



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

TWO MORE REASONS TO QUIT!

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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100 WOMEN WHO CARE



Sarah Burrows photo

A cheque for \$9,800 was presented by 100 Women Who Care Halton to Food4Kids (www.100womenhaltonhills.com). On the group's first anniversary, 100 Women Who Care has donated \$43,000 to local charities. The presentation was made to Gayle Kabbash and Eva Podoski of Food4Kids in support of their weekend backpack program for at-risk children in Halton Hills. It focuses on providing healthy food packages every Friday, in a non-stigmatizing process, to each child in families identified as being in need.

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