



... Lend Me Your Ears
By Cory Soal
R.H.A.D.


FOOD ALLERGIES MAY CAUSE EAR INFECTIONS

If your child suffers from frequent ear infections, and you can't pinpoint the cause, it may be something he/she ate. It's recently been found that food allergies may trigger ear infections, which left untreated can cause hearing loss.

The allergies create mucous congestion in the nose, which then flows into the tube connecting the nose to the ears. Eventually the tube gets blocked and infection causing bacteria grow.

To determine if food allergies are causing your child's ear infection have him/her tested. Once the troublesome food is discovered your physician can suggest alternatives. And take heart, kids often outgrow food allergies and their tendency towards ear infections.

For more information feel free to call

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THURSDAY, JULY 28

Yoga in the Park: every Thursday from 7-8 p.m. beginning July 7 and continuing weekly until Aug. 11 at Prospect Park, Acton. Limited mats available for rent. A non-perishable food item or small monetary donation would be appreciated. All proceeds go to Acton Food Share, Links2Care Backpack Program and CRC Hidden Quarry. For more info contact Staying Alive Fitness at 519-853-2650.

Optimist Club Bingo: every Thursday. Grand Prize \$250. Starts at 7 p.m.; doors open 6:30 p.m. The club is located on Hwy. 7 between Georgetown and Acton, just west of 22 Sideroad.

English Conversation Circle: 6:30-8:30 p.m. at the Hillsview Active Living Centre, #9-318 Guelph St., Georgetown. For Syrian refugees to practice english, meet new friends, learn about programs and services and find volunteer opportunities. For more information, please contact Shinobu Yajima at (905) 842-2486 ext. 241 or email syajima@hmconnections.com.

Euchre: 7:30 p.m. at the Ballinafad Community Centre. Cost is \$3

per person. Coffee and tea will be served. Everyone welcome.

Acton Farmers Market: 3-7 p.m. on Thursdays until the second week of October. Come for the freshness, stay for the fun! Enjoy home grown produce, meats, baked goods, crafts and lots more! Info: downtownacton.ca

PickleBall: 7-9 p.m. at Emmerston Park, Carruthers Rd., Georgetown. Come and learn the game of PickleBall, Florida's most popular sport. Will run for the summer months of June, July and August. For more information, please contact Mitch at 905-703-4340 or email mitch3m77@hotmail.com

FRIDAY, JULY 29

Play Euchre: at the Acton Legion on Fridays: 7:15-9:45 p.m. (is all year round)

SATURDAY, JULY 30

Georgetown Farmers Market: Every Saturday from 8 a.m.-1 p.m. until Oct. 15. Downtown Georgetown offers a historic setting, many cafes, restaurants and stores to add to your enjoyment! Info: downtowngeorgetown.com.

SUNDAY, JULY 31

Bruce Trail Halton Hills Chapter Hike: through the Hilton Falls Conservation area as we weave around streams, trek through a rich forest and enjoy the waterfalls. Bring lunch, snacks and a minimum 1 litre of water. We will be hiking approx. 14 km at a brisk pace on a large loop hike, departing at 9:30 a.m. Meet in the parking lot of the Hilton Falls Conservation Area to sign in. Note that an admission fee (\$6.75/person) will need to be paid in accordance with Conservation Halton policy. Directions: Exit Hwy 401 at either Guelph Line or Halton 25, and take Campbellville Rd., 5 Sideroad. Pre-registration by email to Bob Brander, hikingwithbob@gmail.com or Deborah Brander, hikewithdeb@gmail.com is appreciated.

MONDAY, AUGUST 1

TOPS (Take Off Pounds Sensibly): 6:15-7:15 p.m. St. Joseph Church, (back entrance), 64 Church St E, Acton. TOPS offers tools and programs for healthy living and weight management, with group fellowship and encouragement at a low cost. You're welcome to attend your first meeting free of charge bring a friend if you like. There's no obligation. Info: www.tops.org, 519-853-1189.

Cribbage: Come out to the Hillsview Active Living Centre-Georgetown, 318 Guelph St. Mondays, 7-9 p.m. and play and have fun playing cribbage. Everyone welcome: \$2/member, \$4/non-member.

TUESDAY, AUGUST 2

The Palette and Pencil Guild of Credit Valley Artisans: meets every Tuesday afternoon from 12:30 to 3:30 p.m. for Open Studio and once a month on the last Tuesday evening of the month at 7 p.m., at The Cottage in The Cedarvale Park, Georgetown. Come and paint in your favourite medium with other local artists. For more information please email: sheila@creditvalley-artisans.ca.

WEDNESDAY, AUGUST 3

The Georgetown Horticultural Society: presents A Walk in the Garden, which begins with a bus trip and a guided tour of the Toronto Botanical Gardens. Bring a lunch. The trip moves to the Bowmanville area and then Brooklin for a viewing of private gardens. Cost for members is \$70 and \$79 for non-members. For more info or to book tickets, call Jo Maclean at 905-877-2509 or email jmaclean@nerosoft.com

Georgetown Yarn Sip N Stitch: Every Wednesday from 1 p.m. to 3 p.m. we have a drop in social. This is open to yarn crafters of all skill levels. Bring your current project and come for a fun afternoon of stitching and socializing. Always free. 170 Guelph St.

Acoustic Jam: at the Shepherd's Crook on Wednesdays, 8 p.m. Players, singers of all levels welcome.

Laughing Yoga: 10 a.m. with Mary Haggarty at Hillsview Active Living Centre, 318 Guelph St., Georgetown. Please sign-up at Centre.

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Ask the Professionals



Find local professionals here every Thursday!
For advertising information please call 905-234-1018 or email kkesonic@theifp.ca

Carolyn Dew

Acupuncture & Traditional Chinese Medicine @ HealthSpan Wellness

71 Mountainview Rd N
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BPHE, RAC, RTCMP

Q: Is Acupuncture Effective in the Treatment of Pain?

A: Acupuncture is well known for its ability to relieve pain and to help manage chronic pain disorders. It has been shown to stimulate the production of endorphins (chemicals that block pain), neutralize trigger points, relax muscles, and block the transmission of pain signals to the brain.

Chinese Medicine views pain as a result of a blockage of the normally smooth flow of Qi through the body's circulation pathways. Qi is the energy that nourishes every cell, tissue, organ, and system in the body. When its circulation is obstructed due to injury, stress, or disease, it accumulates on one side of the blockage and is deficient on the other side. According to TCM theory, Acupuncture relieves pain by moving the Qi.

Acupuncture is an effective therapy for many different types of pain syndromes including neck & back pain, headaches, nerve pain, tendonitis, and sports injuries. It is an excellent way to provide pain relief and at the same time improve local circulation to the affected area, thereby encouraging the body to heal itself. Acupuncture helps resolve acute and chronic pain syndromes. For further information on Acupuncture and TCM, take a look at

www.carolyndew.ca

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LEASE JOIN US TO CELEBRATE
Barbara and Doug Bryant's
65th Wedding Anniversary
UNDAY AUGUST 7 2016



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Best Wishes Only

LAROSE & HIGGINS



Paul and Susan LaRose
are pleased to announce the Engagement of their son
Michael Richard LaRose
To
Sarah Claire Higgins
Daughter of Bonnie Goldenhar (mother),
Harold Higgins (father) and Brenda Hyde (step mom)
Wedding to take place February 2018.