

**Birth Notices**



**COMELY (ALDERTON)** – A new adventure has begun! Kelley & Dave are thrilled to announce the safe arrival of

**RILEY ROBERT COMELY**  
Born July 22nd, 2010 at 10:43 pm  
entering the world weighing 7lbs 15 oz.

RILEY was excitedly welcomed by first time Nana Diane Alderton & Papa Bob Alderton sends kisses from Heaven, along with first time Grandparents Marijana & Tim Comely, Uncles Randy & Jeff Alderton and Michael Comely. Also sharing the joy are Great Grandparents Shirley & Don MacLeod and Muriel Berry.

**In Memoriams**

**Alderton, Bob**  
In loving memory of our beloved Husband, Father & Grandfather who was taken too soon, October 15, 2009.

No one knows how much we miss you,  
No one knows the bitter pain we have suffered since we lost you,  
Life has never been the same.  
In our hearts your memory lingers,  
sweetly tender, fond & true  
There is not a day that we do not think of you.

Always in our minds, forever in our hearts.  
Love Diane, Randy, Jeff, Kelley,  
Dave & Riley

**Obituaries**

**NUSSELEIN, Ada Mary**

Peacefully after a lengthy illness at West Park Health Care Centre on Saturday October 16, 2010 at the age of 76. Predeceased by her beloved husband Frans. Loving mother of Marianne (Arnold) Fuller, Irene (John) DeVries, and Carla (John) Nadin. Oma to Colleen, Danielle, Jay, Micheal, Amanda and Danny. She is also lovingly remembered by family in Holland. Visitors will be received at the J. SCOTT EARLY FUNERAL HOME, 21 James St., Milton (905) 878-2669 on Tuesday from 2 - 4 & 7 - 9 p.m. A funeral service will take place in the funeral home chapel on Wednesday October 20, 2010 at 10 a.m. If desired, memorial donations to the Lung Association would be sincerely appreciated. Condolences and donations online at [www.earlyfuneralhome.com](http://www.earlyfuneralhome.com)



The Canadian Champion would like to express sincere and heart-felt condolences to those who have lost their loved ones.

**Obituaries**

**DAIROU, David**

Peacefully, after a lengthy illness at Lakeridge Health Centre Bowmanville on Saturday October 16, 2010 at the age of 66. David Dairou, loving father of Lisa and her husband Tim Wiens and Al and his wife Angie. Proud Grandpa of Konnor Wiens. Brother of Adrian Dairou and Linda Spagnolatti. A memorial service will take place from the chapel of J. SCOTT EARLY FUNERAL HOME, 21 James St., Milton (905) 878-2669 on Wednesday October 20, 2010 at 2:00 p.m. In lieu of flowers, donations in memory of David to the Ontario Shores, 700 Gordon St., Whitby L1N 5S9 would be sincerely appreciated by his family. Condolences and donations online at [www.earlyfuneralhome.com](http://www.earlyfuneralhome.com)



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anniversaries  
& obituaries



