

Lisa Burrows rejuvenates local appeal for diabetes

November is Fight Diabetes Month, but locally it appears this is one of the month's best kept secrets.

Lisa Burrows of Georgetown is attempting to change that though, and is in the process of launching a door-to-door campaign to raise money and assist the work of the Canadian Diabetes Association.

In last year's campaign there was only one canvasser, who managed to raise \$125 for the cause. Ms. Burrows hopes to see that they can improve on that total in a big way, and is currently seeking more people to help in the campaign.

Ms. Burrows was diagnosed as diabetic five years ago, so a great deal of assistance will come from her family. But more are needed, for canvassing.

Ideally, Ms. Burrows would like to see the money raised go towards helping diabetics on the local level.

"We need a diabetic clinic in town," she says. "There are no education programs here for diabetics, and now most people have to call Brampton for help."

Currently, there are one million Canadians who share the common bond of having to cope with diabetes.

Diabetes is a condition in which the body cannot produce enough insulin to allow sugar to enter the cells for use as energy.

Classic symptoms of diabetes are increased thirst, frequent urination, weight loss and loss of



Lisa Burrows

energy. If these symptoms last for more than three or four days it is recommended that people see a doctor as soon as possible.

A 'big loser'

Woman earns title by slim margin



Georgetown has a touch of royalty right in its own backyard.

But this woman had to earn the title.

Carol Harper of Langstone Crescent is the TOPS Queen runner-up for the Halton-Peel region.

TOPS (Take Off Weight Sensibly) is a non-profit self-help therapy weight loss group with close to 250 members in the Halton-Peel region, said Mrs. Harper.

To earn the title of Queen runner-up, Mrs. Harper had to lose 62.5 pounds over two years then keep it off for the next one and a half years.

She was topped only by Norma Moore of Bolton.

Mrs. Harper, along with others from the two Georgetown Chapters, was honored at a fellowship day of recognition Oct. 29 at Century Gardens in Brampton.

The decision to lose weight came easily for Mrs. Harper. Standing five feet three inches tall, she donned a size 20 dress.

A trip to Dr. Robert Bourne, convinced her that a weight of 138 pounds was feasible and Mrs. Harper went to work.

With the help of a dietician at the Georgetown Hospital, she set a "sensible" menu for herself.

The habit of eating before she went to bed was stopped, and so was the pizza for supper.

And snacking became taboo - unless it was carrots or apples, instead of pizza.

Cutting out the favorite supper of pizza was "simple to do," said Mrs. Harper.

She didn't eat breakfast before the visit to the doctor. Now, Mrs. Harper eats a poached egg, bread, orange juice and coffee to start the day.

Lunch might consist of salad, cheese and meat. Supper can even consist of steak and potatoes, said Mrs. Harper, adding that she ate what her family - husband Nelson, and sons William (11) and Jim (8) and daughter Amy (4) would eat for supper.

"If my family had steak and potatoes that's fine, I'd just have a smaller steak," she said.

Diabetes can be diagnosed with a simple blood test.

Many children and adults alike inject synthetic insulin once or twice daily. These injections are administered into the legs, arms, and stomach. It is crucial that these people take their injections in conjunction with regular exercise and a planned diet. Careful control is required for the person with diabetes to live a normal and productive life. This lifestyle can be frustrating and often frightening, not just for the patient, but for their families, as well.

Something must be done to eradicate this disease that is a leading cause of blindness, heart disease, kidney failure, neurological disorders and all too often, death.

"We now have a blueprint for a cure," says Ms. Burrows. "The end is in sight but without the involvement of concerned people. So now is the time for all of us to pull together and find the cure."

November is Diabetes Month. There will be canvassers going from door to door during the month. Please donate generously to the Canadian Diabetes Association.

Remember Insulin is a control not a cure. Diabetes could strike anyone at any time.

Any persons interested in canvassing or making a donation can call Lisa Burrows at 873-0375, or Kathi Hull at 873-0488.



Days of Old

Grades 1 and 2 pupils at Glen Williams School learned about our country's pioneers Friday, and even dressed the part for the special event. Seen here in their pioneer dress are, from left, Carrie Taylor, Kevin Becker, Shawn Fyvie, and Meghan Gogan. (Herald photo)

Board of Education

Candidates discuss school issues

Incumbent Dick Howitt and challengers Rod Taylor and Lyn Appgar tried to lure voters in their bid for the Ward 3-4 seat on the Halton Board of Education at the all candidates meeting Oct. 25.

