

# Blades grab first by blasting Raiders

**EAMONN MAHER**  
Staff Writer

Winners of 18 of their last 19 games, the Oakville Blades took over first place in the OHA Provincial Jr. A Hockey League's West Division on the weekend with a sound 8-1 trouncing of the host Georgetown Raiders on Saturday evening at the Alcott Arena.

If fifth-place Georgetown was beginning to build some confidence thanks to a modest three-game win streak, which included a comeback 8-4 triumph in Streetsville Friday night, the 27-5-1-1 Blades dismantled the Raiders in front of about 350 mostly quiet spectators.

The home side was able to keep up for a while, outshooting the Blades 12-9 in the first period, but still trailed 1-0 and went on to drop its fourth game in four tries this season versus Oakville. Georgetown didn't score until there was two minutes remaining in the contest and was outshot 35-8 through the final two periods.

"Oakville's the best team I've seen so far. They come at you pretty hard and I think that was probably the worst performance that I've seen from us, even before I started here (last month)," said Raiders' coach James Richmond. "We got into penalty trouble, didn't get the loose pucks and once we got behind, we started trying to do too much and got caught out of position. Like they say, though, hard work creates luck and good bounces and we've seen now what it's going to take to beat (Oakville)."

The 17-8-3-3 Raiders held a team meeting on Monday night prior to practice in order to try to regroup. They'll play host to the improving Mississauga Chargers tonight (Wednesday) at the Alcott Arena beginning at 8 p.m. and will entertain the now second-place Brampton Capitals on Saturday at 7:30 p.m.

Against slumping Streetsville last Friday, the host Derbys took a 2-0 lead into the first intermission before the Raiders struck for five straight goals in the middle stanza, including a hat trick by Ryan Ford en route to victory. Wade Finegan, Matt Carter, Adam DeJong, Kyle Schwende and Spencer Janes had single markers and new goalie Marc Stuart made 24 saves in his Georgetown debut.

Greg Lever had the lone goal in the loss to Oakville. Starting netminder Keaton Hartigan didn't get much support and was lifted after the sixth goal.

George Lovatsis missed the weekend games after being called up to the OHL's Barrie Colts, while top defender Matt Thomson and forward Jeremy Whelan sat out with suspensions. Blueliner Jon Quarrie will miss the next two games for coming to the aid of teammate Peter Mrksic in a late scrap Saturday night.

*(Eamonn Maher can be reached at emaher@independentfreepress.com)*



## Tournament champs

At the Festival of Lights Peewee AA tournament in Niagara Falls, N.Y., the Georgetown Toyota Raiders skated past teams from Michigan, Orangeville and Wheatfield, N.Y. in the preliminary round before beating Duffield 4-2 in the final contest. Members of the team (front, from left) are: Dean Daquano, Jordon Brown, Scott Sheahan. Second row: Matthew Knox, Paul Chiappetta, Tyler Topham, Connor Mortimer, Shane Finlay, Michael Capostagno. Third row: Jarrett Gray, Brett Scafe, Devon Wylde, Alex Freer. Back row: Trainer Ronnie Harlow, Kyle Moore, Nick Farrugia, Mark Hurst, assistant coach Rod Heinz, head coach Shawee Tooley. Absent was Travis Godfrey. *Submitted photo*

# Ask The Professionals

To advertise in this monthly feature, please contact 905-873-0301, ext. 237 or email features@independentfreepress.com

## Elayne Tanner & Associates Inc.



Elayne M. Tanner

**Elayne M. Tanner**  
B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.  
**Counselling & Psychotherapy**

Milton 905-854-0801  
www.etasolutions.com

**Q:** I will be doing visiting over the holidays and I never know what to say to people. How do I fix this?

**A:** The best thing to do to fix this problem is to focus on becoming a good listener and responding to what the other person says, rather than worrying about what topic to initiate. Listening sounds easy but it is probably the hardest part of communication. Some of the things you can do to help you learn to really listen are:

Practice being in the moment and present. Choose a regular task and pay strict attention to your senses while doing it. For example if you are vacuuming, feel the vibration, hear the sounds, notice the smells.

