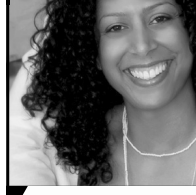


# THERAPY THOUGHTS



**Natalie Haynes**  
 Psychotherapist  
 B.A., R.P.C, R.I.H.R.

## What holds you back?

In her book, "A Return to Love", Marianne Williamson says "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be?"

What stops us from being all that we can be? What fears or beliefs about ourselves do we hold onto that keep us stuck and unhappy? Our beliefs can be unconscious. We may believe that we are not good enough or we will be rejected if we disagree or stand up for ourselves. We may believe we don't deserve to be treated with respect and love. When our beliefs are unconscious they can affect our personal relationships, how we interact with others and how we think about ourselves.

Our beliefs are not too easy to change because they can protect us like a security blanket. It can be uncomfortable to look at the underlying emotions attached to our beliefs. When we do, we take off our security blanket and become open to the opportunity for change and growth.



**905 702-1944**  
 6 Guelph St., Georgetown  
[cornerstonehealth.ca](http://cornerstonehealth.ca)

The Georgetown Dental Clinic Raiders prevailed over host Barrie 4-0 in the fifth-and-deciding game of their OMHA minor midget AA championship series last week to capture the Glen Irwin Memorial Trophy. Team members (from left) are: Head coach Craig Nicolucci (forefront). Second row: Dean Daquano, Adam Mackinnon, David Waters. Third row: Connor Mortimer, Adam Anderson, Tyler Topham, Michael Nicolucci, Will Petryniak. Fourth row: Brett Scace, Kyle Moore, Travis Godfrey, Jordan Brown, Darryl Ward. Fifth row: Bryson Nicolucci, Patrick Reay, Brett Gresswell, Mark Hirst. Back row: Dan Curtis, Rick Fitzpatrick, Mike Daquano, Brad Nicolucci.  
*Submitted photo*



## Sports Briefs

Georgetown's two high schools will face off next week in a fundraising hockey game for a charity of their choice. Admission is \$2 per person.

Christ the King's Jaguars are slated to take on the Georgetown District Rebels on Thursday, April 8 starting at 7:45 p.m. at the Alcott B Arena in a matchup of junior boys' teams.

Organizers hope to fill the rink to its 500-person capacity, with proceeds going to the Heart & Stroke Foundation (CtK) and Earthquake Relief (GDHS).

...

The Ontario Umpires Association (OUA) is once again looking to bolster its ranks.

New and experienced umpires are needed to officiate local high school and evening league games.

Training will be provided for those who need it, and assignments will be supplied by the OUA.

To sign up or for more information, contact OUA president Jim Cottrell at 905-791-0280 or e-mail [Ontario\\_umpires@sympatico.ca](mailto:Ontario_umpires@sympatico.ca)

# Minor midget Raiders prove to be too tough to knock off

Continued from pg. 28

Darren Abernethy. "Progressively, the team got better as the year went on. In the last game against Barrie, everything went just perfectly from the get-go. We went in with our game plan and stayed with it to the end."

The local minor midgets finished the Tri-County league regular season in top spot with a 23-4-1 record, also winning a tournament in Belle River.

### OMHA Championship

**Game 1— Georgetown 2, Barrie 0:**

Darryl Ward, Kyle Moore (G); Jordan Brown (A); Dean Daquano (SO).



**Game 2— Barrie 5, Georgetown 2:** Adam Mackinnon, Tyler Highfield (G); Ward, Adam Anderson (A).

**Game 3— Barrie 4, Georgetown 0**

**Game 4— Georgetown 4, Barrie 3:** Tyler Topham, Patrick Reay (G, A); Michael Nicolucci, Bryson Nicolucci (G); Brett Scace, Ward (A); Daquano (W).

**Game 5— Georgetown 4, Barrie 0:** Brown (G, A); Brett Gresswell, Anderson, Will Petryniak (G); M.Nicolucci, Reay (2A); B.Nicolucci (A); Daquano (SO).

## Sign-up NOW for SPRING & SUMMER!!

		with <b>SHERRY LAWSON</b>		<b>SPRING SESSION</b> Monday, Apr. 12th to Wed, June 30th, 2010 For registration please call 519-833-9402		
<b>Terra Cotta Community Centre</b> (High Street, Terra Cotta, 15 mins. from Georgetown)		<b>Hillcrest Church</b> (5th Sideroad & Trafalgar across from Pineview Public School)		<b>St. Andrews United Church</b> (Mountainview & Sinclair, Georgetown)		
* MON. 7:30 pm - 9:00 pm	Beg/Inter 11 wks	THURS. 8:00 pm - 9:30 pm	Beg/Inter 11 wks	* FRI. 8:00 pm - 9:30 pm	Beg/Inter 10 wks	
TUES. MEDITATION 9:15 am - 9:55 am	(no charge) 11 wks					
TUES. 10:00 am - 11:30 am	Beg/Inter 11 wks					
TUES. 7:30 pm - 9:00 pm	Int/Exper 11 wks					
WED. 7:30 pm - 9:00 pm	Beg/Inter 11 wks					
<b>Rampulla's Martial Arts</b> (14 Main St., South)		*No classes Friday or Monday Victoria Day Holiday				
TUES. 1:00 pm - 2:30 pm	Beg/Inter 11 wks					

## Yoga Calm Studio

*Sessions Starts Sunday April 7*

Stretch, move, meditate.  
 Pre-registration required.  
 Sunday Mornings / Weekday Evenings  
 10 week Sessions  
 No experience necessary but all levels accepted

[www.yogacalm.ca](http://www.yogacalm.ca) 905-703-0418 email: [yogacalm@yahoo.ca](mailto:yogacalm@yahoo.ca)



# DRUM LESSONS

- beginner to advanced level - private instruction -  
 - pro equipment - flexible hours - \$20 per 45 minutes -  
 - lesson recording capabilities with take home audio cd -

77 King Street (near GO Trains) in Georgetown **416.819.2377**  
 For Spring & Summer Registration Special Features please call  
 Amy Sykes 905-873-0301 ext. 235 or e-mail [features@independentfreepress.com](mailto:features@independentfreepress.com)

## Georgetown Slopitch

*Invites you to play ball.*

An information meeting for new teams, players and umpires will be held on Thursday, Feb. 25 at 7:00 pm at the McGibbon Hotel.

League commitment fees of \$400 are due by March 11, 2010.

GSL is open to men and women 19 or over.

Please visit our website at [www.georgetownsslopitch.com](http://www.georgetownsslopitch.com) for more information.

Sponsors welcomed.

Space is limited so act now!

*We encourage new teams and new players to joins us.*



# A GOOD REASON TO SHOP LOCAL

Shopping local saves the environment. We are all aware of CO2 emissions and our environmental impact. Local shops do not require long car & bus journeys to get to, help reduce our global footprint.  
 So... shop smart, shop our local stores... stay healthy!



**SHOP LOCAL**  
 SHOP SMART... SHOP HALTON HILLS