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This message brought to you as a community service of The Markham Economist & Sun



Think You've Heard It All?

by Lorraine Kennedy Vosu
Clinical Director/Owner
M.A., Reg. CASLP(A) Audiologist

WHAT'S ALL THE NOISE ABOUT?

Not only does prolonged exposure to loud noise lead to irreversible hearing loss, frequent exposure to loud noise can also raise your blood pressure and increase your risk of suffering a heart attack. According to one study in which the blood pressure of factory workers was monitored on the job, their blood pressure rose two points for every 10-13 decibel increase in workplace noise. In another study, it was discovered that living in a noisy neighborhood where traffic raised decibel levels above 60 women's risk of heart attack tripled while men's risk doubled. It is about time that noise was recognized for the health-endangering pollution that it is.

The message has gotten through to people that prolonged noise can cause hearing loss. Research also links such noise to heart attacks. If you work in a noisy environment, it's important to wear a protective hearing device. Call us to schedule a hearing evaluation that includes a speech reception test, word recognition test, and loudness tolerance test. We offer custom ear and noise protection devices, including musician plugs and swim plugs. For every new hearing system you purchase, we'll give you a 35-day evaluation period as you have your eyes examined.



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Learn how to use your green bin



Binny will be at Moonlight Madness downtown Aug. 23.

BY HANNELORE VOLPE
Staff Writer

If you want to know what you can pitch into your new kitchen catcher for the green bin program coming to Whitchurch-Stouffville Sept. 10, there are workshops coming to a neighbourhood near you.

They'll help prepare you for the large green object you'll find in front of your house late in August. That's the green bin you'll use to wheel your organic recyclables to the curb every week.

At the same time, garbage will be picked up every two weeks instead of each week.

On Aug. 9, you can find out about the new program at Lemonville Community Centre from 5:30 to 8:30 p.m.

Four more workshops are scheduled after this: Aug. 22 at the Vandorf Community Centre, Aug. 28 at the Ballantrae Community Centre, Sept. 5 at the Lebovic Leisure Centre and Sept. 17 in the council chambers at the town offices.

When you get your green bin, you'll also receive a kitchen catcher that fits under your sink for you to put kitchen waste and other organic refuse. A calendar listing col-

lection dates, a 'what goes where' flyer, an information brochure and fridge magnet will also be included, Andrew Brouwer, the town's deputy clerk said.

A team of students, called Team Green, has already visited the Ballantrae Golf and Country Club and the Eastern Gate retirement community to talk about the green bin program. They'll be going door-to-door in Vandorf, Gormley and Musselman's Lake during August.

Binny, the program's mascot, proved to be one of the more popular characters in town when he showed up at the Strawberry Festival.

Many residents came by asking about the program and what they could put in the green bin. Small children stopped by to give the furry mascot a hug.

"About 99 per cent of the residents are very excited about the program," Mr. Brouwer said.

Binny will also be at Moonlight Madness in Stouffville Aug. 23.

For more information, call the town offices at 905-640-1900, visit binisin@townofws.com or call 1-877-456-0373.

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