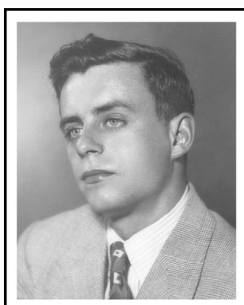


DEATHS



FANCY, Gordon Vincent BSC, P. ENG.
April 26th, 1930 - September 5th, 2012

After a long and courageous battle with ALS, surrounded by his family on Wednesday September 5th, 2012. Amazing and loving husband of Anne (Yrcha) for 58 years. Brother of Garry Fancy (Lydia) of Ottawa. Dedicated father of Susan, Heather (and Derek), Lin (and Mike), Jennifer (and Christian), devout and proud grandfather to Jeremy, Esme, Solange, Jacob and Roman. Gordon was born in Sudbury, Ontario and spent a large portion of his years there and in White River. He then attended Queen's University where he graduated in 1959 with a degree in Civil Engineering. Gordon spent his life long career as a Municipal Engineer in Guelph, Preston, London, Georgetown, then working many years at Cadillac Fairview. His true passions were cultivated in his spare time which was spent travelling, creating photography and promoting jazz concerts. An enormous thank you to the entire Critical Care staff at Credit Valley Hospital where Gordon spent the final 2 years of his life. Their incredible kindness to Gordon and Anne made their final days together extremely special. Gordon's unique sense of humour and his passion for life and jazz will be greatly missed. A Funeral was held on Monday, September 10th, 2012 at 11:00 am at St. George's Anglican Church, 60 Guelph Street (Highway 7), Georgetown, Ontario. In lieu of flowers donations to the ALS society or Credit Valley Hospital would be appreciated. To send expressions of sympathy visit

www.jsjonesandsonfuneralhome.com

DEATHS



BALLENTINE, William Roy

It is with great sadness that we announce the unexpected passing of Roy Ballentine, in his 86th year, on Friday September 7th, 2012 at the Georgetown and District Memorial Hospital. Devoted husband to Betty (nee Young) for 61 years. Predeceased by his parents William and Mary Ballentine and his three brothers Ross, Les and Ken. Loving dad to Mary Jane (Vince) and Doug (Lucienne). Loved grandpa to Matthew (Renate), Amanda (Ryan), Dustin and Jeremy and a special uncle to many nieces and nephews. Roy worked for Bell Canada for 40 years and was an active member of the Telephone Pioneers of America. He gladly volunteered his time to one and all and was an active Georgetown city councillor, volunteer ambulance driver, baseball and hockey coach and when time permitted he drove for the Cancer Assistance Services of Halton Hills. Roy was a gentleman and a gentle man, he will be greatly missed. Friends were received at the J.S. Jones & Son Funeral Home, 11582 Trafalgar Road, north of Maple Avenue, Georgetown 905-877-3631 on Monday September 10th from 2-4 and 7-9 pm. Funeral Service will be held in the chapel on Tuesday September 11th, 2012 at 10:00 am. Interment to follow at Hillcrest Cemetery, Norval. If desired, memorial donations may be made in lieu of flowers to the Georgetown Hospital Foundation or to the Cancer Assistance Services of Halton Hills. To send expressions of sympathy visit

www.jsjonesandsonfuneralhome.com

DEATHS

BOUSKILL, Catherine Mary Haines
December 13th, 1929 - September 9th, 2012

Another star is in Heaven - After a long and courageous battle Cathy passed on Sunday September 9th, 2012, surrounded by her loving family. Amazing mother, grandmother, and friend she leaves behind companion, Horst Bernhardt, her beloved daughter Mary-Jane ("Jani") and son Rob (and Correen). She will be greatly missed by grandchildren Craig-Ryan, Cecile, Chandal, Lisa, Bobby, Tara, David ("Duke") and Andrea. Friends will be received at the J.S. Jones & Son Funeral Home, 11582 Trafalgar Road, north of Maple Avenue, Georgetown, 905-877-3631 on Thursday September 13th, 2012 from 2-4 and 7-9 pm. Funeral Service will occur at her much-loved St. Alban's Anglican Church, 537 Main Street, Glen Williams, 905-877-8323 on Friday September 14th, 2012 at 2:00 pm. Reception held immediately following services at St. Alban's Hall. If desired, contributions to St. Alban's Anglican Church would be appreciated. To send expressions of sympathy visit

