

STAFF PHOTOS/JOERD WITTEVEEN

## SMASHING GOOD

Stouffville Spartan Alex Adam blasts one past Pierre Elliott Trudeau (Markham) players in York Region high schools senior boys volleyball action in Stouffville's gym Tuesday. Trudeau swept Stouffville.

## SPORTS

# Defenceman shoots for own scholarship

BY MICHAEL HAYAKAWA  
mhayakawa@yrmg.com

When the Stouffville Spirit launched its 2011-12 Ontario Junior Hockey League regular season, Paul Geiger was asked to shoulder a rather heavy load.

The 19-year-old Stouffville resident is the lone returnee on defence from a team that advanced to the OJHL semifinals last season.

He's thrived on the added duties and helped the Spirit earn a 5-1 start.

Geiger scored the game-winning goal in the Spirit's dramatic 4-3 overtime victory over the Aurora Tigers Sept. 22.

He's also been among the club's leading scorers with two goals and seven assists in six outings.

If that wasn't enough, the six-foot, three-inch, 210-pound rearguard's performance caught the attention of the Canada East team coaching staff, who invited him to their evaluation camp in Kanata as they prepare their roster for the 2012 World Junior A Challenge in November.

*'I only dressed every third or fourth game, but I had to work hard and it really helped me. I could easily have quit, but I stuck it out.'*

"Sure there's a bit of added responsibility in having a bigger role this year on the team," confirmed Geiger. "But there's no added pressure."

Geiger launched his tier two Jr. A career with the Markham Waxers two years ago.

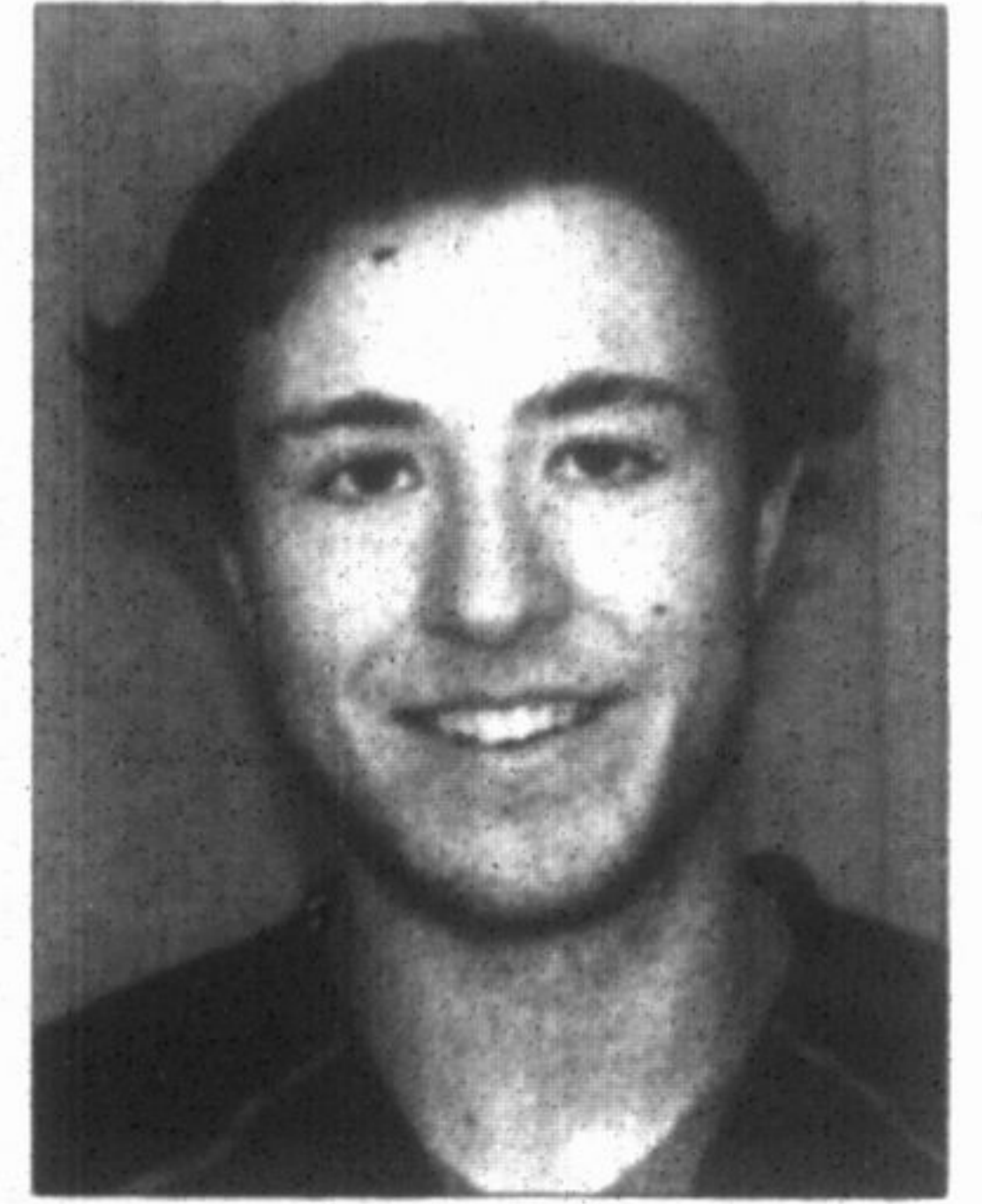
"I only dressed every third or fourth game, but I had to work hard and it really helped me," he said. "I could easily have quit, but I stuck it out."

