



... Lend Me Your Ears

By Cory Soal
R.H.A.D.

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Exposure to cigarette smoke may hasten hearing loss as you grow older. Monitoring more than 3,500 people between the ages 48 and 92 for 3 years, University of Wisconsin Medical School researchers found that smokers were almost twice as likely as non-smokers to have trouble hearing. Some scientists think cigarette smoke has a toxic effect on inner-ear cells, while others believe it may constrict blood flow to the inner ear. For more information on preserving your hearing please call...

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NEWS

PLANS ANNOUNCED FOR FIRST HALTON HILLS CYCLING SUMMIT

The Town of Halton Hills Bike It committee is gearing up to host its first Cycling Summit.

The inaugural event is slated for Wednesday, March 6 at 6:30 p.m. at MoldMasters Sportsplex, Alcott Hall. The purpose of the summit is to bring together interested residents to discuss a vision for cycling in Halton Hills and strategies for achieving the vision.

"The Halton Hills Bike It committee has been very successful over the past six years, offering a popular series of bike events to encourage participation," said cycling advocate and committee chair Coun. Jane Fogal. "Now we want to take it to the next level, but we need more community input and support."

Fogal noted that understanding the key issues and interests of the community is integral to advancing the work of the commit-

tee.

"Anyone who enjoys cycling, whether for recreation or transportation, and sees the value in improving cycling infrastructure or who would like to see new programs and initiatives in Halton Hills should attend."

Since adopting its cycling master plan in 2010, Halton Hills has made annual investments to make cycling safer and more appealing. In 2019, the town is undertaking a new active transportation master plan study.

Bike It Halton Hills was formed in 2012 to advance the cycling master plan through advocacy and by hosting a series of cycling events. The committee's ultimate goal is to have the municipality achieve the gold level in the Bicycle Friendly Community program. In 2014, Halton Hills was awarded bronze level by the Share the Road Coalition in



Metroland/Photo

Councillor Jane Fogal, who's also a cycling advocate and chair of the Halton Hills Bike It Committee, encourages local residents to attend the group's first Cycling Summit.

2014.

Since adopting the cycling master plan in December 2010, Halton Hills has added eight kilometres of bike lanes and 11.24 kilometres of multi-use paths and installed new cycling directional signage. The infrastructure has been well used; the last Halton Hills Bike Challenge attracted over 2,000 participants and new cycling events have been hosted each year.

The Cycling Summit is free, but prior registration is requested to help with logistics. To register, seek clarification or send comments, email hhcycling@haltonhills.ca.

Input can also be provided via the town's online engagement platform at letstalkhaltonhills.ca.

Learn more about the summit and the 2019 cycling program at haltonhills.ca/cycling.

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