

OPINION

Play it cool

Halton Region issued its first heat alert of the summer last week—and not likely its last—and with it, a reminder of the steps vulnerable residents should take to avoid becoming a heat alert casualty.

According to the Region's health department, those especially at risk during heat- and smog-related weather conditions include older adults (over 65 years), infants and young children, and those with chronic heart or lung disease, including asthma.

Knowing the symptoms of heat-induced illness— rapid breathing, weakness or fainting, headache, or confusion— and seeking medical attention right away are vital when temperatures and humidity reach health warning levels.

To avoid heat-related illness health officials recommend staying out of the sun or heat, going to air-conditioned sites (e.g., malls, community centres).

For a list of cooling centres in Halton, visit: www.halton.ca/heatalert.

Residents are encouraged to avoid strenuous outdoor activity during heat alerts and, if possible, reschedule sports practices and jogging times.

Drink plenty of water and natural fruit juices while avoiding alcohol and caffeine.

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For those planning to combat the heat in or around a pool, the Canadian Red Cross reminds parents that, while child drowning rates are decreasing, it remains the second-leading cause of preventable death for children younger than 10. Fifteen per cent of child drownings in Canada happen in backyard pools.

Visit www.redcross.ca/swim for more summer water safety tips.

WEB POLL RESULTS

(Go to www.theifp.ca)

The Town has indicated it does not agree with Metrolinx's various options to pay for the Big Move transit improvement plan.

How do you feel?

- The Town is right... there is no benefit and it's a download (83%)
- The Town is being shortsighted...the Big Move is needed to help gridlock (17%)

The Independent & Free Press

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YOUR NEXT JOB IS TO FIND THE MISSING FORD CRACK VIDEO, AND THE DELETED GAS PLANT EMAILS.



'INDIANA JONES AND THE LOST CRUSADE'.

Steve Nease

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Letters to the editor

Signs 'prohibit' good behaviour

Dear editor,

For quite some time, I was looking for reasons why we have so much garbage scattered through our Georgetown parks, dogs roaming the playgrounds off-leash and why I step in dog poop every time my foot reaches the greenspace.

Now I know: because the Town of Halton Hills *prohibits* activities that would keep our parks clean, nice and safe (see photo).

"Help make our Parks Enjoyable for Everyone" and park your motorized vehicles at the park and watch 'FORE!' those flying golf balls.

I am not sure how much it has already cost the taxpayers to have these poorly written signs posted; but I am sure that the residents will be paying for them again.

Next time, the Town bureaucrats ought to proofread their work



before sending an order to the print shop.

Now all we need is some enforcement on the posted prohibited activities...unless the Town is prepared to scoop the poop for those who care to read the Town's signs and adhere to the rules.

Boguslaw Burkiewicz,
 Georgetown

Ode to a neighbour

Dear editor,

Regan Crescent suffered a great loss with the recent passing of Len Kuenzig.

We were comforted in the knowledge that our ever-alert neighborhood watch was making sure nothing untoward was happening. An endless parade of locals dropped by to share news and gossip.

Most of his "rants" somehow morphed into a description of his respect and admiration for the strength of character of his beloved Grace.

Until recently we were all put to shame by this 90-year-old for having the best manicured lawn and by being awakened by the sound of his snowblower at the crack of dawn. In harvest season we would open our door to get the morning paper only to find a bag of fresh produce from his garden hanging from the doorknob.

He survived D-day, raised a fine family and fought a winning battle against cancer. He served as an inspiration to all of us. Rest well, Len.

Odette and Pav Penna, Georgetown