Some car stereos can cause hearing loss

 from TURN DOWN on page 11 ing occurring immediately after exposure to high noise levels. I've experienced it after several hours in a noisy restaurant or concert hall. My ears felt "dull" and I notice a ringing sound. Then, after a few hours, my hearing seemed to return to normal. When this type of noise exposure occurs repeatedly, the temporary loss becomes permanent.

Noise destroys our hearing slowly and painlessly. The damage occurs within the inner ear where thousands of sensory receptor cells (called hair cells) are located. Normally, these

hair cells act to pick up sound vibrations and transmit the signal along nerve pathways to the brain. Loud noises damage and eventually destroy these hair cells, thus impeding the transmission of sounds to the brain. With time, more and more hair cells are destroyed, and the hearing loss worsens. Because nerve damage cannot be treated medically, a noise-induced hearing loss is per-

What can we all do to minimize the hazards of noise? The most obvious solution is to avoid it. If like most of us, however, you can't resist turning up your stereo, or using power tools, or going snowmobiling, then follow a few precautions.

Firstly, be aware of unsafe noise levels. For example, if you must raise your voice in order to talk to someone less than two feet away from you, then the surrounding noise is loud enough to potentially damage your hearing.

Likewise, if someone else can hear the music on your Walkman, then you have the volume too high. Some car stereos are capable of producing levels that will sound intensity hearing within damage your minutes.

Remember, the louder the noise, the less time it takes to cause a per-

manent hearing loss. Therefore, another good precaution is to minimize the length of time you're exposed to high noise levels.

Finally, the best protection is in the form of commercial ear plugs or muffs. It's a good idea to purchase some form of hearing protection that you can use when mowing the grass or going to a rock concert. Hearing protection allows you to enjoy noisy activities without the risk of permanent damage.

Hopefully, with an increased awareness of the hazards of noise, we can all make the effort to protect our hearing. Let's all try to minimize our contribution to the ever-growing amount of noise pollution

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RELIGIOUS SERVICE DIRECTORY

MILTON GOSPEL HALL

306 Ontario St. N. 878-2022

10:00 a.m. - Breaking Bread 11:45 a.m. - Sunday School

> Wednesday 7:30 p.m. Prayer Meeting and Bible Reading

6:30 p.m. — Gospel Service

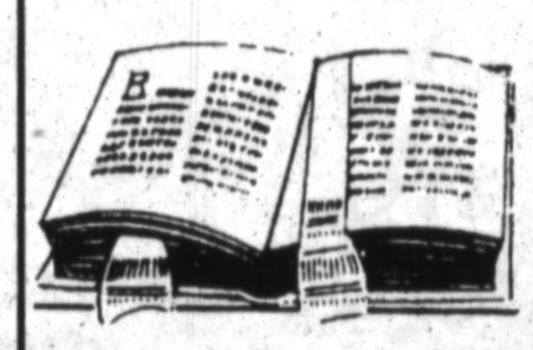
"What shall it profit a man, if he shall gain the whole world, and lose his own soul?"



BAHA'I **FAITH**

'My calamity is My providence; outwardly it is fire and vengeance, but inwardly it is light and mercy."

Baha'u'llah -



HOLY ROSARY ROMAN CATHOLIC PARISH 139 Martin St., Milton

878-6535 Mass Times: Sat. - 7:15 p.m. Sun. - 9:00

a.m., 10:30 a.m., 12 noon OUR LADY OF VICTORY

Milton Heights Mass at 10:30 a.m. Sunday ST. PETER'S CHURCH 9th Line Trafalgar

Mass at 9:00 a.m. Sunday Revs. Earl Talbot, Mark Curtis, Omer Fagan, Harold Bedford, S. J.



ST. PAUL'S UNITED CHURCH

123 Main St. at James Milton, Ont. 878-8895

Rev. Elaine Longland Director of Music - Judy Hunter

Sunday, January 31, 1993

10:30 a.m.

Epiphany IV Morning Worship & Sunday Schooll Sermon Title:

"By Whose Yardstick" Speaker: Barbara Curzon

February 7th - Pot Luck Lunch **Annual Meeting** following Service



Sanctuary is Wheelchair Accessible from James St. parking lot A friendly welcome awaits you

Milton Bible Church

Meeting at Sam Sherratt School 649 Laurier Avenue (at Holly)

THIS SUNDAY

10:30 am Celebration in Praise Message "Happy are the sad." 10:30 am Children's Ministries. Nursery Avavailable

Make '93 a new beginning with God!

