

**DEATH**



**HEWSON, George**  
Veteran of WWII

Of Sauble Beach, peacefully at Grey Bruce Health Services Warton surrounded by the love of his family on Thursdays, August 9th, 2007. George Carruthers Hewson at the age of 84 years. Loving husband and best friend of 35 years to Dorie Ridley. Cherished father of Lyn and her husband Russ Lusted, of Richmond Hill; John and his wife Carol, of Mississauga; Brian and his wife Barb, of Acton; Kathy and her husband Paul Nichol, of Lindsay; Mark and his wife Melanie, of Georgetown; and Jocelyn and her husband Harold Hunt, of Vancouver. Devoted grandfather of Rebecca, Tyler, Sierra, Hannah, Laura, Ted, Emily, Sarah, Connor, Sheldon and Amelia. Sadly missed by his good friend Steve Ridley. Predeceased by his sister Phyllis. In keeping with George's wishes there will be a private family service on Tuesday, August 14th, 2007. Cremation has taken place. As an expression of sympathy, donations to the Canadian Cancer Society would be greatly appreciated and can be made through the funeral home. In living memory of George a White Birch tree will be planted in the funeral home meadow by the Thomas C. Whitcroft Funeral Home & Chapel. Arrangements entrusted to the Thomas C. Whitcroft Funeral Home & Chapel, Sauble Beach 519-422-0041. Condolences may be expressed online at [www.whitcroftfuneralhome.com](http://www.whitcroftfuneralhome.com)

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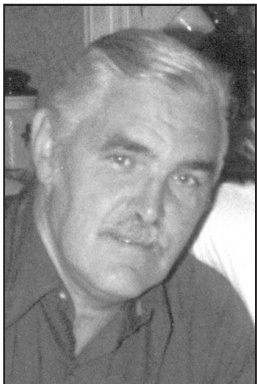
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**IN MEMORIAM**



**McCRACKEN, James**

In loving memory of a dear husband, father and papa who passed away August 15th, 1999. Those whom we love go out of sight, But never out of mind. They are cherished in the hearts, Of those they left behind. Nothing can ever take away, The love a heart holds dear, Fond memories linger every day, Remembrances keeps him near.

*Sadly missed and always remembered.  
Our love always, Shirley, Jim,  
Kelly, Samantha and Taylor*

**RIDLEY, CHRISTOPHER**

An Angel in the book of life,  
Wrote down our baby's birth,  
As she closed the book she whispered,  
Too beautiful for earth.

*Love Mommy, Daddy and Nicholas*

**Ask The Professionals**

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Karen MacKenzie-Stepner

**Q:** My child's teacher has asked me to have him tested for Central Auditory Processing? What is this?

**A:** Central Auditory Processing Disorder is found in some children who have difficulty understanding language in a meaningful way. They do not have a hearing loss but have a listening problem. Many children who have CAP difficulties demonstrate the following behaviours:

- inattentiveness
- short attention span
- say "huh" or "what" frequently
- require directions to be repeated
- need extra time to process auditory information

Children with CAP hear the words but have a problem understanding what is said to them - particularly as the language becomes more complex, is spoken quickly or when there is a lot of noise around them.

An Audiologist will test your child's hearing and identify any processing problems. The Speech-Language Pathologist can also test your child's receptive and expressive language and suggest treatment strategies or ways to improve their listening environment. For more information please call the Centre at 905-873-8400.

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Shari White  
Education Director

**Q:** Hi Shari, do you have some good tips for getting my child ready to go back to school in September?

**A:** If you have children heading back to school in the next two weeks, it's now time to get ready. We're not just talking about binders and lined paper. Two important areas that often get overlooked are sleep and reading. Here are some tips to make the first days back run smoothly:

**1. Sleep**

Sleep is the big one. If you're like most parents, you let bedtimes slide a bit over the summer. Most times children are staying up to watch TV and play video games. These are fun, but can be seriously habit-forming activities. The middle to the end of August (that is, now) is the time to help your child break these habits.

Establish a decent bedtime now — after all the alarm will be going off earlier than you've been used to. Then, start waking up early. We know, it's the last few weeks of the summer — who wants to set the alarm clock? Establishing a wake-up time will alleviate the morning rush, and prevent the afternoon lag in energy.

