



## ... Lend Me Your Ears

By Cory Soal  
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### GETTING USED TO NEW HEARING INSTRUMENTS

Part 1

A patient who has never worn hearing instruments before, or is wearing a new type or circuit may go through a period of adjustment. The following are suggestions to help you through that adjustment period:

Don't get discouraged. It may take time to realize the benefit of your hearing instruments. You have been hearing through a damaged system that has delivered distorted signals to your brain. Now the sounds you are being exposed to are louder and different than what you are used to. In time, your brain will adjust to the new signals it is receiving.

When you first start wearing the hearing instruments, you will suddenly hear sounds you were previously unaware of. Many you will recognize as sounds you used to hear before you had a hearing loss, and others will have to be identified for you. These sounds will seem bothersome at first because you are not used to hearing them. In time, like those with normal hearing, you will unconsciously block out these daily sounds.

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## NEWS

# SPECIES AT RISK IN THE CREDIT RIVER WATERSHED

HABITAT LOSS DUE TO LAND DEVELOPMENT IS PRIMARY CAUSE, AGENCIES SAY

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There are 65 species of plants and animals that live in the Credit River watershed which are at risk of extinction.

Earlier this month, United Nations (UN) agency Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES) released a critical report assessing 1 million species threatened with extinction across the world. It was compiled by 145 experts from 50 different countries based on a review of 15,000 scientific and government sources.

The report blamed the stark rise of at-risk species on human land and sea use, direct exploitation of organisms, climate

**THE ISSUE:** A UNITED NATIONS REPORT HAS DECLARED ONE MILLION SPECIES AT RISK OF EXTINCTION

**LOCAL IMPACT:** 65 OF THOSE SPECIES ARE IN THE CREDIT RIVER WATERSHED

change, pollution, and invasive alien species. It also made recommendations for governments to act in response to the 'unprecedented' species extinction in human history.

"We are eroding the very foundations of our economies, livelihoods, food security, health, and quality of life worldwide," IPBES chair Sir Robert Watson said.

Back home in Brampton and Mississauga, that might not appear to be the case at first glance, but assessments from the Com-



Riziero Vertolli/Torstar

CVC ecologist Laura Timms says the number of at-risk species in the Credit River watershed is increasing.

mittee of the Status of Species at Risk in Ontario (COSSARO), the Committee on the Status of Endangered Wildlife in Canada (COSEWIC), and confirmed by

Credit Valley Conservation, show that there are a significant number of at-risk species in our

See - page 11

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