



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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COMMUNITY

BACK-TO-SCHOOL FUNDRAISER UNDERWAY

NEED FOR COOL-WEATHER CLOTHING, SHOES, OUTERWEAR THAT FITS GROWING CHILDREN, SCHOOL SUPPLIES

Wanted: backpacks, school supplies, children's clothing, etc.

In an effort to ensure local youth are well equipped when they return to classes, the Halton Catholic Children's Foundation (HCCF) is now accepting donations for its back-to-school fundraiser.

"Poverty is a barrier to learning success for a variety of reasons, but HCCF believes every child deserves the opportunity to succeed," said HCCF executive director Marc Clare. "Back to school can be particularly challenging for struggling students and their families. There is a need for cool-weather clothing, shoes and outerwear that fits growing children, as well as school supplies for the classroom and at home that supports learning and immersive educational experi-



Metro Creative photo

The Halton Catholic Children's Foundation is accepting donations for its back-to-school fundraiser.

ences."

Organizers aim to provide 200 backpacks for Halton Catholic students in need. To achieve this goal, HCCF has partnered with Halton Catholic District School Board child and youth counsellors Karen Drummond and Christine Raymond, as well as other community leaders and volunteers.

HCCF will also be raising funds to support basic necessity requirements for students in need throughout the school year.

"There are few things more important than accessible education," said Marvin Duarte, HCCF board of direc-

tors chair. "With this partnership and the support of our Halton Catholic community, we know we can make a significant difference to these students by helping to remove some of the financial burden of back-to-school and other basic necessity costs that can occur during the school year."

The back-to-school campaign runs until mid-September, with a goal of raising \$10,000, which would be matched by an anonymous donor.

"The inclusion of pledged monthly donations as part of our anonymous donor match is really big for us," said Clare. "It means that if a donor wishes to give \$20 per month, for example, our matching donor will match the \$240 annual total of the monthly pledges — making our fundraising objective more attainable and donations more manageable for our community members. We're very appreciative of this generosity by our anonymous matching donor. It means a great deal to our students who will benefit from this combined generosity."

Donations can be made at <https://www.hccf.ca/2021/08/back-to-school-campaign/>.



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Q: Is thumb sucking bad?

A: Yes and no. First, it must be understood that thumb sucking is a "natural reflex". An ultrasound test on a developing baby will often show him or her sucking a thumb. When this habit goes on for too long, however, orthodontic problems can often occur. By the age of six or seven, the child's permanent teeth are just beginning to arrive. Before then, thumb sucking will cause few problems. After permanent teeth arrive, abnormal pressure from the thumb can cause the front upper teeth to become "bucked". The bottom front teeth then become crowded backward. A misalignment of the teeth occurs. So, how do you stop thumb sucking for your four or five year old? Some have found gloving the hand, dipping the thumb in vinegar and increased attention to the child help. In the end, though, treatment depends on how long and often the thumb sucking occurs. To avoid any permanent damage, don't delay your attempts to stop this habit.



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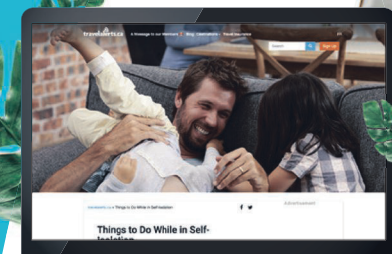
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But, just because our travel deals have been put on hold, our team is dedicated to providing YOU, our amazing subscribers, with inspiring and informative blog content during this time! If you haven't done so yet, please sign up for our weekly newsletter so we can keep you up to date!



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