

Tooth Chatter



SPORTS MOUTH GUARDS

Athletic sports mouth guards are made of soft plastic. They are adaptable to fit comfortably over the upper teeth. Mouth guards are important because the average cost of dental treatment over a lifetime for one tooth lost is approximately \$5,000. When it comes to sports equipment, mouth guards are a priority. They protect not only the teeth, but the lips, cheeks, and tongue. They also help protect a person from concussions and jaw fractures.

How does one choose a mouth guard? Any mouth guard is better than no mouth guard. However, it is important to choose a mouth guard that fits comfortably. If a mouth guard interferes with breathing or speech, or if it feels bulky, it should not be worn.

Whatever your age or sport, mouth guards are an important part of sports safety and your exercise routine. Do what you can to protect your smile and preserve your health. Ensure that you have a properly fitted guard made by a professional.

For a professionally made mouth guard, give our office a call. We care about your smile!



... Lend Me Your Ears

By Cory Soal
R.H.A.D.

A diminished social life is one of the most difficult aspects of age related hearing loss. Many people avoid drawing attention to their hearing loss by having fewer social contracts when it becomes difficult understanding what is being said. The result is an altered and lonely existence that family and friends may mistake for dementia.

Learning new strategies to cope with hearing loss could go a long way to restoring confidence and improving communication. The Hearing Clinic recommends the following: Inform people of the hearing loss so they may modify their speech; eliminate background noise; watch the speaker carefully and sharpen natural lip-reading abilities; ask the speaker to repeat what was said if necessary, and above all else; have your hearing thoroughly tested and properly fit with one of today's modern hearing instruments. Contact The Hearing Clinic if you or someone you know needs assistance.

The Georgetown



HEARING CLINIC

We care about your hearing!

Professional Arts Building
99 Sinclair Ave., Suite 210
Georgetown
(905) 873-6642

Creating confident smiles since 1982.

Alexander Trenton, DD, F.C.A.D. (A)

Denturist

Georgetown Denture Clinic,
18 Church Street,
Georgetown, Ontario

905-877-2359

(Across from the Library and Cultural Centre)



Prince William, The Duke of Cambridge and Lieutenant Commander Andre Savard, (right) of Acton, inspect the Guard Of Honour during the official welcome ceremony on the grounds of Rideau Hall June 30.

Photo by
Corporal Dianne Neuman
CFSU(O) Photo Services

Local officer 'proud' to escort future king

While most of us watched the Duke and Duchess of Cambridge's visit on television, some lucky individuals in Ottawa were able to experience it first-hand. That was the case for Acton native Lieutenant-Commander André Savard.

Savard, a Naval Logistics Officer with the Chief of the Maritime Staff who is responsible for financial management and budget operations in support of the navy's program, was chosen to be the Commander for the Canadian Forces' Honour Guard during their Royal Highnesses' visit to Ottawa.

"It was a great honour and privilege to participate and lead the Guard of Honour during the official welcoming ceremony for the Duke and Duchess of Cambridge at Rideau Hall in

Ottawa", said Savard. "I was proud and excited to represent both the navy and the Canadian Forces during the official inspection where I introduced Prince William to the Canadian Forces' Honour Guard; the experience and brilliant memories will remain a highlight in my career as a naval officer."

The Acton High School graduate was selected among nominations by the Chief of the Maritime Staff, Vice-Admiral Dean McFadden, for the position.

Savard joined the Canadian Forces in 1999 as a Naval Logistics Officer. During his career, Savard has been posted to Halifax and Ottawa and has completed two at-sea tours.

Savard and wife, Lori Savard are the proud parents of baby Gabriel, who was born in May.

GET YOUR ENTRIES IN NOW FOR "WHO'S WHO"!

HALTON HILLS...

WHO'S WHO?



Meet your Merchants &

WIN!
4 passes to WONDERLAND!

CONTEST RULES:

Anyone can enter this contest except employees of The Independent & Free Press and their immediate family.

On this page you will find pictures of representatives of these businesses.

Simply cut the pictures off on this page and paste or tape them into the ads, to which you believe they belong on the following pages.

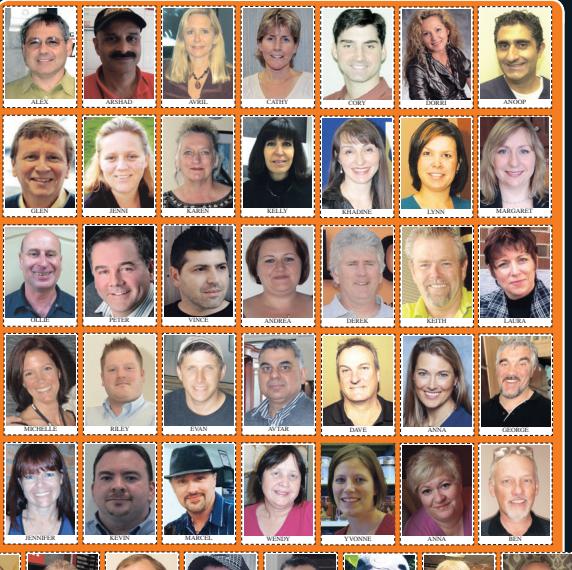
Bring the completed pages to the Who's Who Contest drop off at The Independent & Free Press, 280 Guelph Street, Georgetown (Georgetown Market Place). Make sure you fill in your name, address and phone number in the space provided at the bottom of the second page. Entries must be received by 5p.m. Monday July 25, 2011.

Only (1) entry per household will be eligible for a prize.

The entry with all or the highest number of pictures placed in the correct ads will be the GRAND PRIZE winner of 4 passes to Wonderland. The next highest will be the second winner of 2 passes.

The announcement of the winners along with the correct photo in the merchants ads will appear in the Thursday edition of The IFP on Thursday July 28, 2011. Have Fun and Good Luck!

THE INDEPENDENT
& FREE PRESS



**ENTRY FORMS IN LAST THURSDAY'S
INDEPENDENT & FREE PRESS**

COME CELEBRATE OUR GRAND OPENING! THURSDAY, JULY 21, 2011



In appreciation to all our loyal customers and suppliers
we cordially invite you to our
Open House on Thursday, July 21, 2011 from 11 am to 3 pm
and celebrate the opening of our new office.
On hand we will have new and innovative lighting products.
Join us for a BBQ lunch and refreshments and enjoy the
afternoon with great company.
Our office is located at
33 Armstrong Ave., Unit 2 in Georgetown.

Power Quest Electric Ltd.
ELECTRICAL CONTRACTORS
RSVP to 905.877.8111

