



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

BUSINESS (NOT QUITE) AS USUAL..

Dear people of Halton Hills;

During these uncertain times, rest assured we remain open to serve you. We have adjusted services according to the guidance by Health Canada.

Please call for an appointment. We are not accepting walk ins at this time.

We handle every call on an individual basis to best handle each person's needs.

Social distancing in clinic with one appointment per time slot in waiting room.

If necessary, I offer mailbox drops as well!

Take care, be safe and know this will pass.

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OPINION

IN PRAISE OF SOURCES

TO ALL THOSE STILL WILLING TO STAND UP AND SPEAK OUT, WE SALUTE YOU, WRITES PAMELA STEEL

It's about trust. Our relationship with our readers is built on transparency, honesty and integrity. As such, we have launched a trust initiative to tell you who we are and how and why we do what we do. This column is part of that project.

Telling your stories is our job, our mission and our calling.

When something happens in our community, whether it's how a pandemic is shaking us up with more disruption than we have seen in our lifetime, the sudden death of one of our own, or how we



PAMELA STEEL
Column

have banded together to help a neighbour, it's our job to help you make sense of it through personal stories.

For more than a century reporters from this newspaper have been reaching out, talking with our neighbours and amplifying their voices and stories. At its heart community journalism is all about names and faces.

So there's a weird disconnect in this information age. When people have never been more photographed and published than in any time in history, it is becoming harder for us to find people willing to stand up and put their names and faces to issues of the day.

Why? It's the comments.

When our stories go up on social media, the vomitorium where the trolls and anonymous commenters live comes to life as the stupid and the banal pick apart and find reasons to be judgmental and just plain hateful toward their neighbours.

For example we recently wrote an article about a speeding issue in a Halton neighbourhood. A resident told her story about almost being struck by a vehicle. Response in the comments put the blame on her.

In a world where the vocal minority feel empowered to spew stupidity and vitriol at will, kinder, gentler souls are clamming up. It now takes a special kind of bravery to share your story with your neighbours. A willingness to face the madding crowd and say, 'this story means more

than your hate.'

Not for you to cower in the face of the keyboard bullies of the world. You refuse to let the tiny-minded control or silence intelligent, kind discourse.

We salute you. You make your community better with your courage and your honesty. Because your stories are important to all of us as we seek to make sense of our world.

Pamela Steel is a Torstar Community Brands managing editor and a member of the Torstar Community Brands trust committee.

We welcome your questions and value your comments. Email our trust committee at trust@metro-land.com.

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DR. ANOOP SAYAL

Q: How can I get rid of bad breath?

A: It's everywhere. Buy this and prevent foot odor; buy that and avoid body odor. It's no surprise that bad breath is socially unacceptable. Every year, advertisers spend millions to sell their mouthwashes for bad breath.

You must understand that using a mouthwash for chronically bad breath can actually mask periodontal, or gum disease. Diseased gums and tooth decay are the two most common causes of bad breath, or "halitosis." If you smoke, you're not only more likely to have bad breath, but also to get periodontal disease. Eating strong foods, like onions and garlic, is rarely the real cause of chronic bad breath.

If you must, a saltwater rinse can be used instead of a mouthwash. You may have guessed by now that the best way to keep your breath fresh is by daily brushing and flossing, and keeping regular dental checkups. Your gums need your help in this so they can fight off plaque and deposits.

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