www.jsjonesandsonfuneralhome.com

MILLESE, Jeannette

After a brief illness, on Saturday, September 8th, 2012 at the Georgetown Hospital. Jeannette, 82 years of age, wife of the late Leo Millesse. Loving mother of Peter (P.J.) and his wife Christine, Tessa of Australia and the late Juanita. Proud and loving Oma of Hailey and Brookelyn. Dear friend and Oma J. of Allison and Derek Hendriks and their children Aaron Harrison and Thomas. Sadly missed by her best friend Marjorie Allan. Friends will be received at the J.S. Jones & Son Funeral Home, 11582 Trafalgar Road, north of Maple Avenue, Georgetown 905-877-3631 on Wednesday, September 12th from 2-4 and 7-9 pm. Funeral Service will be held in the chapel on Thursday, September 13th, 2012 at 11:00 am. Interment Greenwood Cemetery, Georgetown. In memory, contributions to Operation Smile or the Salvation Army would be appreciated. To send expressions of sympathy visit

www.jsjonesandsonfunerlhome.com

DAVIS, Penny Lynn

August 26th, 1960 - September 9th, 2012

With broken hearts we announce the passing of Penny Davis after a long and courageous battle with cancer, surrounded by her family, on Sunday, September 9th, 2012. Loving daughter of Shirley and the late Robert (1997). Sister of Barbara (Tom), Linda (Kevin), Bill (Lisa) and Marilu (Gary). Forever in the hearts of her nieces and nephews Sherilu (Tyler), Robert (Diana), Jennifer, Kathryn, Eric, Kristyn, Sarah, Kaitlin and Stephen. Great-aunt to Cameron, Trevor, Jason, Jaden and baby Robert. Penny was a very caring and compassionate person who loved life. Friends will be received at the J.S. Jones & Son Funeral Home, 11582 Trafalgar Road, north of Maple Avenue, Georgetown 905-877-3631 on Thursday, September 13th from 7-9 pm. Memorial service will be held in the chapel on Friday, September 14th, 2012 at 11:00 am with visitation from 10-11. Cremation has taken place. In lieu of flowers, donations to the Norval Presbyterian Church or the Cancer Assistance Services of Halton Hills would be appreciated. To send expressions of sympathy visit

www.jsjonesandsonfuneralhome.com

PANTLING, Douglas Kenneth

Passed away after a brief illness, on Wednesday September 5th, 2012 at the Georgetown Hospital. He was predeceased by his wife Sheila Doreen (Millburn), survived by his children Dianne (Doug) Penrice, Geoffrey (Brenda) Pantling and Patricia (Randy) Pantling. Grandfather to Sandie (Grant) Harris, Chris (Stacy) Penrice and Virginia Pantling and great-grandfather to Rachelle, Ryley and Janica. Doug was a long time employee of Ford Motor Company of Oakville and a skilled tool and die maker. He enjoyed gardening, fishing, photography, dancing and singing in his various choirs. Friends were received at the J.S. Jones & Son Funeral Home, 11582 Trafalgar Road, north of Maple Avenue, Georgetown 905-877-3631 on Monday from 7-9 pm. Funeral service was held in the chapel on Tuesday September 11th, 2012 at 1:00 pm. Interment Greenwood Cemetery, Georgetown. In memory contributions to the Salvation Army or the Georgetown Hospital Foundation would be appreciated. To send expressions of sympathy visit

www.jsjonesandsonfuneralhome.com

SUNTER, Charles
1941 - 2012

Passed away suddenly July 30th, 2012 at his home in Acton. Son of the late Marion (2012) and Errett (1965), brother of Margaret Tolton (late Fred). Uncle of Debbie and Terry Layton, Brenda Tolton and her partner John, and great uncle to Nichole Everett. Cremation has taken place. Friends and family are invited to attend a graveside service September 15th, 2012 at 2:00 pm, Everton Ontario Cemetery. In memory donations to a charity of your choice will be appreciated.