**2. Reading**

At the same time they're breaking the TV habit, children need to be forming (or re-forming) a different one: reading. Children who haven't touched anything with a cover and pages since June 30 are often surprised to discover that reading is actually fun. Take a trip to the library and choose something to keep them occupied for the last few weeks.

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MANON DULUDE

**Q:** I am dissatisfied with my life and don't know what I want. How can a coach help me clarify what I want for my future?

**A:** When asked about what it is they want, many find themselves with an empty wish list. There are all sorts of reasons and excuses why individuals stop dreaming and wishing for what they want. Lack of vision, confidence, and negative personal beliefs are some of the challenges which interfere with creating a fulfilling life.

I often meet individuals who do not have a clear vision for their future. Whether they scaled down their vision and eventually let go of it due to failures and discouragement or they had achieved their goals and did not think of setting new ones, many are left with little direction and fall into an unchallenging routine.

The unfortunate impact of an unchallenging routine can be a sense of boredom and futility. When individuals are in that state of mind, they sometimes make poor choices in an attempt to shake the boredom they live.

Coaching is a process meant to assist one to look beyond their self-imposed limits where an exciting life vision, goals and "WANTS" have a place. Your coach will; challenge your mindset, invite you to redesign a comprehensive life vision, set goals, and take control of your personal, professional and financial future. Coaching assists you in breaking down your vision into manageable steps and keeps you focused on working through them. Your coach will emotionally support you and encourage you to creatively overcome your obstacles.

Whether you want to take your business or career to the next level, reach a particularly challenging personal goal, or plan the next phase of your life, working with a coach is an effective approach to achieving personal clarity and success. Your coach will get you through the foggy patches and keep you inspired to stay the course.

*Manon Dulude is a Certified Professional Coach with the International Coach Federation. She works with individuals and businesses. She can be reached at 905 873 9393.*

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**Q:** I have heard of Parenting Coordination services for parents who no longer live together. What is it?

**A:** We offer this specialized service that includes mediation, education, coaching, and at times, a referral to arbitration between parties who are in conflict about the needs of their children or how to meet those needs in separation and divorce cases. Parenting Coordination (PC) is a dispute resolution service for low, moderate or high conflict couples who don't always see eye to eye on issues related to their children. A PC can help when the parents need ongoing assistance to resolve issues as they arise, well beyond what any court order can address or resolve. The PC helps the parties to further define or interpret the terms of the order or agreement and to work out issues not addressed by those documents as they come up. The PC acts as a coach/educator/facilitator who attempts to minimize parental conflict and enhance parallel parenting, cooperation, and mutual respect. This involves helping parents to develop more effective problem solving skills and strategies, to communicate better with each other, and to understand relevant child development principles. Call us or visit our website at [www.pccs.ca](http://www.pccs.ca) for more information.

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DR. ANOOP SAYAL

**Q:** How does tobacco affect my dental health?

**A:** You've heard it all before. Tobacco use in any form is unhealthy. It weakens your lungs, your circulation and other systems in your body. It is estimated that every cigarette shortens the smoker's life by fourteen minutes.

Nicotine is also harmful to your teeth and gums. Nicotine stains on the teeth are a minor problem. The irritation from cigarettes, chewing tobacco or "snuff" can be a major problem. Your gums' resistance to infections and bacteria is lowered because of a diminished blood supply. Nicotine, from any source, causes a narrowing of the blood vessels within the tissues of the mouth. To make a bad situation worse, smokers are not only statistically more likely to develop gum disease, but they usually have it worse than non-smokers.

Even more serious, though, is the fact that oral cancer is quite common among smokers. A tumor may form inside the mouth, usually the tongue, and potentially spread to other parts of the body. Whether you smoke or not, regular dental visits are a must for long-term dental health.

**More Reasons to Shop Local**

**2. Shopping local saves you money.**

Out of town shops have done a good job of convincing us all that sole traders = expensive, but the evidence just isn't there to back this up. If you add in travel, parking costs, fees to transport larger items home and your time, the overall cost is often much higher!

**6. Shopping local creates jobs.**

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