

WPEC to monitor tree growth

Want to know more about how to identify trees and monitor their growth?

Willow Park Ecology Centre (WPEC) is starting its fourth year of surveying the trees and invasive species of plants in the park. Once again WPEC has partnered with the Ministry of Natural Resources (MNR) Rangers and invites interested members of the public to assist them in learning how to identify and monitor trees and other vegetation.

One goal for WPEC is to plant and encourage success of vegetation that is native to this South-Central Ontario eco-zone area. Last year was the third forestry workshop and monitoring session. Now it's time to reassess the trees and see how they fared during the past year.

WPEC will use the baseline of 2012 and re-measure growth and changes to the naturalized envi-

ronment.

On Tuesday, July 30 (from 9 a.m.-noon) participants will have a training session at WPEC. Anyone interested in learning about forestry and how to monitor trees using Smithsonian protocols—and then using their new knowledge as a volunteer on July 30 and July 31—is welcome to attend. If you, or anyone you know, wants to learn more about forests and a future in forestry or ecology consider this opportunity for training and hands-on experience.

If you visit the park you might see stakes with markers to identify the areas being surveyed, please don't disturb the markers as they are important to the future of the program.

Call 905-702-9055 or e-mail wpec@willowparkecollogy.ca

Visit www.willowparkecollogy.ca/monitoring to get more information.

Best Buy CORRECTION NOTICE

NEWSPAPER RETRACTION FOR THE BEST BUY JULY 19 CORPORATE FLYER In the July 19 flyer, page 12, the Asus Laptop with Intel® Core™ i7-4700HQ Processor (WebCode: 10256772) was advertised with an incorrect spec. Please be advised that this laptop DOES NOT have a Blu-ray drive, as previously advertised.

We apologize for any inconvenience this may have caused our valued customers.

FUTURE SHOP CORRECTION NOTICE

NEWSPAPER RETRACTION FOR THE FUTURE SHOP JULY 19 CORPORATE FLYER In the July 19 flyer, page 3, the Nikon D3200 24.2MP DSLR Camera with 18-55mm VR Lens and DSLR Accessory Kit package (WebCode: 10173221/10244038) was advertised with an incorrect product. Please be advised that the Nikon 55-200mm f4-5.6 VR Telephoto Lens (WebCode: 10087475) IS NOT included with this DSLR camera package but is offered for an additional \$229.99. Also, on page 16, the LG 6.1 Cu. Ft. Self-Clean Electric Range (LDE30375T) (WebCode: 10241494) was advertised with an incorrect feature. Please be advised that this self-cleaning range is electric NOT gas, as previously advertised.

We sincerely apologize for any inconvenience this may have caused our valued customers.



Georgetown Denture Clinic

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

TOOTH CHATTER - georgetowndentureclinic.ca

ADJUSTING TO NEW DENTURES

FEEL

At first your new dentures might feel very large in your mouth. You may even experience a gag reaction. This is normal in the beginning. In time, with a little patience and practice, and some minor adjustments, you will adjust naturally to this initial fullness, and barely notice it in your mouth.

SPEECH

Many new denture wearers have difficulty at first with their speech. Words containing "S" sounds can be a problem. Practicing speech aloud with your new dentures in place will help restore your normal speaking quality. Try reading aloud from a book or magazine in front of the mirror. This will help you to get used to the new speaking position

of your tongue and new denture. This will also give you more confidence. Also, before you speak, it is helpful to first bite and swallow. This will "set" the dentures in position and improve clarity.

EXCESS SALIVA

When you first receive your new dentures, you will probably notice an increase in the flow of saliva in your mouth. This is a normal response to the unfamiliar new denture. On the average, most people swallow about 600 times a day. For the first few days after receiving your new teeth, you should try to swallow more frequently. After a few days have passed, your mouth will become used to the denture, and saliva flow will return to normal.

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By Cory Soal
R.H.A.D.

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**WHAT SHOULD YOU
EXPECT FROM HEARING
INSTRUMENTS! PART 1**

Although hearing instrument technology has greatly improved over the years, the fact still remains that nothing can mimic the human ear. Due to the damage in your ears that is causing hearing loss, you will never be able to hear as well as a normal hearing person. Expecting results from your hearing instruments that cannot be achieved will only lead to frustration and dissatisfaction. By asking your hearing professional questions and describing your experiences, the optimum performance can be reached to match your expectations. The following are some facts:

* The extent of improvement to your hearing is directly proportional to the severity and the duration of your loss.

* The more severe the hearing loss the harder it will be for the hearing instruments to restore your hearing to near normal.

* The longer the duration of your hearing loss the harder it will be for your brain to adjust to the new sounds.

The Georgetown

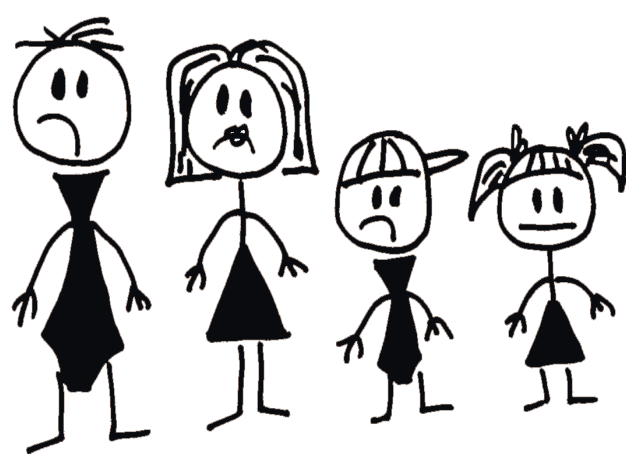


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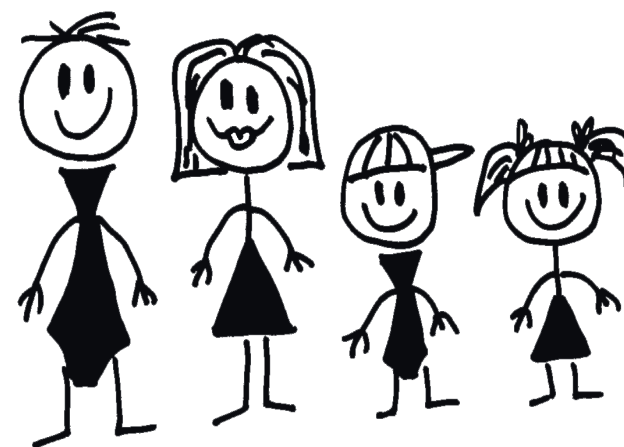
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