**For Classified call
Kristie
905-873-0301**

Ask the Professionals

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Georgetown, Ontario
Tel: (905) 877-8668
Fax: (905) 877-4165



Marta Masley
B.Sc.(PT), M.C.P.A.

Q: My 12 year old child has been complaining of back pain ever since school started this fall. I'm wondering if she is carrying her backpack incorrectly.

A: Children that carry backpacks incorrectly, or that carry the wrong type of backpack, may develop bad posture, muscle tension and back pain. This can even progress to an unhealthy back as an adult.

First of all, make sure that your child is utilizing both shoulder straps, not just one - which seems to be the "fad" lately. The straps should have thicker padding as not to dig into the shoulder muscles and collarbone.

Secondly, avoid backpacks that have only one large compartment. This will cause all the weight to drop to the bottom and press into the lower back. This, with the pull of the straps on the shoulders, will cause your child to lean back and hyperextend the lower back. Subsequently, a muscle strain will develop.

Make sure that your child is not carrying unnecessary items to school. Heavier items should be placed closer to the top of the pack, with lighter items (such as sweaters, etc.) in the bottom. Lighter items can also be placed in the pockets and smaller compartments.

A good rule of thumb with respect to how heavy a backpack should be: before puberty, children should not carry more than 10% of their weight, and after puberty they can carry up to 20%. An ideal backpack will also have padding along the spine.

Since children spend years taking their backpacks to and from school, it is possible that even young children can develop postural problems, chronic tightness and tension. Rather than treating the problems afterwards, it is best if they can be prevented.

Elayne Tanner & Associates Inc.

Elayne M. Tanner

Doctor/PhD, RSW, BA, BSW, MSW, Dip Soc Adm
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www.etasolutions.com

Q: What should I look for in a psychotherapist? I have some long term childhood trauma issues that I want to deal with and do not want to start and have to change therapists along the way. I'm in for the long haul. How do I find someone who can handle this?

A: There are a number of things you should look for when starting out to work with a psychotherapist. First, you must feel that the person is someone that you can work with. You have to like their personality and be able to develop a good working relationship with them. Part of that will mean being able to respect them: their integrity; qualifications; intelligence; education and personal ethics. You want someone who will challenge your misperceptions and not tell you just what you want to hear and who has adequate intelligence and education to be able to guide you. If the individual is not a member of a professional college licensing psychotherapists, remember, anyone can use the terms counsellor or therapist without education or training. Don't hesitate to ask about credentials and licensing. There is no degree that "it's just the same as..." applies to. Many people have told me that their 6 month diploma is just the same as my many degrees and years of training. It is not. Furthermore, without licensing these psychotherapists also are unable to carry malpractice insurance. If they cause you harm you have no recourse. You want a psychotherapist who has a good track record—this would be someone who has been in business in the same area for many years; who is not always taking time off but instead, works enough hours a week so that their practice is not merely a "hobby". You will want to be sure that your psychotherapist is well versed in many modalities of psychotherapy and can draw from many different knowledge bases when needed. Although price may be a concern, it should not be the determining factor. If one person charges less than all others, you must ask yourself why they can afford to do that. Lastly, you will want to make sure that not only do you like and feel comfortable with your psychotherapist, but that they have specialized skill, knowledge and training in the issues that you will be working on with them.

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(905) 877-CARE (2273)

Q: How old would you say children should be for their first dental exam? Five or Six? In years past, it was rare for a child to see a dentist before five or six years old. Would most dentists agree that is too long to wait?

A: Today, most dentists recommend the first dental exam to be scheduled around the age of two. Because not all the teeth are present, this visit is mostly a consultation. Parents can ask questions about their child's teeth. The dentist can also show how to best clean the infant's teeth and advise the parents on the best dietary habits for their child's optimum development. This visit also helps the child to realize the dental office isn't something fear. As the child gets older, it is important that the parents not discuss their own negative experiences with dentists. Questions should be answered truthfully and with a positive attitude. Modern day dentistry is much better than when we were children. Keeping your children's teeth healthy begins with timely visits to your dentist.

PROFESSIONALS WANTED

to inform our readers & answer their questions

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Contact Amy Sykes in Special Features

to find out about our booking specials

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asykes@theifp.ca

"Knowledge is of no value unless you put it into practice."
~ Anton Chekhov