

In the know sports fans get their news in *The Champion* every Tuesday and Friday.

With Bertoli back, Titans starting to roll again

With Scott Bertoli back in the fold, the Trenton Titans have rediscovered their winning ways.

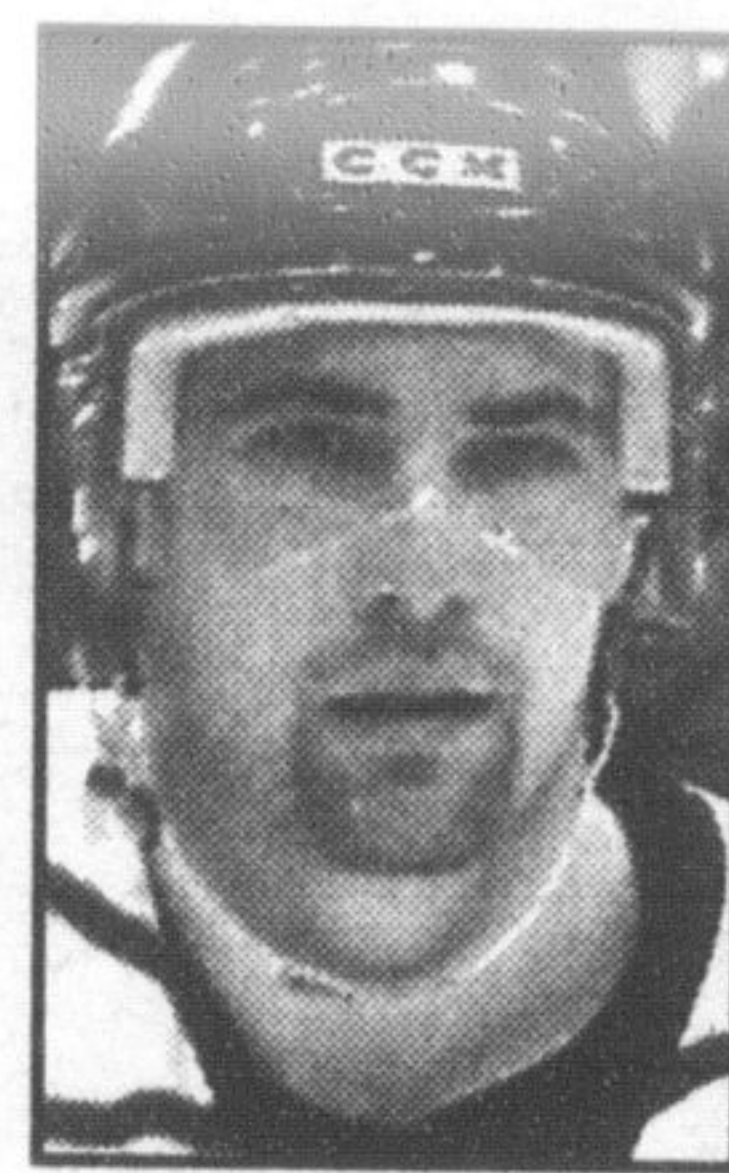
Milton's ECHL veteran spent two-and-a-half months on injury reserve with a torn ulnar ligament — during which time his traditionally powerhouse squad went a mediocre 10-10-5.

But since his January 3 return, Trenton has gotten

back on track — and capped a three-game road sweep Sunday night with a 5-4 shoot-out triumph over Dayton. This extended the Titans' season-high win streak to five.

Bertoli — one the most well-rounded players Milton has ever produced — contributed to all three road victories, including the latest one in Dayton.

He collected three points including a powerplay tying goal midway through third-period



Scott Bertoli

play, which forced overtime and set the stage for Trenton's win.

Before that he sank an empty netter to help eclipse Peoria 3-1 Saturday night and notched the eventual game winner in a 5-4 triumph over Atlantic City January 29. "I'm starting to feel good out there," said the former Milton Merchant and Princeton Tiger. "Things are going well."

