

# OBITUARIES

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**HAMPTON, Shirley Maxine** – Age 76, Upper Onslow, passed on December 5, 2022, in Colchester East Hants Health Centre, Truro. Born on November 23, 1946, to the late Jean and Albert Weir. Shirley is survived by her husband of 42 years, Stanley; daughters, Deborah (Glen) McCurdy, Great Village and Karen (Scott) Jeffers, Edmonton, AB; grandchildren, Caden (Katie), Ontario and Michael (Holly), Newfoundland as well as great grandson, James. Besides her parents, she was predeceased by her son, James Barrie Jeffers. Shirley was employed by Stanfield's for over 33 years. She enjoyed her time in the outdoors, especially camping. She will be missed by all who knew and loved her. In lieu of flowers, donations in Shirley's memory may be made to the Onslow-Belmont Fire Brigade. A Celebration of Life will take place at a later date. Interment in Onslow Island Cemetery. Arrangements entrusted to Colchester Community Funeral Home, 512 Willow St., Truro, NS. Online condolences at [www.ColchesterCommunity.com](http://www.ColchesterCommunity.com)

**PARKER, John Andrew, P.Eng.** – Age 89, of Dartmouth passed away peacefully on Monday, December 5, 2022 at the Dartmouth General Hospital. Born in Springhill in 1933, he was the son of the late Andrew Faulkner and Vilda Natalie (Cavanaugh) Parker. John is survived by his wife of 66 years, Jean (Fraser) Parker; a niece, Pam Duguay, Nanaimo, B.C. He was predeceased by sisters, Florence Foster and Marion Eva Parker (in infancy); nephews, Stephen and Peter Foster. John grew up in Parrsboro, and later went on to graduate from the University of New Brunswick with a B.Sc. in Mechanical Engineering. During his academic Summers, he worked for Noranda Mining at their Normétal mine, for Algoma Steel at their Helen Mine, and surveying for the Nova Scotia Department of Highways. Upon graduation from UNB, John joined the Nova Scotia Power Commission at their Trenton Generating Station, later to be transferred to Halifax. He held various positions within the NS Power Commission including Director of Staff Services, Advisor to Management in Nuclear Power, and retired as Manager of the Thermal Generating Dept. During his career with NS Power, John held memberships in various organizations, including Association of Professional Engineers of Nova Scotia, Engineering Institute of Canada, Mining Society of Nova Scotia, Canadian Institute of Mining and Metallurgy, Canadian Nuclear Association, Halifax Board of Trade and the Oil Burning Utility Association. Following his retirement from NS Power, John and Jean spent their winters in the St. Petersburg, Florida region. They took 63 separate cruises, mostly on Celebrity Cruise Line and Holland America ships, and most often with the Glennie's of Toronto. The family would like to thank the medical and nursing staff of Dartmouth General Hospital (5 East). In keeping with John's wishes, cremation has taken place. A private burial will be held in the Advocate Cemetery at a later date. Memorial donations to a charity of your choice. Arrangements entrusted to Smith's Funeral Home, Parrsboro. Online condolences at: [www.smithsfuneralhome.com](http://www.smithsfuneralhome.com)

