



## ... 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 pin point the cause, it may be something he/her 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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## NEWS

# Woman on cutting edge of memory and aging study

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Sarah Henderson is devoting her life's research to people more than twice her age. The 21-year-old Georgetown native is completing her undergraduate degree in psychology at Brock University and is conducting a study on memory and aging.

She's looking at how involuntary memory changes with age, and so far, she's finding that this is one part of the mind that seems to stay sharp far into maturity.

"We have people come in and learn sound and picture pairs," said Henderson.

She explained that involuntary memory is when the mind recollects things without intention.

"Things like sound or songs reminding you of people or places," she said.

It's like smelling coffee and remembering a date with a friend, or a particular sound or feel that brings someone back to a certain time in their life.

"It might be more similar in young people and older people than previously thought," said Henderson. "It's kind of an optimistic outlook."

She says that currently, most geriatric psychology research focuses on dementia and Alzheimer's, however, Henderson is studying people over the age of 65 without cognitive ailments.

"I'm really interested in what healthy aging looks like," she said.

In her spare time, Henderson volunteers with the St. John's



Alexandra Heck/Metroland

**Sarah Henderson is a Georgetown native who is studying memory at Brock University.**

Ambulance therapy dog program. She visits St. Catharines General Hospital with Oliver, her five-year-old golden retriever. On weekends, Henderson returns to Georgetown to work part-time at Ares restaurant. It's the friend-

ships that she's made with regulars at the restaurant that inspired her to study aging.

"I have some pretty close relationships with some of them," she said. "You want them to realize that there are people who care and want them to know that there's people understanding what they're going through."

Henderson has created a one-minute video about her research and entered it in the Natural Sciences and Engineering Research Council's competition for top university research in the country.

"Our psychology department is ranked top 10 in Canada," she said. So far, seven students from Brock are in the top 75 ranking for the contest.

To view Henderson's clip, visit [discover.brocku.ca/memory](http://discover.brocku.ca/memory).

## Halton Region sports top credit rating

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The Region of Halton is in good standing with its creditors.

Moody's Investor Service has released its credit opinion report and ranks the region in its high-

est credit score. Halton has maintained this rating for 30 years straight, citing their strong capital plans, budgeting and fiscal results. The region's diversified economy and population growth play a role in this rating.

"We are proud to celebrate our milestone 30th year with a top credit rating," said regional chair Gary Carr. He said the ranking allows the region to enhance essential services while maintaining a strong financial standing.

"It ranks us at the high end of Canadian municipalities and will continue to support a high quality of life in Halton."

The credit rating allows Halton to borrow at the lowest possible interest rates.

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