Bertoli has averaged more than a point a game since his return, and overall has 11 goals and 19 assists in 23 games this season.

The Titans went on to nip Toledo 1-0 Wednesday night to push their win streak to six.

ANXIETY & PANIC

Ten years ago, Mike Glugosh was a hostage to his own fears and depression. Constantly worried about his health and his own state of mind, he found himself wanting to avoid situations that made him feel anxious such as being alone, going to work and socializing. In time Mike realized he was not alone in his suffering. Anxiety disorder is the number one emotional problem in our country today.

Mike will share the story of his recovery and provide coping skills at a FREE seminar open to the public in your area.

Symptoms of anxiety, panic and depression include heart palpitations, chest pains, dizziness, stomach problems, bewildered &

spaced out feelings, confusion, shortness of breath, scary thoughts, trembling or shaking, nervous or panicky feelings, feeling helpless and hopeless, loss of appetite, excessively tired, and easily prone to guilt.

Generally people fear what



See Mike Glugosh at

Mike calls, "losing control", having a heart attack, embarrassing themselves, or losing their minds.

The Midwest Center For Stress and Anxiety, with whom Mike works, has done stress and anxiety seminars for companies such as Chrysler, AT & T, and McDonald's. They have also been featured on OPRAH, REGIS and KATHY LEE and 'THE VIEW' with BARBARA WALTERS.

If you cannot attend, please call 1-800-318-7766 for information.

The Midwest Center specializes in programs for anxiety, panic and depression.

FREE SEMINAR

No Reservations Needed

Mon. Feb. 10, 7:30-9:15pm Stage West Hotel 5400 Dixie Rd. **MISSISSAUGA**
 Tues. Feb. 11, 7:30-9:15pm Holiday Inn 30 Peel Centre Dr. **BRAMPTON**
 Wed. Feb. 12, 7:30-9:15pm Holiday Inn 590 Argus Rd. **OAKVILLE**

Atom selects golden in Stoney Creek

Milton's atom selects used equal parts drama and dominance to stake themselves as champions at the recent Stoney Creek Winterfest Tournament.

The Winterhawks delivered a generous serving of the latter during the inaugural event's gold medal clash to spank the host Bruins 6-1.

Stoney Creek's only solace came in breaking the local lads' shutout bid with under half-a-minute remaining.

Michael Haringa was red hot until that point and enjoyed ample assistance from his blueline unit. Offensively, Evan Blanchard fueled the title triumph by potting three goals — including the game winner with six minutes left in the opening frame.

Andrew Browne tallied twice, while sinking a back-breaking

deposit in the dying moments of first-period play was Jason MacDonald.

Brandon O'Brien contributed a pair of assists to the lopsided victory.

The championship tilt was a rematch from round two, in which the hosts offered a much stiffer challenge before eventually falling 4-2.

Thrilling semifinal win

Sandwiched between these two contests was, without question, the tournament's high point — at least from an excitement perspective.

Milton's semifinal win over Glanbrook was decided by the narrowest of margins, and not until the fifth session of overtime — at which point the two sides, battling exhaustion as much as each other, were down to just a couple of

skaters each.

It was then that Blanchard took a picturesque pass from Eric Scarffe and slipped one by the opposing cager to finally cement an epic 2-1 showdown.

Haringa shared the spotlight with his first of two near-flawless efforts.

Milton's regulation-time tally came off the stick of Browne, who was set up by MacDonald.

After tying Oakville 4-4 in the first round, the local lads engineered three slim victories — giving up just four goals along the way — to highlight their season.

Making up the rest of the championship squad are Bradley Burkholder, Matthew Campbell, Curtis Campbell, Tyler Garrard, Vikram Kalia, Darren Kennedy, Katie Kluge, Henry Liptay and T.J. Moffett.



