

OPINION

Fight the flu

The transition from summer to winter brings many changes but also signals the start of flu season.

While Halton Region announced the beginning of influenza immunizations clinics last week and encouraged people to get their vaccination, St. John Ambulance Oakville-Milton & Halton Hills has offered similar advice.

In order to help reduce the spread of the flu, St. John Ambulance encourages people to practise the following good health habits.

- If you can, get a flu vaccination. It's safe and the most effective way to protect you and your family from the flu.

- If possible, stay home from work, school, and errands when you're sick. You will help prevent others from catching your illness.

- Avoid close contact with people who are sick. When you're sick, keep your distance from others to protect them from getting sick too.

- Use a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hand. It may prevent those around you from getting sick.

- Washing your hands often will help protect you from germs. Washing your hands for at least 20 seconds is best. If soap and water aren't available, use an alcohol-based hand sanitizer.

- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that's contaminated with germs and then touches his or her eyes, nose, or mouth.

- Practise other good health habits. Clean and disinfect frequently-touched surfaces at home, work or school, primarily when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

We wish you a flu-free season.

WEB POLL RESULTS (Go to www.theifp.ca)

Did you like what you heard from the Conservatives' Throne Speech?

- No...I'm not impressed at all (49%)
 - Yes...I liked all of it (31%)
- I'm indifferent...some parts were good; others not so much (20%)

The Independent & Free Press

The Independent & Free Press is published Thursday and is one of several Metroland Media Group Ltd. community newspapers. Editorial and advertising content of The Independent & Free Press is protected by copyright. Unauthorized use is prohibited.



Hayden's cause needs a hand

Dear editor,
It's Hayden's Re-Bicycling's third anniversary this year and we're up to more than 500 bikes given away... and still going.

However, we've been presented with a big challenge this year. The community is so supportive of the program we have been given more bikes than our little team can process and it's time to wrap it up for the winter.

We are reaching out to the community to come out and volunteer to help process bikes November 2 and 9 from 12-4 p.m. at 2 Cleaveholm Drive. Jobs include fixing bikes, stripping for parts & taking inventory. High school kids can get some community hours and we have a lot of fun.

If you are available to lend a hand please join us. Any and all help is greatly appreciated.

For anyone who doesn't know, Hayden's Re-Bicycling is a non-profit program that recycles bikes and gives them away for free to those who can-

not afford them.

Following our Big Fix It Day we'll hold two more "give away" dates before the snow comes!

Thank you again for all the support you, as a community, has shown us.

Hayden Downes-Mills (age 12),
Georgetown

School's heart 'strong'

Dear editor,

I was a little saddened to see the article on the front page of the Oct. 3 paper "Desperate parents upset over conditions of Holy Cross School".

I realize that the parents' concerns were directed toward the building itself, and I wish to preface my response by noting that I have not spent a significant amount of time inside the school. I do, however, have a son, and two nieces currently enrolled, as well as a nephew who graduated after enjoying eight fabulous years at Holy Cross.

I appreciate that the school may be showing its age, but the heart that beats within remains very strong.

My family and I only have good

things to say about the little piece of magic that is Holy Cross, and I hope when my younger children are of school age that the Holy Cross charm is still present either in its current location, or at its new home.

Cam Johnstone, Georgetown

Kids helping kids

Dear editor,

Thank you Georgetown for donating to Free the Children Saturday, Oct. 12.

It was a huge success. We were able to raise \$101— all of it is going to Free the Children.

Feel proud of your donations; you helped a lot of kids all over the world.

Rachael and Alina,
(the lemonade sellers)
Georgetown

Letters policy

Letters must include the author's name, address and daytime phone number. Anonymous letters will not be published. Letters should not exceed 150 words and may be edited for content and/or length. Publication is not guaranteed.

Email: jmcghie@theifp.ca

Mail or drop off: Independent & Free Press, 280 Guelph St., Unit 77, Georgetown, ON, L7G 4B1.

Get the latest headlines delivered to your inbox by signing up for our twice weekly electronic newsletter. Go to www.theifp.ca and click on 'Newsletter sign-up' at the bottom of the homepage.