

SPORTS



Christ the King Jaguars won their first-ever Halton Tier 1 title. Team members are front row (from left) Adam Dechnik, Tucker Johnson, Justin Baechler, Sam Wallace. Back row: Meaghan O'Brien, Mike Korzeniewski, Martin Peric, Jayson Tate, Ben Basilio, Evan Chenier, Nic Basilio, Christian Buchan, Carla Favero.

Photo by Rabia Ballan

CtK Jaguars win GHAC title; off to the Provincials next week

Having won their first-ever Halton Tier I title last week, Christ the King's Jaguars are wading further into uncharted territory after capturing the Golden Horseshoe Athletic Conference boys' volleyball championship Thursday on home court.

Jaguars' coach Meaghan O'Brien didn't know what to expect in the best-of-5 GHAC matchup against Hamilton's St. Thomas More Knights, but the home side jumped out to a comfortable early lead and achieved another milestone for the

13-year-old school, qualifying for next weekend's provincial finals in Windsor.

CtK swept away its opponents 25-13, 25-10, 25-22 in a little more than an hour to trigger a raucous celebration in the gymnasium.

O'Brien noted that all 11 players saw action in Thursday's contest, consisting of five Grade 12s, five Grade 11s and a Grade 9 student.

The Jaguars are seeded 12th out of the 20 teams participating in the OFSAA AAA tourney.

Building Healthy Kids!

Keep your kids active this winter with Monkeynastix!

Ages 1-9 yrs of age

- Public Programs • Birthday Parties
- School & Daycare Programs
- Special Events

15% OFF party bookings!

Monkeynastix® is the pioneer of movement education for children

Winter Programs Start January 9th!

For more details visit our website at www.monkeynastixmilton.ca
Email: haltonhills@monkeynastix.ca • Phone: 905.864.4516

All new classes like no one else's. For women just like you.

JOIN TODAY AND GET

50% OFF

OUR ENROLLMENT FEE!

41 Main St South
Georgetown, ON
905-702-0418

* Enrollment fee and monthly fees vary by location. Offer expires 12/31/15 and requires joining same day as first visit for a minimum 12-month recurring billing contract. Valid for new Curves members only. Not valid with any other offer or discount. Valid at participating location only. Classes and Jillian Michaels workouts scheduled by location and only offered at participating locations. No cash value.
© 2015 CURVES INTERNATIONAL, INC. (1504)

Ask the Professionals



Find local professionals here every Thursday!
For advertising information please call 905-234-1018 or email kkosonic@theifp.ca

SEPARATION & DIVORCE MEDIATION



www.pccs.ca

905-567-8858 REDUCE COST & CONFLICT
1-866-506-PCCS (7227)

DIVORCE WITH DIGNITY AND KEEP YOUR MONEY IN YOUR POCKET!

ACCREDITED MEDIATORS
GEORGETOWN, BRAMPTON,
BOLTON, MISSISSAUGA,
ORANGEVILLE
FLEXIBLE HOURS

ERIC CONNOLLY ARCHITECT

16 Main Street South, Suite 201
(Georgetown), Halton Hills,
Ontario, Canada L7G 3G5

Telephone: (905) 877-0739
Fax: (905) 877-0027
E-mail: eric-ecarch@cogeco.net

Architecture ■ Heritage Conservation ■ Urban Design
by Eric Connolly



B.Arch, MOAA, MRAIC

What Municipal Approvals will I Need to Build My Project? Can an Architect Help?

There is a large public misunderstanding with respect to obtaining "Approvals" to proceed with a Building Project. "Approval" entails two distinct but related issues, "Land Use" and "Building Permit". A Client, may pursue answers to one issue but will not be aware of the other.

"Land Use" issues deal with Zoning By-laws as set out by the Municipality and Planning Law as set out by the Municipality, the Region or the Province. This may also include meeting the requirements of Conservation Authorities, the Ministry of the Environment, and others.

"Building Permit" issues, deal with "construction" (as defined under the "Ontario Building Code Act"). Building Permit issues deal with the Ontario Building Code, and the Ontario Fire Code, Electrical Safety Act, and other Acts and Construction Standards.

A lot to know! Most Clients do not know the questions that need answers or who they should ask!

An Architect can provide Clients with potential sources for answers as well as the implications on a Clients Property or Building Project.

I would not advise utilizing "off the cuff" remarks regarding Permits from friends, Realtors or Contractors. Clients should consider utilizing the services of an Architect who can provide continuity on behalf of the Client through the Design, Approval and Implementation of the Project.

Should a Minor Variance be required for a Project that may not meet Zoning Requirements, an Architect can assist with necessary Drawings, Applications and Hearings.

Should Site Plan Review and Approval be necessary, an Architect can assist in assembling a Team of professionals including Planners, Site Engineering, Cost Control and Landscape Architecture. Architects can also assist Clients with obtaining other Permits as necessary for Conservation Authorities, MOE and others.

Needless to say the Approvals process is complex and "Shark Invested Water". I advise caution and care – and allow for lots of time for the process to unfold!

Carolyn Dew

Acupuncture & Traditional
Chinese Medicine
@ HealthSpan Wellness

71 Mountainview Rd N
Georgetown
905-873-8729
www.healthspan.ca



BPHE, RAC,
RTCMP

Q: I'm looking for tools to help with stress management. How does Acupuncture work on stress?

A: Stress is a healthy response to events in our lives that may feel beyond our control. When we are healthy and the stress is short-lived, we are able to recover. When the stress is extreme or lasts a long time, our emotional and physical health begin to suffer. This is particularly true for people at this busy time of year.

When we find ourselves in a constant state of "fight or flight", chronic stress takes its toll on our health. The body's stress hormone Cortisol elevates, blood pressure increases and our immune function is suppressed. Over time, these symptoms become worse and can develop into anxiety, depression, fatigue, digestive problems, and tension headaches.

Research explains that acupuncture reduces stress and its ill effects by releasing natural pain-killing chemicals in the brain called endorphins. In addition, acupuncture improves circulation of blood throughout the body, which oxygenates the tissues and cycles out cortisol and other waste chemicals. The calming nature of acupuncture also decreases the heart rate, lowers blood pressure and relaxes the muscles. Acupuncture is extremely effective at down-regulating an over-stimulated nervous system.