



By Cory Soal  
R.H.A.D.

## ... Lend Me Your Ears

### COUNSELLING THE NEW HEARING AID USER

The following few tips, if followed correctly, will prolong the benefits and enjoyment of better hearing:

- Do not get the hearing aid wet
- Do not leave the instrument where it is too hot or cold
- Try not to drop the hearing aid
- Do not spray cleaning solution or hair spray on the instrument
- Keep the instrument and batteries out of the reach of small children and especially pets

If any of the above problems do occur, please don't hesitate to call...

The Georgetown  
**HEARING CLINIC**  
*We care about your hearing!*  
Professional Arts Building  
99 Sinclair Ave., Suite 210  
Georgetown  
**(905) 873-6642**

## Tooth Chatter



by  
**ALEX  
TRENTON  
DENTURIST**

### MANAGING HARD TO CHEW FOODS

The first step in managing hard to chew foods is to make sure your teeth & dentures are in good condition. If you have dentures, you should have them checked each year. Even if you are not having any specific discomfort, there could be hidden problems. The teeth on your denture wear down over the years and become dull. Some foods might actually be taking you twice as long to chew, because of dulling teeth. It is worth the time to visit our office and make sure your dentures fit correctly. If you still find chewing difficult, try changing the method of preparation, instead of the food. For example, try roasting, stewing or broiling meat, and then chop or slice thinly. Use canned or stewed fruits, or drink fruit & vegetable juices. Grate cheese or use in sauces and eat cottage cheese & yogurt. You may find a blender or food processor helpful when preparing your food. You do not need a referral; simply call our office direct for an appointment.

Creating confident smiles since 1982.  
Alexander Trenton, DD, F.C.A.D. (A)  
Denturist  
Georgetown Denture Clinic,  
18 Church Street,  
Georgetown, Ontario  
**(905) 877-2359**  
*(Across from the Library and Cultural Centre)*  
[www.georgetowndentureclinic.com](http://www.georgetowndentureclinic.com)



The Big Sisters and Big Brothers of Halton's Go Girls program at St. Brigid Catholic School has been actively running since January, as Grades 6 to 8 girls enjoy getting together for exercise and mentoring from Big Sisters. Among those St. Brigid students enjoying a game of clothespin tag were (from left) Leanne McNamara, Milena Randazzo, Victoria Glen, Big Sister Laura Sandford, Big Sister Rebecca Haugh, Hayley Derikx and Madison Taylor. In back, St. Brigid's principal Gail Rutherford and vice-principal Erin Sweeney-Hurd. Right: Big Sister Laura Sandford (left) makes a grab for a clothespin off Hayley Derikx as they took part in a game of clothespin tag. The program encourages the girls to maintain healthy bodies and healthy minds through exercise and mentoring. There are two schools taking part in Georgetown— St. Brigid and Stewarttown.

Photos by Ted Brown



## Go Girls! launches in Georgetown

St. Brigid Catholic School and Stewarttown Public School have launched the Big Brothers Big Sisters of Halton Go Girls! Healthy Bodies, Healthy Minds program.

Go Girls! is a mentoring program that provides adolescent girls with the information and support to make informed lifestyle choices while maintaining sensitivity toward their emotional, social and cultural issues.

It is funded through the support of the Ministry of Health Promotion Community In-Action Fund and the Halton Healthy Community Fund.

Two trained volunteer Go Girls! mentors lead the seven-week, 14-hour after-school program in each school location. A maximum of 10 girls are chosen for each session from Grades 6, 7 and 8. Each two-hour session is structured around the three key Go Girls! themes: active living, balanced eating and feeling good about oneself.

Kate Lockwood, co-ordinator of the Go Girls! program is thrilled by the level of support the program has received from St. Brigid

Catholic School.

According to Lockwood, "St. Brigid has really embraced the program. They have put so much effort into ensuring it works and they are really supportive of our two Go Girls! facilitators."

The girls themselves now have many positive things to say about themselves with one participant realizing "what a special, unique person I am" after attending the training.

Lockwood, who receives feedback from the girls, said, "we are pleased to have such overwhelming positive comments come back from the girls and some even wanted the program to never end!"

Big Brothers Big Sisters of Canada obtained the exclusive rights to the Go Girls! program in July 2006 from Ophea (Ontario Physical and Health Education Association). Big Brothers Big Sisters of Halton runs the program in Georgetown, Milton and Oakville schools. University-aged women are being actively recruited to volunteer as facilitators for the fall time Go Girls! programs. Those interested in volunteering can call 905-878-8840.



Anisha Rahemtulla Zakaria PharmD

Ruth and Neil Young are very pleased to announce that **Anisha Zakaria** has joined the professional staff at Young's Pharmacy & Homecare and Medical Centre Pharmacy. Anisha was previously employed as the Senior Medical Information Specialist for a national pharmaceutical manufacturer. She also has a strong clinical and community pharmacy background. Anisha, a Georgetown resident, is looking forward to meeting and helping Young's patients and complimenting the professional services Young's offers.

## YOUNG'S PHARMACY & HOMECARE



Downtown Georgetown

## Acton schools benefit from bank donation

A donation by a bank is music to the ears of students and teachers in Halton.

Scotiabank and the Halton Learning Foundation, the fundraising arm of the Halton District School Board, recently announced that the Scotiabank Arts Revitalization Program will provide \$20,000 to support the purchase of musical instruments in 10 Halton public schools this year.

McKenzie-Smith Bennett and Acton High School in Acton are among the recipients. All 10 will receive an almost equal share of the funding.

"This is the first year they have come on board," Pat Wright, executive director of the Halton Learning Foundation (HLF), said of Scotiabank.

Wright said the 10 schools are already start-

ing to use the money.

"In many of these schools the instruments haven't been replaced for a number of years. We left it up to their (Halton Learning Foundation) discretion where the money would go," Ahmad Dajani, Scotiabank district vice-president, GTA West.

"The Scotiabank Arts Revitalization Program will help students tap into their creative capabilities and give them the opportunity to learn and grow, through music," he added.

Dajani said the financial institution has not committed to making a similar donation to the Halton board for next year but likes its partnership with the HLF and will re-evaluate what it might do with the board in the future.

—Tim Whitnell, special to IFP