**Sears, Shirley Bessie**, Truro. It is with great sadness that we announce the peaceful passing of Shirley Bessie (Gilbert) Sears, age 87, in Colchester East Hants Health Centre in Truro, on December 10<sup>th</sup>, 2022, with her son, Michael, by her side. Born in Spring Hill, Nova Scotia on August 1<sup>st</sup>, 1935, she was the youngest daughter of the late Earl and Laura (Shipley) Gilbert. She was predeceased by her husband of over sixty years, Hudson Sears. Shirley and Hudson began their life together in Elmsdale, and in the late nineties, the pair moved to Truro to enjoy their retirement. They enjoyed spending time on the veranda with their beloved dogs, watching the sights. Shirley always wanted to be a teacher, and in her thirties, she attended the Nova Scotia Teachers College. She began her teaching career at Shubenacadie Elementary School, but spent the majority of her career as Principal at Milford Elementary School. Mum never went to work, she went to school. Shirley loved her summers at her cottage on Heather Beach. She also enjoyed wintering in Florida and traveling North America in their motorhome. She loved to garden, spend time with her family, and a good home cooked meal. Shirley loved to sing and play music, especially the piano and the fiddle. Shirley is survived by her four children, Michael, David (Christine), Brian (Myrna), and Catherine (Bradley); six grandchildren, Christopher, Joshua, Miranda, Kaitlyn, Allison, and Jacob and four great grandchildren. She was predeceased by infant daughter, Shelley Lynn; brother, Gerald Gilbert; sisters, Vivian Smith, Doris Caufield and Faye Livingstone, and infant siblings, Hazel and Ross. The family would like to extend a warm thank you to everyone who provided care to Shirley. A special thanks to the staff at Fergus Hall in Parkland Truro, who went above and beyond to make her feel at home. In lieu of flowers, please consider donations to First United Church (Truro) or the Colchester Food Bank. A visitation was held December 19<sup>th</sup> from 1pm until time of funeral service at 2pm, both in the First United Church, 711 Prince Street, Truro, NS. Reverend Valerie Kingsbury officiated. A reception followed in Memorial Hall, First United Church. A private spring committal will take place in Sandy Hill Cemetery, Beinan, NS. Online condolences by visiting [www.ColchesterCommunity.com](http://www.ColchesterCommunity.com).

## 7 Reasons Why You Should Get Help for Your Fears and Anxieties

By Stan Popovich

Getting professional help for dealing with your persistent fears and anxieties is the single most important step in your recovery. Many people are reluctant to get the assistance they need for various reasons.

Making excuses for not getting treatment for your fear related issues will not help the situation.

With this in mind, here are seven reasons why getting help for your mental health problems is so important.

- 1. You will get tips on handling your mental health issues:** Getting professional help can lead to additional insights and suggestions to your stress and anxiety problems. A professional counselor can give you many ideas on how you can successfully manage your fears and anxieties. This is important in getting your life back on track.
- 2. Get access to different resources:** Most counselors and psychologists

know of ways to get rid of your fears. They can recommend certain treatments that will improve your situation. The only way you can get access to these treatments is if you talk to a counselor. Ask your primary care physician if he or she knows anyone that can be of assistance.

- 3. You can't manage your anxieties all by yourself:** Your fears, anxieties, and depression can be difficult to manage and more than likely you will need some direction. Many people think that they can overcome their mental health problems on their own. This is a mistake. A person should seek assistance to start the recovery process.
- 4. You will improve:** As you work with a professional, you will improve on your skill sets in managing your fears. You will be able to overcome your anxieties over time which will benefit you later on in your life. Knowing how to boost your mental health will

get your life back on track and will make you much happier.

- 5. You will get better a lot faster:** Getting some guidance from a counselor will save you a lot of suffering in the long run. You will get the answers you are looking for which will help reduce your fears and anxieties. You will get better a lot faster by talking to a therapist and you will feel much better about yourself which is important when it comes to dealing with your mental health.
- 6. It is your life:** Remember that you are the person who is suffering and not your friends and family. Don't let the opinions of your peers prevent you from getting the relief that you deserve. Maintaining your anxieties should be your number one priority. Always do what is best for you and do not get into the habit of trying to please everybody else.
- 7. You will not be alone:** You will have people in



Stan Popovich

your corner who will be able to help improve your mental health issues. You won't feel as alone when attempting to get rid of your fears. It is best to be with others who are supportive and who will understand your situation. This will help make things easier when it comes to your fears and anxieties.

Stan Popovich is author of the popular managing fear book, "A Layman's Guide to Managing Fear". For more information about Stan's book and to get some more free mental health advice, please visit Stan's website at: <http://www.managingfear.com>

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**Keep an eye out for pedestrians... DRIVE CAREFULL**