

NEC may deny shows

A Niagara Escarpment Commission (NEC) planning report has recommended commissioners refuse Halton Place's request to hold three horse shows this summer.

The NEC will make their decision at their monthly meeting at the NEC office on Guelph St. on Thursday.

The 15 Sideroad equestrian farm holds the Canadian Country Classic over three weeks in late August and early September, but requires NEC permission each year.

The NEC planning report is recommending refusal based on "general level of intensity of use and permanent nature of use. This is no longer an occasional/temporary use but has become a permanent recreational use. Approval will likely lead to further application beyond 2011. Outstanding compliance matters before Town and NEC. Use is inconsistent with the permitted uses and objectives of NEP."

Earlier this year Halton Place had applied for an unrestricted number of events in perpetuity, including overnight trailer parking. The NEC denied that request in March, and a Halton Place appeal will be heard at a hearing in Milton in July.

Highway meeting planned

A meeting organized by a group of area residents and business people concerned about the planned provincial highways bisecting south Halton Hills will be held Thursday, June 23.

Everyone is welcome to attend the meeting to be held at 7 p.m. at Glen Cairn Golf Club.

There will be discussion about the proposed location and impact of the highway. Regional Councillor Clark Somerville has been invited to attend along with local MPP Ted Arnott.

For more information email bruchals@aol.com.

Local driver charged

A Georgetown man was charged by Halton Police after being involved in a single-vehicle crash at 10 Sideroad and Winston Churchill Blvd. Friday morning about 1:40 a.m.


Charged with having over 80 mg of alcohol in 100 ml of blood is Ryan Nick, 22.

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By Cory Soal
R.H.A.D.

... Lend Me Your Ears

NOISE INDUCED HEARING LOSS (NIHL)

There are several things that determine whether or not a sound can damage your hearing, including the loudness of the sound and the duration of exposure. Hearing loss can occur as a result of a one-time exposure to a loud sound, or repeated exposure to loud sounds. However, some individuals will be more susceptible to NIHL and there is really no way to tell who these individuals are:

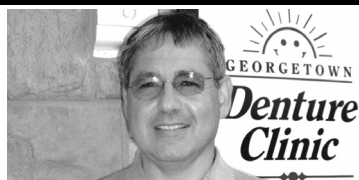
Sounds louder than 80 decibels (dB) are considered dangerously loud and could potentially cause a NIHL. Below is a list of the dB level of some sounds that may be encountered during the course of a day.

- 60 db Average conversation level
- 70 db Vacuum cleaner
- 80 db Alarm Clock
- 90 db Lawnmower
- 100 db Chain saw
- 110 db Rock Music
- 120 db Jet during take-off
- 130 db Jackhammer
- 140 db Firearms

At the Georgetown Hearing Clinic we specialize in custom fitted hearing protection.

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Tooth Chatter



TOOTHY TIDBITS

Stupid Laws!

In Vermont:
Women must obtain written permission from their husbands to wear false teeth!

In Louisiana:
Biting someone with your natural teeth is "simple assault", while biting someone with your false teeth is "aggravated assault"

Helpful Hints

Even if you don't wear dentures, you may still want to stock up on denture cleaning tablets. You will surely be surprised what else they can clean.

- Drop a tablet into a glass of water and immerse your diamonds or glass beads for two minutes
- Submerge a stainless-steel watchband for a few minutes; it will look brand new
- Fill a teapot and cups or mugs with warm water and a tablet. Rinse and admire!
- Drop a tablet into your toilet bowl, let it fizz overnight, then scrub with a brush, flush.

Tea for Teeth

Drinking black tea is good for your teeth. Polyphenols in tea prevent plaque from sticking to your gums and teeth and reduce the levels of cavity-causing acids, say researchers at the University of Illinois.

Creating confident smiles since 1982.

Alexander Trenton, DD, F.C.A.D. (A)
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18 Church Street,
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(Across from the Library and Cultural Centre)

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Elayne M. Tanner

Q: I don't feel that my partner has empathy. He is very self-centred. Can this be improved?

A: Empathy is the ability to feel and understand other people's emotions. An empathic person makes an active effort to get in tune with another person's feelings, instead of only focusing on their own. With empathy, a person can relate to another person's emotions and feel connected. Sometimes we refer to empathy as 'being in someone else's shoes'.

