

# SPORTS

## Peewee Eagles best in Brantford

The first tournament championship for the newly formed Halton Hills Minor Baseball Association was won by the peewee AA Eagles late last month in Brantford.

The Eagles lost their first game of the 10-team tournament to Cambridge, but re-grouped and took their next five games, including three victories over 21 innings on

the final day of play.

**Preliminary round — Cambridge Cubs 9, Halton Hills 7; Halton Hills 13, North York Blues 5; Halton Hills 11, Waterloo 6**

**Quarterfinal — Halton Hills 8, Royal York Cardinals 6; Semifinal — Halton Hills 12, Cambridge Cubs 3; Championship — Halton Hills 10, Brantford Red Sox 5**



Georgetown defeated the Thornhill Azzuri 4-3 on penalties to take top spot at an under-14 boys' soccer tourney in Scarborough. Team members, starting at forefront, are: Goalkeeper Joshua Tavares. Second row: From left, Daniel Nascimento, Sean Martincourt, Thomas Wharton. Third row: Nathaniel Ward, Tristan Toste, Paola Carriero, James Scott, Malek BenMusa, Sabastian Woods, Kodi Trumble. Back row: Assistant coach Neil Robshaw, assistant manager Victoria Carlucci, head coach Mark Carlucci, Henry Walter, Chandler Mokrenko, Christopher Bowen, Mohammad Hassan, Kelso Schneider, Devin Guest, team Manager Julie Trumble. Missing: Claudio Prezio-Lucia. *Submitted photo*

## U-14 Mustangs strike gold at West Rouge Challenge

The Georgetown under-14 boys' Mustangs earned the Gold Division title at the Scarborough West Rouge Challenge Youth Soccer Tournament late last month after beat-

ing the Thornhill Azzuri on penalty kicks in the finals, 4-3.

The Mustangs were undefeated in the tournament, allowing no goals against.



A 10-5 victory over the host Brantford Red Sox clinched the Brantford Peewee Open Minor Baseball Tournament recently for the Halton Hills Eagles. Team members, front, from left, are: Tanner McKee, Ryan Basha, Noah Warkentin, Nick Theim, Owen Mattan, Caleb Douglas. Back row: Coaches Paul Alves, Louis Galvao, Davis Young, Connor Brearley, Nathan Galvao, Liam Gault, Sam Birk, Jackson Nelson-Alves, coach Greg Warkentin. *Submitted photo*

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**Q:** I understand that gum disease is icky and can cause gum recession and bone loss, but doesn't my bone grow back after I get my teeth cleaned?

**A:** Oh how we wish that were true. If that were the case, your hygienist and dentist would be super cool with you missing a few regularly scheduled appointments. You know, showing up a couple years later with bleeding gums and getting tons of stuff cleaned out of the pockets under your gums. We would probably be like "Oh, that's ok, your body will forgive you and grow some *magical* new bone around your teeth once we get them clean. By the way, when did you grow the mustache? And somehow I remember you having more hair..." But we are the opposite of cool about it because we know that gum disease can be a slippery slope. You lose more bone, you get deeper pockets around the teeth which makes them harder to keep clean. And If you want to get your bone and gums back after they have been lost, it involves harvesting the tissue from somewhere else or someone else (!) and grafting it back onto you. It's costly, uncomfortable and ...eww. Grafting can work pretty well for gums, but dental science is still not so great at replacing bone lost from gum disease. So keep seeing us on the regular and we will avoid all that unpleasantness.



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### Forgiveness is Not All it's Cut Out to be!

Many people believe that in order to heal they need to forgive. This is not necessarily the case. Not everything can be fixed and forgiven. There is a current idea that forgiveness is some kind of healing balm for the person who forgives.

Even when the offending party acknowledges their transgression, it may still not feel right to forgive. The hurt may just be too deep. However, the opposite of forgiveness - holding a grudge - may not be the solution either. Resentment and holding a grudge is like poison and will only torment you and nobody else.

People often struggle with moving on and find themselves stuck with hurt and anger at the person who committed the transgression. I invite you to consider that even if someone does not feel able to forgive, they will benefit from finding a way to "let it go" in order to move on. Yes you can "let it go" without forgiving.

The decision to let go is for your own benefit and will let you release the tormenting thoughts that perpetuate the upsetting feelings. It means you choose to stop investing any emotional energy into the issue.

Relationships are complex and often require that we let go in order to carry on. If you find yourself at an impasse and struggle with forgiveness vs. letting go, seeking the help of a therapist may assist you through the process.

To learn more about letting go, contact Manon Dulude, Registered Psychotherapist at [info@forgecoachingandconsulting.com](mailto:info@forgecoachingandconsulting.com) or call 905-873-9393