

# Farewell, adios, aloha, adieu, goodbye, ciao, so long

The Canadian Champion, Friday, February 9, 1990-14

This is my last column for *The Champion* during my four-month stay.

I am a Co-op student from Milton District High School and had chosen to take journalism which landed me at *The Champion*. It has been quite an experience, never dull, and most memorable.

Covering mostly sports I remember the first game I had to cover. I had been at *The Champion* for just two days and was given the assignment of covering the Blakelock-Milton junior football game.

So there I was sitting in the stands with a big ugly green stenopad writing down any information that I could about the game: where the ball was, the quarterback's name, his shoe size and grandparents' names. I got a little carried away. But I learned with experience and that's



## From My Perspective

with MATT GUINEY

what it's all about.

My Co-op placement at *The Champion* enabled me to become interested in many sporting events which I wouldn't normally attend. I am left with many memories.

I will never forget when the Milton District junior football team won the Halton Tier II Championship with a come from behind upset of Assumption, 16-13. I think anyone else who saw it will remember for a long time. Who would have believed them

coming from behind; down by 13 points with one quarter remaining. Few of the press box personnel, primarily Burlington reporters, felt it was possible. When Milton scored the winning touchdown with eight seconds remaining it was one great moment.

That was my big problem. When I attended games I acted like a fan instead of the unbiased reporter I was supposed to be. Who said it all had to be serious?

I would cheer and yell on the sideline which isn't good when you are within earshot of the officials. Some things are said so they are not to be heard. I always tried to write in an unbiased manner but when covered games in Burlington and Oakville people would know where I was from.

When Milton won the football title,

I yelled and cheered on the sidelines, just like 50 other students from MD. But unfortunately I was on the wrong side of the field and cheered near to 100 depressed Assumption students. It didn't look good.

I also learned that some coaches are not satisfied with anything when it comes to coverage. You know who you are. Some of them want *The Champion* changed to the Milton Mustang and have everything evolve around their particular school.

I can't avoid using this opportunity to make a few quicky predictions about the high school sports I covered this year.

**Boldest Prediction:** The Milton Mustang hockey club will not win the championship this year with their 3-10 record. Now that you are over your shock I'll explain. They are a young team that is one step behind every team. They need this year of experience. They already play with pride and next year should be their year.

**Dream Prediction:** In the junior boys basketball western final, it will be the Milton Mustangs vs. the E.C. Drury Spartans. Both teams are winners and deserve to be there. In the first meeting Milton won 53-47 but the game was at M.D. and this Drury team has not lost at home in two years. It would be a thriller to watch.

**Runnerup:** The Bishop Reding senior boys basketball squad will upset top ranked St. Ignace of Loyola and in that game, Steve Kokej will score 60 points. He is so good that every time I walk into a shoe store I expect to see a shoe with his name on it.

**Two And Still Counting Prediction:** How many championships will Milton junior teams win this year? So far they've won football and girls basketball. Winning both boys basketball and girls volleyball is not out of the question.

The boys are 6-1 and in a tie for first place, while the girls are 5-2 and on a roll by winning a tournament in Hamilton, just before playoff time. I'm going to pick them both to win. Why not? Four titles has a nice ring to it. And there's still junior soccer to play.

Finally I would like to thank the players for the fun and teachers from

all the high schools in Milton for the experience. But mostly I would like to thank the staff at *The Champion* who helped me with my problems and gave me some of the knowledge I needed to succeed where I'm going. Thank you. See ya.

## House League Wrap-up

### MINOR HOCKEY

#### Pre-Novice

**Straight Line Fence 2**  
**Knights Dry Cleaners 1**

Scoring For Straight Line Fence Were Caleb Moffat And Zac Mackay. While Matthew Venturs Replied For Knights.

**Little Firemen 1**  
**Milton Skate Exchange 0**

The Only Goal Scored In This Game Was Scored By Garrett Lauzon Unassisted.

#### Minor Novice

**Bruce Hood Travel 7**  
**Rebekah Lodge 6**

Goal Scorers For The Travellers Were Jarret Konkle And Jason Hill With Two Goals, While Singles Went To Paul Perrot, Jed Cosby And C.J. Munsinger.

