



By Cory Soal  
R.H.A.D.

## ... Lend Me Your Ears

### COMMON QUESTIONS ABOUT TINNITUS - PART 1 WHAT IS IT?

Tinnitus is a subjective experience where one hears a sound, ringing or noise when no external physical sound is present. Some call it "head noises", "ear ringing," or other similar things.

#### WHAT CAUSES IT?

There are many causes; indeed almost everything that can go wrong with the ear has Tinnitus associated with it as a symptom. Things as simple as wax against the eardrum to very serious items such as tumors on the 7th facial nerve can produce Tinnitus. Meniere's disease has Tinnitus associated with it. One of the most common causes of Tinnitus is exposure to excessively loud sounds such as shooting, chain saws, rock concerts, or other loud noises.

For more information feel free to call...

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## NEWS

# REC FACILITIES CLOSURE EXTENDED TO JUNE 22

## TOWN ALSO TAKING STEPS TO DISCOURAGE PEOPLE FROM GATHERING IN PARKS

HERB GARBUTT  
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The Town of Halton Hills is extending the closure of its recreation facilities to June 22 and taking additional measure to discourage people from gathering on town property.

The town is taking the steps to follow the direction of the provincial medical officer of health's orders to practise physical distancing and avoid large gatherings in order to stop the spread of the COVID-19 virus.

"This decision does not come lightly. We are taking a responsible approach that aligns with our municipal partners and supports our efforts to safeguard the community," said Mayor Rick Bonnette.

The extended facility closure includes the Acton Arena and Community Centre, Mold-Masters SportsPlex, Gellert Community Centre, Cedarvale Community Centre, Acton Lion's and Georgetown Indoor Pools, Cultural Centre and John Elliott Theatre, Hillside Active Living Centres (Georgetown and Acton) and Halton Hills Youth Centres (Georgetown and Acton).

The town also announced measures to discourage people from congregating in parks, including putting snow fences around some park amenities and placing barricades in park entrances.

Town by-law enforcement have been receiving complaints about people gathering in parks and tailgate par-

ties in parking lots.

Parks and open spaces will remain open but the town is encouraging residents to use them responsibly.

"I hope that the fencing, enhanced signage and barricades serve as a visual reminder to people that they need to adhere to the prescribed policies," Bonnette said.

Snow fences will be placed around skateboard parks and higher use playground. Town staff will continue to monitor other amenities such as gazebos and basketball and multi-use courts and will fence them off if improper use continues.

"Please know that we still want to encourage use of the open spaces but only to area residents," said Halton Hills CAO Brent Marshall. "Parks are no longer places of destination. Stay home as much

as possible and enjoy the use of local parks for taking walks."

The extension of the recreation facility closing means all programs and facility rentals have also been cancelled until June 22, at which time the town will evaluate reopening if conditions allow.

The town will be offering full refunds for the spring session and has begun the process of contacting residents. At this time, summer programs have not been cancelled and the town will reassess this decision later based on recommendations by the medical officer of health.

Residents with questions about registered programs or cancellations can call 905-873-2600, ext. 2275 or email recreation@haltonhills.ca. More information on the town's response to COVID-19 can be found on haltonhills.ca/covid19.



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