yours truly will be on hand to answer questions and lead group runs. Sign up via an online form or drop into the clinic.