

Keep your cool

Halton Region has issued a Heat Alert yesterday that is expected to last all week long.

The alert was posted after Environment Canada issued a Humidex Advisory due to the combination of high heat, high humidity (greater than 40 degrees Celsius) and/or other weather conditions that can be hazardous to your health. Even short periods of high temperatures can cause serious health problems.

When a Humidex Advisory has been issued by Environment Canada, the Halton Regional Health Department issues a Heat Alert. According to the regional health department, older adults (over 65 years), infants and young children, and those with chronic heart or lung disease, including asthma are especially at risk.

Parents, coaches and others supervising children should be aware of the health risks during a heat alert. If you experience symptoms of heat-induced illness, such as rapid breathing, weakness or fainting, headache, or confusion, seek medical attention right away.

Heat-related illness can be avoided by staying out of the hot sun or heat, and going to air-conditioned sites (e.g., malls, community centres). Strenuous outdoor activity should be avoided. Sports practices and jogging times should be avoided. Drink lots of water and natural fruit juices (avoid alcohol, coffee, cola). Call or visit friends and neighbours who may also be at risk.

Weather and heat information can be obtained from Environment Canada's web site at: www.weatheroffice.ec.gc.ca/forecast/canada/on_e.html. For air quality and smog alert information, visit: www.airqualityontario.com.

For information on heat and smog, visit the Halton Region Health Department's website at www.halton.ca, or dial 311, or call 1-866-4HALTON, TTY 905-827-9833.

Letters to the editor policy

Letters must include an address and daytime telephone 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 Anonymous letters will not be published.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.

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WEB POLL RESULTS

Demands are growing for a public inquiry into police actions during the G20 summit. Do you agree?

Yes (33%)

No (68%)

Go to www.independentfreepress.com

Letters to the editor

Reader tells Ted to 'grow a spine'

Dear editor,

I am so sorry to hear that Mr. Brown's train journey was spoiled by the boorish behaviour of a fellow passenger (June 4 A tale of Miss Huffy).

Might I humbly suggest that the next time he finds himself in a similar situation he adopts the following protocol: stand up, grow a spine and politely, but firmly, inform the miscreant that her behaviour is unacceptable.

This strategy has several benefits: she may reconsider her conduct and perhaps be more considerate in future; his fellow passengers (and railway staff) will be grateful; she may carry the lesson forward; finally, he will sleep in the knowledge that he at least tried to effect a positive change in the situation, rather than sitting there doing nothing then whining about it later in his column.

Simon Greenslade
Georgetown

Blow horn elsewhere

Dear editor,

Re: Director defends Region's

record (June 17 letter).

I suggest Mr. Davidson, Director of Economic Development climb down from his ivory tower in Oakville, punch Georgetown or Acton into his GPS and take a field trip.

He would quickly realize that there is life beyond the 401 Corridor. The neglected north end of this region has many entrepreneurs trying to grow their businesses but are stonewalled by onerous and unreasonable regulations and costs. Commercial/Industrial real estate agents and construction companies openly regard Halton Hills as worse than a third world country when it comes to building or expanding in this region.

Perhaps a bit more research is in order before blowing one's own horn Mr. Davidson.

Al Fraser
Fraser Direct

CASHh volunteers deserve big thanks

Dear editor,

In January I had the opportunity to use the services of the Cancer Assistance Services of Halton Hills (CASHh). I was scheduled for a series of radiation treatments at

Princess Margaret Hospital but I was apprehensive of the daily drive into the city. A friend told me that CASHh provides volunteer drivers so I contacted them immediately.

I was impressed by the friendly and helpful staff at the CASHh office. Sheila Smith, General Manager, told me about the various free assistance services that CASHh provides including their driver program. I learned that these services are provided by a group of committed volunteers who give many hours of their time each week to assist cancer patients in our community.

Ms. Smith set me up with their volunteer driver program and I found it to be an excellent, well organized service. The drivers were prompt, friendly and made the trip so easy. Not having to drive certainly helps to alleviate the fatigue experienced by patients receiving chemo and radiation.

To all of the volunteers, I would like to offer a big "Thank You" on behalf of all of the patients that you so willingly help each day. And to the drivers, your friendly door-to-door service is greatly appreciated by all of us.

Thank you CASHh

John Little,
Georgetown