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ON THE HILLS FOR THE HOLIDAYS

The Lavender family (dad James, 3-year-old Esmé 5-year-old Everett) took to the hill at Cedarvale Park earlier this week for some fun holiday tobogganing.



Eamonn Maher/Photo

NEWS

Warning issued in Ontario after E. coli outbreak

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Public health officials are warning residents in five provinces, including Ontario, to avoid consuming romaine lettuce until further notice due to a recent E. coli outbreak. The Canadian Press reports that Sobey's grocery stores have pulled their stocks of romaine lettuce products from shelves out of "an abundance of caution" following an E. coli outbreak.

The warning from the Public Health Agency of Canada comes in the wake of multiple cases reported in Ontario, Quebec, Newfoundland and Labrador, New Brunswick and Nova Scotia.

"Public health officials first warned of the E. coli outbreak early last week, saying 21 illnesses reported in three provinces were linked to romaine lettuce. Since then, one death and 40 illnesses have been reported in five provinces," wrote The Toronto Star on Dec. 22. Sobey's announced it was pulling its stocks of romaine lettuce products on Dec. 24. It is the first Canadian grocer to make the move. "There has been no

mandatory recall, but Sobey's says it temporarily halted sales of more than 300 romaine lettuce products at locations across the country on Friday as a precaution while public health officials investigate," wrote the Canadian Press.

Canadian public health officials confirmed the source of the outbreak in an online notice posted Thursday, Dec. 21, stopping short of a recall. It did however suggest those living in the eastern half of the country avoid consuming romaine lettuce and affiliated products until further notice.

"Based on the investigation findings to date, exposure to romaine lettuce has been identified as the source of the outbreak, but the cause of contamination has not been identified," the agency said. "The outbreak appears to be ongoing, as illnesses linked to romaine lettuce continue to be reported to the Public Health Agency of Canada. These illnesses indicate that contaminated romaine lettuce may still be on the market," said officials in the notice.

With files from The Toronto Star and Canadian Press

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By Cory Soal
R.H.A.D.

**... Lend
Me Your
Ears**

LOSS OF HEARING DUE TO NON-AGING FACTORS

Hearing loss due to aging can be compounded by other things. A few of these include noise exposure, disease and ear infections.

Hearing loss due to age and noise are cumulative. That is, hearing loss from noise exposure will be added on to hearing loss due to aging. Neither are medically correctable. There is something to be said for protecting the hearing we have left by wearing hearing protectors while doing shop work or target shooting.

Each of us reacts differently to hearing loss. We may totally or partially deny that a problem exists. Typical "denial" statements are "you're mumbling again", or "I was not paying attention" and can be a way of concealing hearing difficulties.

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