Scoring For Rebekah Were Brennan Silk With Three Goals, And Matthew Derec, Trevor Saliba And Michael Austen With One Each, Austen Also Had Three Assists.

**Mike's Barber Shop 5**  
**Bolt Security 1**

Goal Scorers For Mike's Were Brad McKnight, Joseph Tyrrell, Paul Faggion, Matt Vigneault And Matt McCormack. Jordan Jeans Scored For Bolt, Assisted By Chad Merritt.

**Bruce Hood Travel 4**  
**Mike's Barber Shop 1**

Scoring for Bruce Hood were Jason Hill, Stephen Chuchmach, Jarret Konkle and C.J. Hunsinger.

The lone goal for Mike's was scored by Joseph Tyrrell.

**Bolt Security 4**  
**Rebekah Lodge 1**

The goal scorers for Bolt were Jordan Jeans with two goals, while Dylan Hardy and Patrick Grimwood had the others.

The goal scorer for Rebekah was Trevor Saliba.

**Bruce Hood Travel 5**  
**Bolt Security 4**

Goal scorers for Bruce Hood Travel were Jed Cosby with four goals and Jarret Konkle with one. Assists went to Justin Lamigan and Justin Edwards.

Scoring for Bolt Security were Jordan Jeans with three and Ian McGonigle.

**Mike's Barber Shop 3**  
**Rebekah Lodge 2**

Scorers for Mike's Barber Shop were Robbie Inch with two and Paul Faggion with one.

Rebekah Lodge goals were scored by Michael Austen and Matt DeRee.

**Major Novice**  
**Milton Bus Lines 2**  
**As We Grow 1**

The goal scorers for the up-and-coming Bus Liners were Bob Brooks and Michael Copeland. Assist to Jamie Parton.

The goal scorer for As We Grow was Jeremy Robert.

**John's Mobile 11**  
**Bill Currie Royals 5**

The potent John's Mobile team was led by Steven Szafer with four goals, Ryan Bouaskill and Rens Smith with three each, and Marc Jones with one.

The Royals lost despite Michael Depelmaecker's efforts of four goals and one assist. Jamie Lighthall scored a goal while Brad Madden had one assist.

## At physiotherapy clinic

# She found a different treatment

To Lisa Putnam, a student at Milton District High School, her knees hurt.

To Dr. Glenn Surbey, Lisa Putnam has patella-femoral syndrome, a condition to which females are predisposed. Because most females are slightly knock-kneed, and Lisa complained about knee pain primarily when she skied, Dr. Surbey was able to conclude that the patella, or kneecap, is rubbing against the thigh bone, or femur, and causing the painful condition.

"I noticed the pain about a year ago," Lisa says. "It got worse so I went to a doctor who said it was arthritis. A second doctor agreed with the first but the pills they gave me didn't have any affect."

Lisa decided that she should seek out someone with a sports medicine background and went to the clinic at Milton Physiotherapy on Mill Street.

People want to have a specific diagnosis, said Dr. Surbey. He says that the two previous doctors were not wrong, they simply described the condition in general terms and in keeping with their experiences.

"Lisa's been coming here for three weeks," said Judy Boivin, the physiotherapist who runs the clinic.

"She has taping on her knees to help correct the alignment of the knee and she's doing exercises designed to strengthen the muscles on the inside of the legs. The strong muscles take the pressure off the two bones."

The condition could take a couple of months to correct but Lisa will not have to stop her activities. Some conditions can take only a few days to heal, but the build up of muscle and realignment of joints takes time.

Major bruises that can happen to football players can be corrected in a few days with treatment, Ms Boivin explains. But if they are untreated not only do they take longer to heal but calcium can get into the muscles and cause them to lose their strength and flexibility.

"The prognosis for Lisa is good," says Dr. Surbey. "She is able to continue skiing and with physiotherapy we can tell her progress. It all depends on the patient."

"I'm willing to work at it for however long it takes," says Lisa because she knows that she's going to be using those knees for a long, long time.

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