

Fly those flags high and proudly



Eamonn Maher photo

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It's time to dig out those Canada flags!

Last year, Halton Hills earned the title of the Most Patriotic Town in Canada by flying and registering more than 57,000 flags for the country's 150th national birthday celebrations and efforts are well underway to repeat as champs.

Wayne McPhee of Quality Tree Service of Georgetown proudly hung flags along Guelph Street last Friday in preparation for the Canada Day celebrations in Halton Hills coming up this Sunday, July 1. The red-and-white flags will be flying this week across Halton Hills.

Many local retailers have flags available for purchase if you can't find them or want to add more.

For updates and to register your name and email address, visit the website haltonhillscanada150.ca/.

Churches & Temples

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By **Cory Soal**
R.H.A.D.

... Lend Me Your Ears

LEARNING NEW STRATEGIES

A diminished social life is one of the most difficult aspects of age related hearing loss. Many people avoid drawing attention to their hearing loss by having fewer social contacts when it becomes difficult understanding what is being said. The result is an altered and lonely existence that family and friends may mistake for dementia.

Learning new strategies to cope with hearing loss could go a long way to restoring confidence and improving communication. The Hearing Clinic recommends the following: Inform people of the hearing loss so they may modify their speech; eliminate background noise; watch the speaker carefully and sharpen natural lip-reading abilities; ask the speaker to repeat what was said if necessary, and above all else; have your hearing thoroughly tested and properly fit with one of today's modern hearing instruments. Contact The Hearing Clinic if you or someone you know needs assistance.

The Georgetown

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BPHE, RAC,
RTCMP

Q: I'm interested in trying Acupuncture. How do I seek out a therapist?

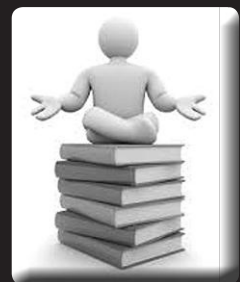
A: Acupuncture is one of the main therapies within the 2500 year old system of medicine called Traditional Chinese Medicine (TCM). Over the past 60 years, its use has spread into North America but with varying standards of education, training, and regulation. On April 1, 2013 Ontario regulated the profession of Acupuncture and Traditional Chinese Medicine (TCM), following BC, Alberta, and Quebec and the majority of the United States.

Regulation is a wonderful thing in that it creates a standardized level of training and patient care within the field of TCM. With the advent of regulation, more and more extended health plans are covering Acupuncture when provided by a Registered Acupuncturist (RAC) or a Registered TCM Practitioner (RTCMP). You'll want to check with your insurance provider to determine if you have coverage and in what amount.

Acupuncture is effective in the treatment of chronic pain and sports injuries as well as women's health issues including fertility, gynecological, and hormonal disorders. It can also successfully treat respiratory problems, gastrointestinal disorders, neurological issues, autoimmune disorders, and emotional problems.

To see whether Acupuncture and TCM may be a fit for you, please check out www.carolyndew.ca

Ask the Professionals



Find local professionals here every Thursday!

For advertising information please call

905-234-1018

or email kkosonic@theifp.ca

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DR. ANOOP
SAYAL

Q: Are my children at risk for Gum Disease?

A: It's a sad fact. Children are affected by gum disease just as adults are. For some, it's a matter of neglecting proper care of the teeth. For others, it's a matter of the parents not understanding the importance of oral hygiene in their children. Gum, or periodontal, disease is a serious business. It's made even more dangerous by the fact that it is often painless. It is caused by plaque. This sticky film produces toxins which can damage the gums. As a parent, you should make it a point to check your children's teeth periodically for the signs of gum disease. Look for redness, tenderness and swelling at the gumline. Diseased gums bleed easily and may lead to persistent bad breath and loose teeth. Encourage your child to brush at least twice daily. Flavoured children's toothpaste can help encourage this habit. Teach your children to floss regularly, it's possible even at young ages. Model a good diet by balancing it with a broad variety of foods and placing limits on sweets and between meal snacks.