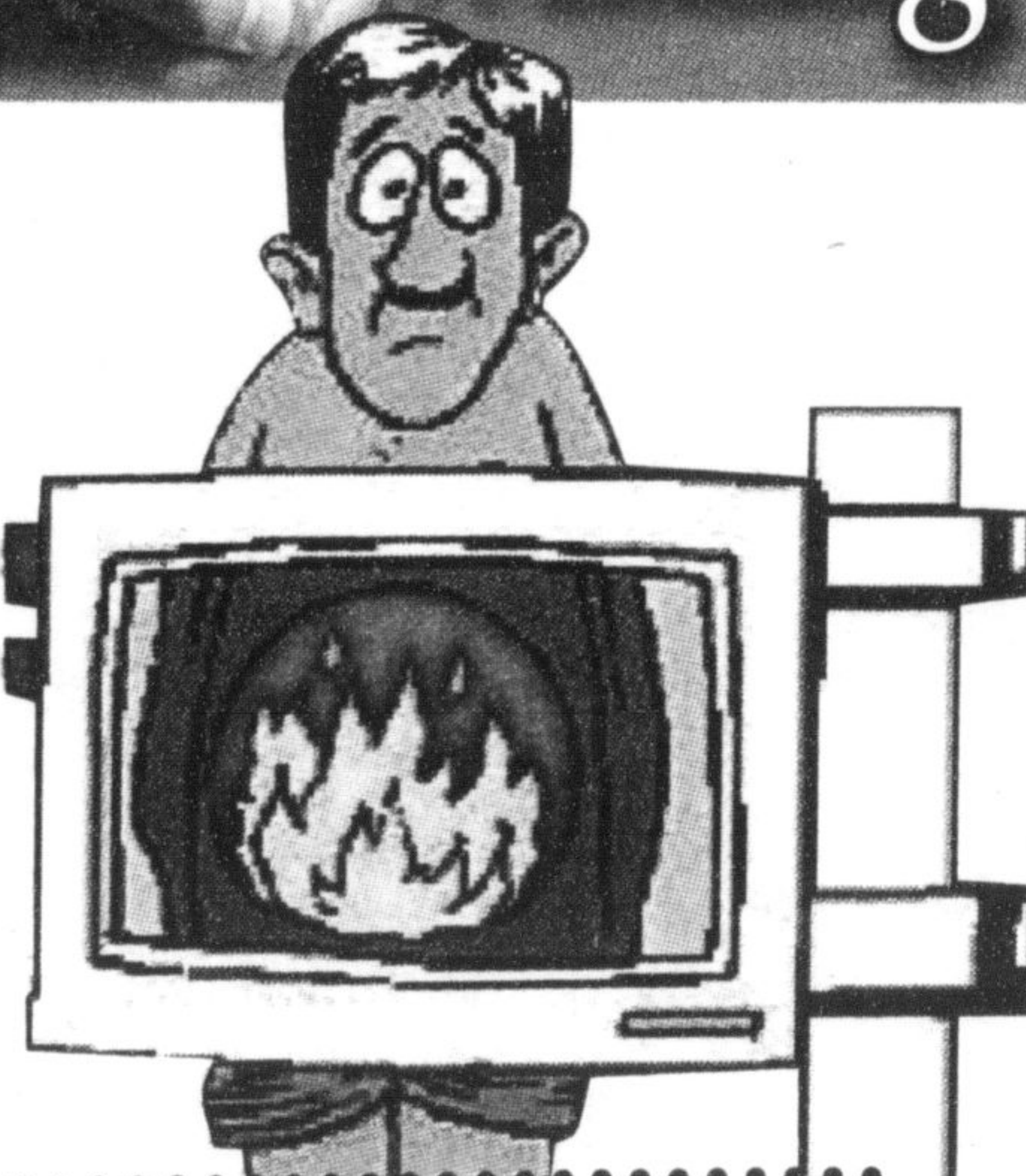
**WHAT'S IT ALL ABOUT?**

**WagJag.com**

wag (verb): to move from side to side, forward or backwards, up or down; especially rapidly & repeatedly. Example: The dog wags his tail.  
jag (noun): a period of unrestrained indulgence in an activity; spree binge. Example: Melissa goes on a shopping jag when she sees a good deal.

# Health & Tranquility

## Working Towards a Natural Cure for Heartburn/Acid Reflux



Heartburn or acid reflux is more common than you think. Forty-four percent of people have heartburn or acid regurgitation symptoms 1x/month, of that 20% have weekly symptoms and 7% have daily symptoms.