Many people learn empathy at an early age. Toddlers can begin to understand how those around them are feeling and want to make them happy. A child who has not been interacted with or has not bonded well or is allowed to only think of them self may not be able to "feel" what others are feeling.

An important component of empathy is listening. Empathic listening is the ability to relay back to the other that you do hear and understand. Really hearing what the person says and connecting with what they might be feeling or meaning and clarifying by asking are all parts of active listening and components of empathy. Active listening is integral to communications skills. When relationships don't work because of "lack of communication" it is often because one does not feel empathy and the other does not feel understood. Listening to what someone feels and using verbal and non-verbal cues is a first step in improving relationships both at home and professionally and increasing your personal life fulfillment. I can with counselling help enrich your ability to empathize and make your life more fulfilling.



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Q: My daughter has knee pain when she goes up and down stairs and runs. She was diagnosed with Patellofemoral pain. What is that?

A: Patellofemoral Pain (PFP) is very common amongst adolescent girls, in particular, and especially girls active in sports such as soccer and basketball. And while it may be easy for physiotherapists to ascribe a patient's kneecap pain to Patellofemoral Pain, it's more difficult to find the solution for dealing with this type of pain.

Physiotherapists can boast that over the last 5 years they have managed to help people with PFP through treatments that include specific exercises, taping and bracing. And even more recently, research has been completed that has really honed in on the primary rehabilitation solution for many people suffering PFP, and particularly for those young girls and runners n̄ their gluteal strength!

While the buttocks may seem like they are geographically far from the knee, their ability to control the upper leg (femur) position has proved to be the key factor toward controlling the knee and kneecap. Specific exercise regimes have demonstrated such obvious changes in knee and kneecap positioning that they are readily obvious to the naked eye. Screening programs and tests as simple as a jump test can now be used to filter out those young athletes at risk of knee pain and other knee ligament injuries.

At Eramosa Physiotherapy Associates our screening program known as KLIPP (Knee Ligament Injury Prevention Program) is available to all sport teams, as well as individual treatment. Whether you are an athlete struggling during your runs and/or soccer matches, or you simply cannot go up and down the stairs without kneecap pain, you may just be pleasantly surprised to find that specific exercises for your gluts will finally rid you of your knee pain!



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Barbara Byckowski
Investment Advisor, BBA, PFP, CFP

Q: I would like to review my financial situation in light of my separation. Can you provide this service?

A: Yes, I work with clients to review issues arising as a result of a divorce or separation. It is important for clients to get independent legal and tax advice BEFORE agreements are considered. While this is not an exhaustive list, it demonstrates some of the topics we will cover in your consultation:

- child support payments
- spousal support payments
- lump sum payments
- CPP splitting
- Legal fees deductibility
- Transfer of capital property
- Transfer of RSP/ RIF
- Attribution rules
- Will updating

Please feel free to give me a call to discuss further.

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Halton Hills Speech Centre

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Karen
MacKenzie-Stepner

Q: My child is having speech and language difficulties and it was suggested to me that I contact a Speech-Language Pathologist. What services does a Speech-Language Pathologist provide?

A: A Speech-Language Pathologist is a professional who is trained to assess and provide intervention to children and adults with speech and language difficulties. A Speech-Language Pathologist provides a wide range of services to assist people in the development of effective communication skills. These services include:

- helping people with **speech sounds** (articulation) difficulties;
- assisting children develop **language** skills;
- helping people to improve **foreign accent**, utilizing the Compton Pronouncing English as a Second Language Program;
- helping people who **stutter** (dysfluency) to speak more fluently;
- helping people with **voice disorders** to improve their voice;
- assisting people who have difficulties **swallowing** as a result of illness or stroke;
- helping people with **aphasia** (language impairment as a result of head trauma or stroke);
- developing **augmentative and alternative communication** systems for people with severe speech difficulties;
- consulting with individuals and community groups in ways to **prevent** speech and language disorders and to enhance communication effectiveness in everyday use.

Speech-Language Pathologists practicing in Ontario are registered with the College of Speech-Language Pathologists and Audiologists of Ontario. Speech-Language Pathologists provide services in many different settings including client homes, schools, hospitals, clinics, nursing homes, preschool programs and private practice.

If you would like further information about a Speech-Language Pathologist or the services that they provide please contact the Halton Hills Speech Centre.