


Do The WagJag!

\$15 for \$45 towards Any Hair Care Service at Studio 97

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f t ✉



Buy For \$15.00

Regular Price: \$45.00
 You Save: \$30
 Discount: 67%

Time left on this deal:
07 08:42:56
 days hrs mins secs

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This deal activates at 5 we need 5 more!

Offer Details

- Expires November 30, 2011
- Appointments strongly recommended
- 24 hours cancellation notice required or voucher is void
- Studio is closed Sundays and Mondays
- Unlimited buys, max 1 voucher per visit
- Tax included. No cash or credit back. Voucher has no cash value.

Highlights

- Professional stylists
- Cuts and styles for men, women and kids
- Cuts, colour, highlights, root touch-ups, updos

www.wagjag.com

THE INDEPENDENT & FREE PRESS

Buy together and we all win!

Is your hair dryer damaging your hearing?

Our ears are like every good date; sensitive, eager to listen and they don't talk about themselves. But in our busy, noisy lives, it can be easy to forget to take care of them properly.

Our ears are only built to take a certain level of noise on a regular basis – about 85 dBA, or decibels adjusted. This is about the same amount of noise as busy city traffic. We can tolerate this noise for about eight hours before becoming irritated – and potentially suffering long-term hearing loss.

The more our sensitive ears are exposed to higher decibels, the less time they should be exposed to the noise. A typical hair dryer for example, reaches 95 decibels when on the high setting. The longer we are exposed to high volume of noise, the more damage we potentially cause our ears.

Luckily, there are steps you can take to prevent early hearing loss. Reduce the amount of time exposed listening to loud noises, and if this is necessary, use protection for your ears. Keep stereo volume to a reasonable level and reduce time spent in loud places like bars or noisy sporting events. When you're headed to a concert, wear earplugs – they come in cool colours and you'll even be able to hear more of the music rather than just bass.

If you are experiencing hearing loss, it's important to have your hearing checked. If you require a corrective



device, there are lots of innovative options.

One of the newest hearing aids, called Lyric, can be inserted deep into the ear canal so that no one can tell that you're even wearing an aid. Lyric sits in the ear for up to four months, providing "24/7" natural hearing, and allowing you to enjoy activities such as exercising, showering, using external headphones and talking on the phone. To find your nearest hearing healthcare professional, visit www.phonak-lyric.com.

Decibel Exposure

- 180 – death of hearing tissue
- 140 – jet plane (from 100 feet)
- 125 – jack hammer
- 115 – leaf blower, rock concert
- 100 – motorcycle
- 95 – subway train, hair dryer
- 85 – busy city traffic (inside a car)
- 80 – telephone dial tone
- 60-70 – typical speech
- 30 – whisper
- 0 – softest sound you can hear

—www.newscanada.com

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Gladstens Midsummer Antique Expo

Saturday, July 23rd 8am - 5pm

- 120 Antique dealers from Ontario & Quebec
- Show & sale of antiques, collectables, retro design & art
- Heritage buildings and exhibits will be open
 - Food service
- Tractor drawn wagon rides



Kids Farm and Country Fun Day

Sunday, July 24th 11am - 4pm

Fun on the farm for all the family

- Bring your own picnic
- Tractor drawn wagon rides
- See our farm animals - sheep, cows, horses...
- Visit our children's playground
- Exhibits and historical buildings open
- See over 130 antique tractors and steam engines
- Country Canteen open



Pirate Festival

July 30th, 31st & August 1st
 10am - 5pm

Set sail to Dry Bluffs for a jolly good time!

Pirate stages, merchants and food abound.



Fun day events for the whole family
 Saturday evening, "The Captains Keg" adults only

Historical Buildings & Exhibits are not open

www.thepiratefestival.com

8560 Tremaine Road, Milton 905-878-8151

Daily admission: Adults \$8, Seniors \$7, Children \$5, Children 5 & under Free, Family Package: \$22 (Some events differ) Programs subject to change.

Check out our website for all our summer events
www.countryheritagepark.com