**Are you one of those people who have difficulty eating greasy fried foods?**

**Have you changed your diet to accommodate feeling unwell after eating?**

**Does heartburn keep you up at night?**

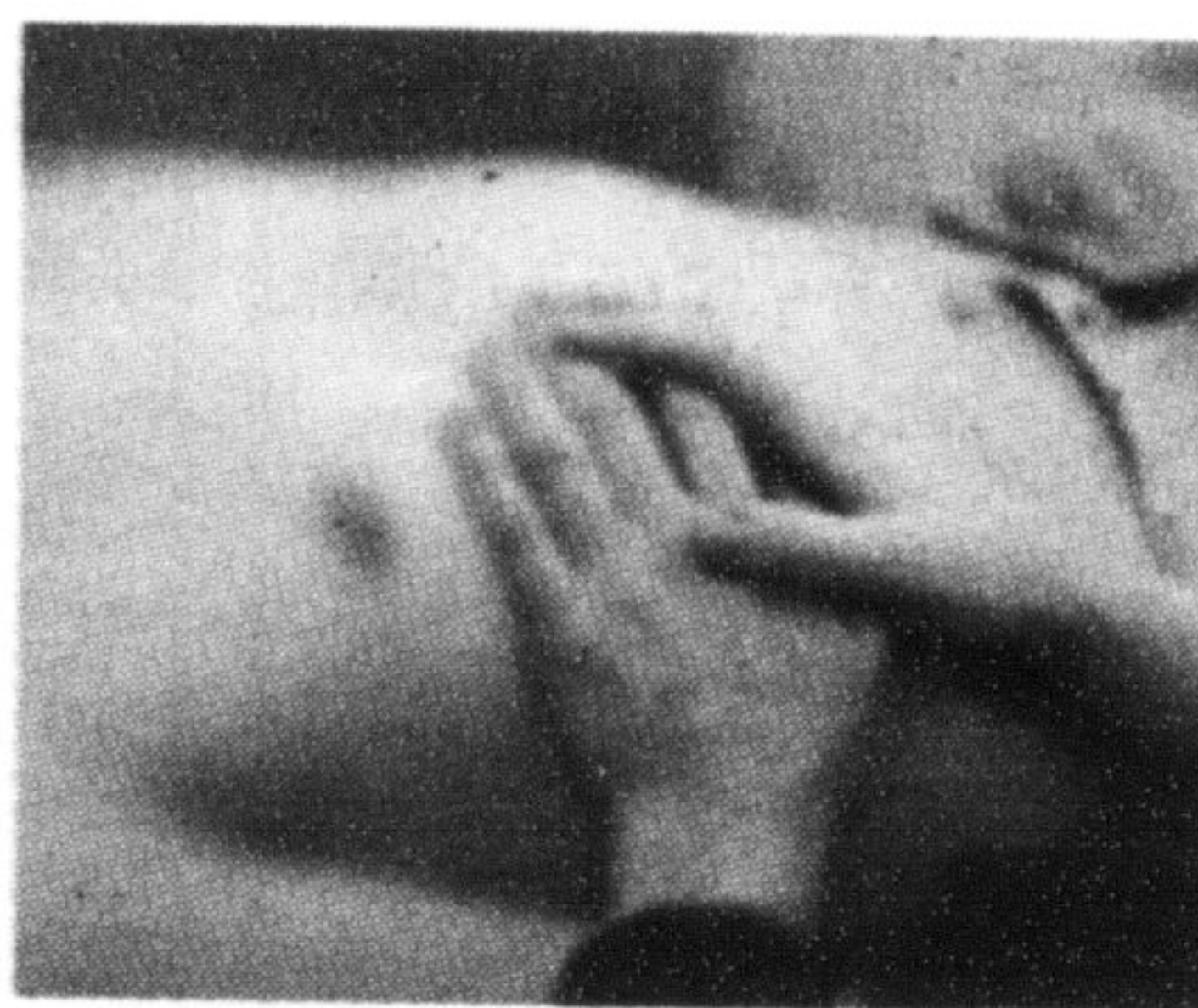
**If YOU said YES to any of these questions, then YOU could be eligible for FREE TREATMENT!**

We are currently looking for people to join our FREE study on:

The effect of Osteopathic Treatment for Gastroesophageal Reflux Disease (Heartburn/Acid Reflux).

Meredith Craigie and Michal Shenhar are currently working on their GRADUATE THESIS STUDY at the CANADIAN COLLEGE OF OSTEOPATHY.

Participants are invited to receive 6 FREE osteopathic sessions (Value of Over \$600.)



During the study, participants will have to:

- Complete a symptoms questionnaire before each treatment session
- Complete a quality of life and work productivity questionnaire twice during the research study
- Will be randomly selected

to join a control group, or a treatment group

To be included in the research you are required to:

- Be between the ages of 18-75
- Be employed (including self employed)
- Experience heartburn/acid reflux symptoms
- Not have any disease that may cause or alter the symptoms of GERD (ie: cancer) or be pregnant

• During the study, no other treatments are allowed (i.e.: chiropractic, massage)

If you wish to learn more about this study please contact:

**MEREDITH CRAIGIE**  
at [info@craigieosteopathy.ca](mailto:info@craigieosteopathy.ca),  
call 416-859-4309  
or visit  
[www.craigieosteopathy.ca](http://www.craigieosteopathy.ca)

### Osteopathic Manual Therapy



**Meredith Craigie**  
BPHE, CK, CMT, NT

Osteopathic Manual Practice (Thesis Student) & Certified Kinesiologist



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