Pay attention as if you are watching a great movie—let the time drift as you listen with complete attention. Even if the other person's conversation is not very interesting, listen to the details because that person trusts you with a portion of their reality.

Listen and respond respectfully. Do not interrupt. Do not minimize. Do not be thinking of your response as the person is talking—just listen. If you let your mind wander, you are filtering, or blocking. If you 'fix' every problem, even when not asked, you are advising or thinking you know better than they do. Sarcasm, joking or always agreeing are also not respectful and make it hard to really listen.

Practice listening skills with a trusted friend by giving eye contact, trying to repeat back what the person has said to you with the details and use open and welcoming body language. Paraphrase when appropriate by saying "it sounds like you are feeling..." Ask questions to get more of the story and make sure cell phones, television and other distractions are minimized as much as possible.

Make the person you are speaking to feel that for this moment, they are the most important person in your life.

*Enjoy your visits and have a very Happy, Healthy and Peaceful Holiday Season!*

**"HELPING YOU HELP YOURSELF."**



## The Natural Choice Naturopathic Clinic Dr. Jennifer Fitzgerald, ND Naturopathic Doctor

2 Guelph St., Georgetown, L7G 3Y9  
Tel: 905-877-9935  
Email: jfitzgerald.nd@gmail.com

**Q:** My husband and I are having difficulties conceiving a child, are there natural alternatives to fertility treatments?

**A:** What you and your husband are experiencing is very common. In fact, 1 in every 5 or 6 couples who try to conceive will have difficulty. Fertility treatments can be expensive and confusing, not to mention extremely stressful for both partners.

There are several options when it comes to treating infertility naturally. In order to determine which types of treatment would be beneficial to you, the cause of infertility first has to be determined. Many factors can contribute to a couples' fertility, including ovulation problems, blocked fallopian tubes, cervical mucus problems and sperm problems. Once the cause is identified, natural therapies can be used to address the issue at hand.

Many times, fertility can be restored simply by correcting underlying nutritional deficiencies, such as B vitamins and folic acid. Acupuncture is very effective at helping women conceive by stimulating ovulation, balancing hormones, removing blockages and strengthening the body. Several herbs, such as vitex, raspberry and red clover are also known for enhancing fertility, balancing hormones and supporting the uterus for implantation. Lifestyle factors such as smoking, exercise and diet can also affect fertility in both men and women and must also be addressed. Natural medicine can also be used to complement conventional fertility treatments, such as fertility drugs like Clomid and in-vitro fertilization, to make the treatments more effective.

If you are having trouble conceiving, or are currently undergoing fertility treatment and would like more information on how Naturopathic Medicine can help you, please give Dr. Jennifer Fitzgerald, ND a call at The Natural Choice today!



## Halton Hills Speech Centre

Division of M. Karen MacKenzie-Stepner Speech-Language Pathology Professional Corporation

211 Guelph St., Suite #5  
Georgetown L7G 5B5

905-873-8400 www.haltonspeech.com



Karen MacKenzie-Stepner

**Q:** My niece is getting extra help from a speech language pathologist because she has an auditory processing disorder. What is auditory processing?

**A:** To answer your question in simple terms, auditory processing is our brain's ability to use what it hears. This is actually a complex process and involves more than just "listening". What we hear or receive through our ears can be called an audible signal (sound). Some people have difficulty processing the information carried by audible signals. The difficulty they have is not due to a hearing impairment or level of intelligence. There are techniques that can be used to improve a child's ability to absorb or process auditory information.

A child who has difficulty processing what he/she hears may appear to be easily distracted, have difficulty following directions and may not understand what was said to him/her. He/she may have difficulty "tuning out environmental sounds" or extraneous stimuli. Generally, a child with an auditory processing disorder has average or above average intelligence and has "normal" hearing. He/she may do well in a one to one situation yet may have noticeable difficulty functioning in a group. Auditory processing problems may be more difficult to identify in a quiet, shy child because he/she may not misbehave in response to difficulties. A child with auditory processing disorders may appear to be inattentive when actually he/she is working very hard to understand. Thank you for your question. If anyone would like more information on speech or language issues, feel free to call the Halton Hills Speech Centre.