Joining the Spirit last season where he received far more minutes of ice time, Geiger noted his confidence continued to grow once he became more acclimated to the level of play and competition.

This past offseason, Geiger made it a point to improve his physical strength and stamina. He logged plenty of time in the gym under the supervision of Spirit strength coach Randy Smith.

Sensing Geiger made gigantic strides in his game during the second half of last season and through the postseason, the Spirit coaching staff felt he was ready to take the next step and anointed him as one of their alternate captains.

"I've always wanted to look at myself as a leader," he said. "Being an assistant captain gives added responsibility where I can show



**PAUL GEIGER:** Defenceman has gone from spot duty in Markham to leadership role in Stouffville

the younger guys on the team what it takes."

Spirit head coach Craig Donovan isn't surprised by Geiger's growth.

"He listens and applies what he's been taught," he said. "He plays a smart game and takes a simple approach. But it works. He moves the puck up ice in a simple way and has an active stick as a defender where he can intercept passes."

"The points he's gotten are from his ability to get the puck on net and he wins most of the one-on-one battles."

By taking that approach, Donovan said he wouldn't be surprised down the road if Geiger were to become a coach at some level.

Geiger likes this year's team.

"We're a younger team, but we have more depth and balance. We have four good solid lines up front and we have a good young defence that continues to get better and we have two great goalies in Jon Hall and Knick Dawe," he said.

Launching his minor hockey career when he was four years old in Stouffville, Geiger was in Grade 10 when he played on Stouffville District Secondary School's senior boys' team that won the Ontario Federation of School Athletic Associations AA title.

Geiger credits much of what he's learned in the game to his father, Ross, who played at Cornell University, where Donovan also played.

A sister, Natalie, is on a track scholarship at Notre Dame.

Currently taking part-time courses at York University, Geiger hopes he can follow in their footsteps by earning a collegiate scholarship himself.

"That's the plan," Geiger said.


► The Spirit hosts the Huntsville Otters tomorrow at 2:30 p.m.

# ASK THE Experts

**Global Pet Foods, Stouffville**


Mandy Day

**Is canned food healthy for my Cat?**



Yes, a good quality canned food can be quite beneficial to your cat's health. Overweight cats have a higher risk of diabetes and a canned diet will assist in losing weight and then in maintaining their goal weight. Since cats usually don't drink enough water throughout the day, a canned food diet will also help maintain the health of their urinary tract and could prevent crystals. Cats are carnivores by nature and they need their meat.

Your cat wants you to know that dogs have owners and cats have staff



5892 Main St., Stouffville  
905-640-4400  
(Giant Tiger next to the Beer Store)


**Stouffville Taekwondo Karate Inc.**

Chris Ridabock

**I am concerned about my child's weight - how do I avoid them becoming overweight?**



The age old recipe is still the best one: Healthy eating + lots of exercise yields a healthy weight. Children need lots of calories for growing, but healthy calories. Too much sugar intake in children can lead to obesity and diabetes. Cut out the pop! Make sure your child sees pop and sweets as an occasional treat and not a daily requirement. The first time you cut it down (or out) there will be some resistance, but stay the course and soon watered down juice and an apple wedge or carrot stick will replace pop and cookies or candy. Add in a steady exercise program - we teach Taekwondo, but also play games and even enjoy Hip Hop dance class here. Any safe and fun activity that gets them moving each day will burn those calories. Last, if you are concerned your child is overweight, please contact your pediatrician and get their help and insight!



Chris Ridabock is a Black Belt in Taekwondo and an instructor at STK.  
www.s-t-k.ca 905.591.4STK

**Welcome Home Care**

Holly & Alene Hoover

**Why should I choose Home Care?**



Home care is delivered in the home and keeps families together. We enjoy the comfort of our residences and the joy of being with our loved ones. Home care is a comforting alternative to premature admission to a long-term care facility.

Since most people would prefer to stay in their own homes as long as possible, home care can provide a level of service that is customizable to the client's needs. Home care allows for the maximum amount of freedom for the individual and promotes continuity.

Home care is less expensive than other forms of care and is the preferred form of care. If skilled care is not needed around the clock, home care can allow you to create a customized care plan that meets your needs and your budget.




10860 Ninth Line, Markham  
905.640.2950

**Chartered Accountants**

Anthony Raguseo, CA

**Do you have to file a return?**



Yes if... You have to pay tax for 2011 • CRA sent you a request to file a return • You and your spouse or common-law partner elected to split pension income for 2011 • You want to apply for WITB • You disposed of capital property in 2011 or you realized a taxable capital gain • You have to repay any of your social benefits • You have not repaid all amounts withdrawn from your RRSP under the Home Buyers' Plan or the Lifelong Learning Plan

Even if the above does not apply... You want to claim a refund • You want to apply for the GST/HST credit • You want to begin or continue receiving Canada Child Tax Benefit payments • You want to carry forward or transfer the unused part of your tuition, education and textbook amounts • You want to report income for which you could contribute to an RRSP in order to keep your RRSP deduction limit for future years up to date • You receive the Guaranteed Income Supplement or Allowance benefits under the Old Age Security Program. You can usually renew your benefit simply by filing your return by April 30. If you choose not to file a return, you will have to complete a renewal application form.

Everyone's situation is unique please find more answers at [www.turack.ca](http://www.turack.ca) or contact us directly.

Turack Raguseo Lesti Gilllett LLP, Chartered Accountants  
6335 Main Street Phone: 905-640-1991 Email: info@turack.ca  
Stouffville, ON L4A 1G5 Fax: 905-640-1998