

Dateline

• from **DATeline** on page A11

Dr. No appointment's necessary. For more information, call Mimmo Rizzo at (905) 856-9926 or Valeria Citton at (905) 507-3189.

Registration for Town of Milton spring and summer recreation programs begins at 9 a.m. (February 27 for non-residents). Residents can use Milton Online Registrations to register via Internet, or by automated touch-tone telephone. Registration can also be done in-person at the Milton Leisure Centre, Milton Sports Centre, Milton Seniors' Activity Centre or Town Hall Annex 555. For more information, see the Spring and Summer Community Services Guide, visit www.milton.ca or call (905) 878-7252, ext. 2189.

The Deck youth centre, 200 Main St. (rear entrance), invites high school students to drop by between 7 and 11 p.m. to play a game of pool or just hang out.

Milton District Hospital holds a group session **breastfeeding clinic** with a certified lactation consultant from 11 a.m. to 12:30 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

Saturday Feb. 24

Milton Concert Presentations hosts the **Kitchener Waterloo Symphony** in an exploration of Spanish classics at 8 p.m. at Southside Community Church, 5850 Derry Rd. Tickets cost \$30 for adults and \$25 for students and seniors. For more information, call (905) 878-1526.

A free performance of the play 'Once Upon this Island' takes place at 7 p.m. at Nelson High School in Burlington in celebration of

Black History Month. It's a Caribbean version of Hans Christian Anderson's Little Mermaid and is being put on by partners including the Burlington Caribbean Connection, the Halton District School Board and the Halton Regional Police Service. For tickets, call (905) 332-9098 or e-mail thebcc2000@yahoo.ca.

The Milton branch of the Royal Canadian Legion, 21 Charles St., holds a **meat roll** in the clubroom at 4 p.m.

The Milton Public Library holds its **Rise 'n Shine drop-in** at 10 a.m. with stories, songs and dance for kids aged six months to three years. Kids must be accompanied by an adult. Its **Family Storytime** takes place at 11 a.m. for pre-schoolers. Kids under three are welcome but must be accompanied by a caregiver.

Saturday Feb. 24 - 25

The Halton Women's Centre, suite 229 in Hopedale Mall, 1515 Rebecca St. in Oakville, holds a **seminar** entitled 'Learning to Move Forward', which teaches skills to identify, release and change our responses to the challenges in life. It runs from 9:30 a.m. to 3:30 p.m. The cost is \$35. For more information, call (905) 847-5520 or visit www.haltonwomenscentre.org.

Sunday Feb. 25

The Halton-Peel branch of the **Ontario Genealogical Society** meets at 2 p.m. at the Oakville Public Library (lower level), 120 Navy St., with speakers talking about using DNA to find relatives and tips on getting your family history published. Visitors are welcome. For more information, call Ann Logan at (905) 845-7755 or Susan Ramsay at (905) 846-0408.

Monday Feb. 26

The **Belonging adoption support group** meets at 7:15 p.m. at Compass Point Bible Church, 2501 Eaglesfield Dr., in Burlington. It's open to anyone touched by adoption issues.

The Halton Women's Centre, suite 229 in Hopedale Mall, 1515 Rebecca St. in Oakville, holds a free **income tax clinic** from 10 a.m. to noon. For financial eligibility information, call (905) 847-5520 or visit www.haltonwomenscentre.org.

The Lighthouse Program for Grieving Children in Oakville holds its **peer support group** from 6 to 7:30 p.m. for children and teens aged three to 18 who've lost a parent or sibling. For more information or to register, call (905) 337-2333 or e-mail lighthouseprogram@bellnet.ca.

Milton District Hospital holds a one-on-one **breastfeeding clinic** with a certified lactation consultant from 1:30 to 3 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

A **speech-language pathologist** is at the Milton Community Resource Centre/Ontario Early Years Centre, 410 Bronte St. S., to provide half-hour consultations for kids up to five years old. To book an appointment, call (905) 876-1244, ext. 10.

The **Halton Hills Quilters Guild** meets at the Halton Hills Cultural Centre, 9 Church St., in Georgetown at 7:15 p.m. with speaker Rosalie Tennison discussing quilt appraisals. New members are welcome. For more information, call group president Ann Totten at (905) 877-6038.

Tuesday Feb. 27

The Halton Women's Centre, suite 229 in Hopedale Mall, 1515 Rebecca St. in Oakville, holds its **Employment Network** for unemployed women from 9:30 to 11:30 a.m. For more information, call (905) 847-5520 or visit www.haltonwomenscentre.org.

Calling New Parents, a free drop-in program for parents and babies aged 6 months and younger, meets with a public health nurse to discuss parenting and infant care. The group meets at the new Ontario Early Years Centre at 410 Bronte St. from 1:30 to 3:30 p.m. For more information, call (905) 825-6000, ext. 7299.

The **Milton Al-Anon** group meets at 8 p.m. at St. Paul's United Church, 123 Main St. E., for family and friends of alcoholics.