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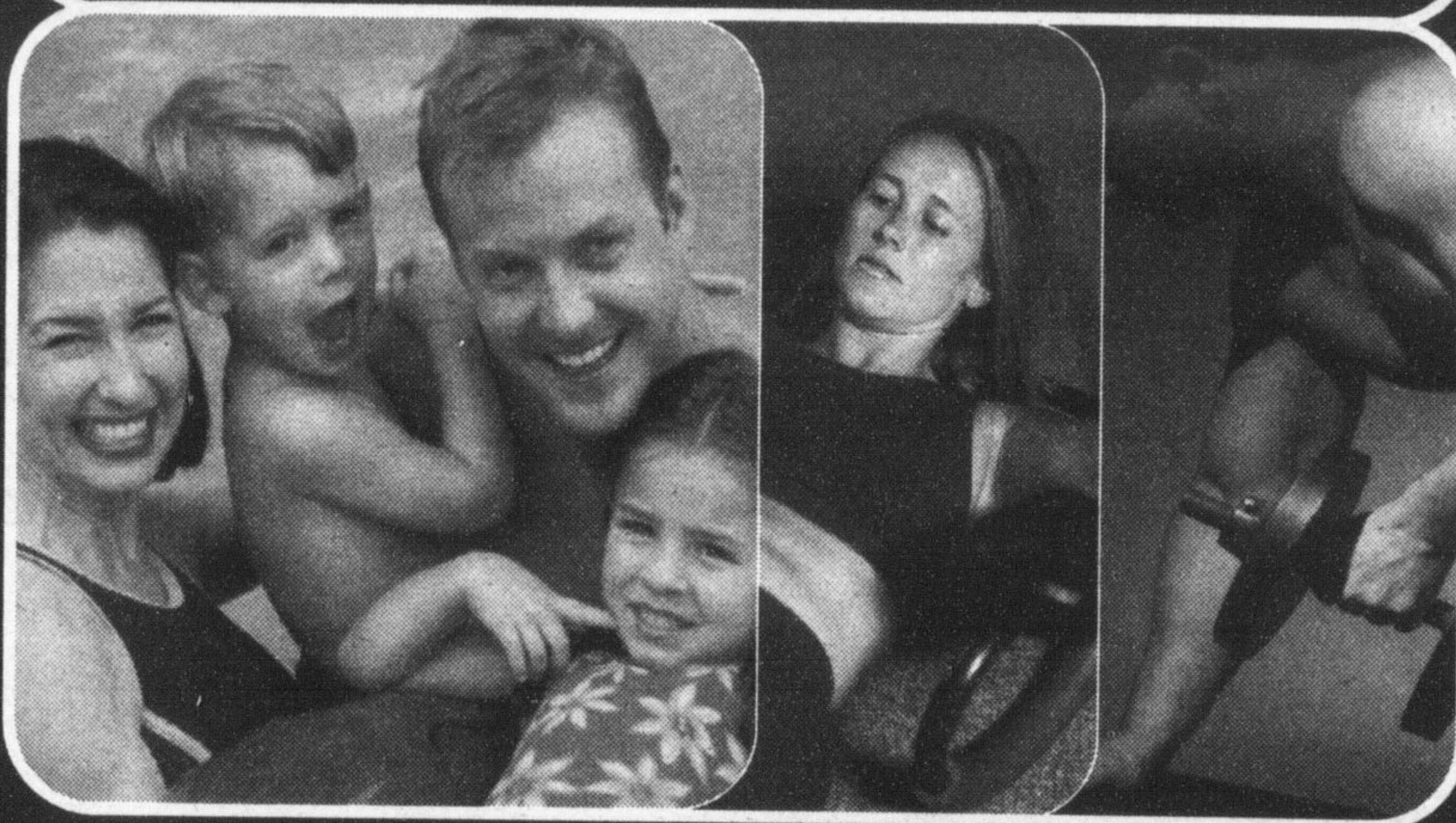
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