**Dr. J.Eric Selnes, Orthodontist**  
BA, BPHE, DDS, MSc, D. Orth, FRCD (C)

103-83 Mill Street, Georgetown Ontario L7G 5E9  
905-873-1066 drselnes@heritageorthodontics.com  
www.heritageorthodontics.com



Dr. J. Eric Selnes  
Orthodontist

**Q:** What about Braces and Mouthguards?

**A:** Many of our patients (both adults and children) participate in a variety of sports activities. The need for safety equipment is obvious, including dental protection. With or without braces, dental protection is critical, and mouthguards form an essential component of your dental safety.

In a study published in *Athletic Training*, the highest dental injury rate occurred in basketball, followed by ice hockey, lacrosse, football, soccer, baseball and volleyball. As well, researchers at the *National Institute of Dental Research* have shown that 11-18% percent of all sports related injuries are to the face. The *Canadian and American Dental Associations* recommend the use of mouthguards when participating in the following sports:

Acrobatics, Baseball, Basketball, Boxing, Cycling, Discus, Equestrian, Field Hockey, Football, Gymnastics, Handball, Hockey, Lacrosse, Martial Arts, Motocross, Racquetball, Rugby, Shotput, Skateboarding, Skiing, Skydiving, Soccer, Squash, Surfing, Trampoline, Tennis, Volleyball, Waterpolo, Weightlifting, Wrestling.

Mouthguards help prevent injury to not only the teeth, but also the mouth, lips, cheeks, gums, tongue, T-M (jaw) joint and even the brain. This is because a force applied to the lower jaw is transmitted directly to the skull base and brain through the jaw joint resulting in possible injuries to the jaw or even concussion.

Custom fitted mouthguards (made by your Dentist or Orthodontist) may be the most effective in preventing and reducing injuries. During orthodontic treatment however, a "formable" mouthguard will be needed since the teeth are changing positions over time. We recommend the use of a non-conforming thermoplastic sports mouthguard with a high Energy Absorption Index (EAI) until your treatment has ended. Once orthodontic treatment is complete, your Dentist or Orthodontist can make you a custom fitted mouthguard, which will not only protect your newly corrected teeth from sports injury, but also will enhance the effects of your retainers!

Play safe and have a great Holiday from Heritage Orthodontics.

## ROSS PHYSIOTHERAPY SOLUTIONS

Practical solutions for peak performance  
905-873-7677

318 Guelph St., Georgetown  
Indoor Mall next to Harveys



GERALD ROSS  
H.B.Sc. PT, MCPA, res.CAMT

**Q:** My children play a lot of sports. Should they be stretching to prepare for activity?

**A:** Youthful tissue is more resistant than older tissue to strains and sprains but these types of injuries do occur in children. It is also important to consider that habits formed during youth lay the foundation for adult behavior and from this perspective it is crucial that young people are taught the principles of pre-game preparation and post-game cool down so that they are more likely to enjoy the benefits of being active throughout their lives. Performing drills prior to sports enhances mental alertness and reflex responses and stretching prior to sports exposes the tissues to forces that may be encountered during the sport but do so in a more controlled manner, thus preparing the tissue without the risk of injury. Stretching after activity is one of the best ways to stimulate lengthening of tissues because the tissues are warm and therefore more pliable. This also "wrings out" muscles which possess irritating chemicals such as lactic acid.

## SUSAN S. POWELL BARRISTER & SOLICITOR

**FAMILY LAW**

2 COUNTY COURT BLVD., BRAMPTON  
(1 block south of Steeles at Hwy. 10)  
(905) 455-6677



Susan S. Powell

**Q:** My wife and I have separated and have three young children. I have heard that Collaborative Law is a way to settle issues with less conflict. What is Collaborative Law?

**A:** Collaborative Law is a relatively new way to resolve issues. It is a way of practicing law where the lawyers, who have taken special training, agree to work with you and your wife to reach an efficient, fair and comprehensive settlement of all the issues. Everyone agrees that they will not go to Court while they are negotiating and if you are unable to negotiate a settlement neither lawyer will be able to represent you or your wife in any subsequent Court action. This ensures everyone is committed to the process of negotiating a settlement that satisfies the interest of both you and your wife.