St. Paul's United Church, 123 Main St. E., holds its **Parent's Morning Out** from 9:30 to 11 a.m. For more information, call (905) 878-1286.

Help for Parents, a Halton parent support group, meets in the evening in the basement of St. Elizabeth's Church, 5324 Bromley Rd., in Burlington. This non-denominational self-support group helps parents of children who are in trouble at home, at school or with the law or who are abusive or taking drugs. The group is a member of the Association of Parent Support Groups in Ontario. For more information, call 1-800-488-5666 or visit www.apsgo.ca.

Milton District Hospital holds a one-on-one **breastfeeding clinic** with a certified lactation consultant from 9:30 to 11:30 a.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.



Hearing for Life

Audiology Centre & Dispensary

Noise exposure/music/MP3 players/risk for hearing loss. These topics spark one's curiosity given the resurgence of personal listening devices (PLD's) in our society...in our homes. Similar concerns were brought to light many years ago, for those of you who remember or perhaps even owned a Walkman.

In terms of present day technology, the first IPOD was introduced Oct. 23 2001. Between June 2004 and 2005 MP3 sales tripled in Canada. 40% of households in Canada own MP3 players. Recent studies reveal that 30% of children under 12, 61% of teens and 23% of adults own MP3 players.

Some recent studies have shown that more than half of users surveyed reported at least one of the 4 symptoms commonly associated with hearing loss including tinnitus (ringing in ears) and voices appearing muffled.

What is a Noise-Induced Hearing Loss?

Hearing loss due to noise exposure is also known as noise-induced hearing loss. The type of noise does not matter. It can be music or industrial noise. What matters are the **exposure time** (time spent listening) and the **intensity of the noise** (measured in decibels (dB)). The louder the intensity of the noise, the shorter exposure time before damage can occur to our hearing. When the human ear is exposed to excessively loud noise a person will experience a temporary shift in hearing that generally recovers within a short period of time. This is a temporary threshold shift or TTS. You may have experienced being in a noisy environment and when you leave that noise your

hearing seems dull and you may also have ringing (or tinnitus) after this noise exposure. These are **early warning signs** that you have exposed your ears to excessively loud noise. This generally recovers when you wake up the next day. Over time and continued exposure to noise, these TTS's will accumulate and eventually become permanent threshold shifts (PTS) and will result in a permanent hearing loss.

MP3's with the ability to store 1000's of songs and increased battery life means that people can listen for longer durations.

What Levels of Noise Are Safe?

Sounds under 85 decibels are generally considered safe. Prolonged exposure to sounds above 85 dB can cause gradual hearing loss. In fact, according to some standards the maximum exposure to 85dB of noise is considered to be 8 hours before risking hearing damage. Studies show that individuals who chose to use their personal listening device at volumes close to or full on will be at risk for noise induced hearing loss in a very short period of time. Some of these devices (I-pods with ear buds, for example) can reach levels in excess of 110dB in the ear canal when the volume is set full on. The maximum allowable daily dose at this level is just over a minute before the potential for damage becomes apparent. Regular exposure to sounds above 100dB for more than one minute can cause permanent hearing loss. The good news is, based on current research, that the average listening level of most youths does not exceed hazardous levels.

MP3 Players and Hearing Loss: Are you at Risk?

It seems, however, that environment plays a role in determining the level that individuals set their MP3's. In quiet environments individuals often listen to these devices at acceptable levels. In the presence of street noise for example of there is a tendency to increase the volume of the MP3 to overcome the background noise. This can increase exposure to noise and reduce the acceptable exposure time.

How to Listen Safely

Playing your music too loud for too long can cause a lifelong hearing loss. We need to teach our children good listening habits and also lead by example. Moderation is key and being in tune with your ears.

1. Turn down the Volume. PLD's do not have meters that tell us that this volume is ok or this is too loud. A good guideline would be half volume. If you can hear someone's music from his or her headphones, then the volume is too loud and the individual is at risk for hearing loss.

2. Find MP3 players with a volume-limiting feature and keep the volume at a safe range (85dB) or find a safe level on the volume control and mark it for your child.

3. Take breaks from the noise.

4. Be aware of the warning signs

5. Consider upgrading your ear buds to the over the ear style or a more snug/custom fit to prevent the need to turn up the volume on your MP3 to camouflage background noise.

If you have any questions regarding noise exposure, hearing conservation or hearing in general, please feel free to call us. If you have been exposed to noise at work or leisure you may want to have your hearing tested to rule out any hearing loss. For some helpful information for parents, educators and children please visit the following sites.

www.listentoyourbuds.com

www.soundsense.ca

It is important to take an active role in preventing hearing loss whenever possible. At Hearing for Life we specialize in custom hearing protection and musician plugs designed to protect hearing from noise damage so that you can continue to enjoy the sounds of life.

Kelly Kirkwood, M.Sc., Audiologist



For more information, please call us or visit our office at: 497 Laurier Avenue, Suite 3, Milton, Ontario L9T 3K8

905.693.HEAR (4327)