The first of the three speakers, Rod Taylor, said most residents don't have many concerns with the education in Halton but some employers are complaining about the quality of students coming out of the Region's schools.

While Halton graduates "many outstanding students," the standards of education must be raised, said Mr. Taylor.

However, raising standards while keeping costs in check "may be difficult," he admitted.

Mr. Taylor, whose wife teaches at Sheridan College, said he doesn't want to see trustees "rubber stamping" staff recommendations.

He said the quality of education in Halton "needs to be investigated." The board should look for reasons as to why it sometimes produces illiterate students, said Mr. Taylor.

Asked by an audience member about the possibility of busing English students at George Kennedy Public School to other schools because of declining enrollment, Mr. Taylor said he would "have to look at all the options" before making a decision.

"We have to reach a consensus if we can, as a community," he said.

Questioned about the number of professional development days and when they're held, Mr. Taylor said teachers do need the PD days but it may be "unwise" to have a system which has PD days on the first day and last three days of the school year.

Mr. Howitt attempted to explain why school board taxes keep going up, while enrolment continues to drop.

Provincial funding has dropped from 60 per cent to 40 per cent over the last 15 years, said Mr. Howitt, whose wife works as a math consul-

tant for the board. Meanwhile, the demands of the ministry and by parents to add more programs have increased costs, he said.

Programs such as drug and sexual abuse education, special education, and French immersion have been added over the years and heritage language classes may be next, he said.

Mr. Howitt said he supports the idea of an outdoor education program but he does not favor purchasing the Scotsdale Farm in the face of these rising costs.

Mr. Howitt said he is "prepared to look at junior kindergarten" but rising costs must be taken into account before a decision is made on the prospect.

Students educated at Halton's schools are well educated, according to statistics, said Mr. Howitt. Tests show that Halton's students perform better than average in the provincial arena and even in international tests, scoring higher than students in Britain and Japan, he said.

Although there are no plans to make George Kennedy a French only school and bus English students out if the number of English students in the school declines significantly, he would have absolutely no hesitation in moving them out," said Mr. Howitt.

"I'll support whatever is in the best interest of the children," he added.

And the board of education is examining moving some of the professional development days, he said.

Ms. Appgar said her experience as a substitute teacher in Toronto and as a volunteer in school programs has given her the qualifications for the trustee position.

"I think it's time for change. It's time for Georgetown to have a full time trustee... with a strong voice and an active point of view," said Ms. Appgar.

With the new development coming in Georgetown in the future "we

can't simply lurch from crisis to crisis," she said.

She promised to meet regularly with parents and student groups if she's elected.

Ms. Appgar said Halton "suffers from a lack of participation."

Trustees need to encourage parents to take a more active role in their children's education, said Ms. Appgar, who has five children in public schools.

Trustees from the north must look out for the interests of children here because Halton Hills' needs are different from those of Oakville and Burlington, she said.

"The mouse must continually pinch the elephant to avoid being smothered," she said.

Turning her attention to the quality of education in Halton, Ms. Appgar vowed to keep standards high. It is a crime that anyone should leave our school system illiterate, she said.

Asked about possible busing of English students from George Kennedy school, Ms. Appgar said she would not support busing them to other schools. If that ever happened Ms. Appgar said she would support finding another school for a total French immersion program.

On the subject of professional development days, Ms. Appgar said the days are needed and if you take away the first day and the last three then four more will have to be squeezed into the year somewhere.

Optimist winners

The winner of the Optimist Club Trip of the Month raffle for October is Craig Booth of Acton. Mr. Booth will receive a travel voucher for \$1,500 valid for any travel facilities available through TWG Travel Inc., of Georgetown.

Second prize of \$120 cash was awarded to Jeanne Getty, of Georgetown.

All proceeds from the raffle go towards community-oriented projects.

The next Optimist Club draw will be on Nov. 8.

Volunteers needed

Do you enjoy having fun and helping people at the same time? If so, then helping out on Bingo Night might be for you. We urgently need your help as a volunteer every third Monday.

Why not give us a call at Canadian Mental Health Association, Oakville Branch at 845-5044 to find out more.

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