> Pastor Jim DeMarsh 876-3243

GRACE ANGLICAN CHURCH

317 Main St. E., Milton 878-2411

Rev. Mark McDermott SERVICES Sunday 8:00 a.m.

10:30 a.m. Thursday 10:00 a.m. Bible Study — Tuesday 7:30 p.m. Prayer Group — Wednesday 7:00 p.m.

-Everyone Welcome-

GRACEWAY **BAPTIST CHURCH**

Pastor: Walter H. Isaak 876-2298

We welcome you to meet with us at: 407 Pine, Street **Next to Milton Library**

10:00 a.m. — Sunday School 11:00 a.m. — Morning Worship 6:30 p.m. — Evening Service Thursday 7:00 p.m. — Bible Study

Nursery and interpretation for the hearing. impaired provided for all services.

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THE PRESBYTERIAN **CHURCH IN CANADA** KNOX, MILTON

170 Main St., E. 878-6066 Interim Moderator: Rev. Ed Dowdles 1-416-846-6657 Diaconal Minister - Miss Colleen Smith 878-4979

SUNDAY, JANUARY 31, 1993

9:30 a.m.— Adult Bible Study 9:45 a.m.- Grades 7-8 & High School 11:00 a.m .- Morning Worship (Guest Minister - Rev. John McGurrin) 3:00 p.m. -- Service of Induction for the Rev. Rod Lewis **EVERYONE WELCOME**

- Church School (Ages 3 - Grade 6) Nursery (Infants up to 2 years)



washrooms provided so that all may come and worship.

ALL WELCOME



PENTECOSTAL CHURCH

6620 THIRD LINE 1/2 km . South of Intersection Thompson Rd & Derry Rd.) Phone (416) 878-3358

Rev. Daniel E. Rogge, Senior Pastor Mr. Robin E.W. Foster, Youth Pastor

SUNDAY, JANUARY 31, 1993

9:45 a.m. Training In Truth Sunday School for all ages 10:45 a.m. The Appointment With God "RESTORE HARMONY" Nursery Care (Ages 0-2) Children's Church (Ages 3-9)

6:30 p.m. Evening Evangelistic Rally **MUSICAL EVANGELIST** GORD CLARKE

Nursery care (Ages 0-2) Kid's Club (Ages 3-5) Kid's Praise Choir (Ages 6-12)

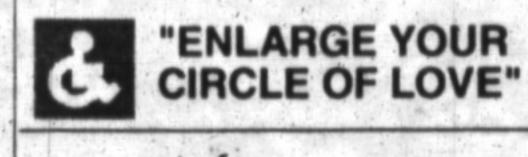
WEDNESDAY (7:00-8:15 P.M.) Adult Prayer & Bible Study Nursery Care Provided (Ages 0-2) Kings' Force (Ages 3-10)

FRIDAY NIGHT (7:30 P.M.) Fortress Sr. High Ministry (Ages 14-19)

Lighthouse Jr. High Ministry (Ages 11-13)

SATURDAY (8:30-9:15 A.M.) Saturday Morning Prayer Meeting

NEW LIFE SENIORS MINISTRY One Thursday a month (Ages 65+)





OPEN HOUSES THIS WEEKEND

SATURDAY 2:00 - 4:00 PM 4th Line (South of Britannia Rd.)

\$199,000. Virginia Brazeau in attendance

ROYAL LEPAGE REAL ESTATE SERVICES LTD.

878-8101 SATURDAY 2:00 - 4:00 PM 289 Coxe Blvd. \$289,900.

Sales Rep in attendance ROYAL LEPAGE REAL ESTATE SERVICES LTD. 878-8101

SATURDAY 2:00 - 4:00 PM 585 Sunnyvale Crescent \$181,900.

Carole D. Budworth in attendance RE/MAX MILTOWNE REALTY CORP. 878-2365

> SUNDAY 2:00 - 4:00 PM 608 Foster Court \$182,900 Len Duncan in attendance **ROYAL LEPAGE**

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\$199,900. Carole D. Budworth in attendance RE/MAX MILTOWNE REALTY CORP. 878-2365

SUNDAY 2:00 - 4:00 PM 507 Valleyview Crescent \$234,900.

Audrey Newell in attendance RE/MAX MILTOWNE REALTY CORP. 878-2365 SUNDAY 1:00 - 4:00 PM

353 Williams Avenue \$179,900. Sheryl Gray in attendance

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