

Fighting flu

There are many tasks we do in life. Change the smoke detector battery, the furnace filter and winterize the car are just a few.

However, there's another ritual we hope you'll add to your list— getting a flu shot.

The benefits of flu shots far outweigh the risks.

Getting a flu shot protects yourself from health effects related to flu.

However, by getting a flu shot, you will also help protect other Canadians and reduce the strain on the health care system.

The best way to protect yourself from flu is to be vaccinated each year in the fall. Flu shots are especially important for:

- children ages 6 to 23 months;
- adults and children with chronic heart and lung disease;
- anyone living in a nursing home or chronic care facility;
- people 65 years of age and older;
- people with chronic conditions such as diabetes, anemia, cancer, immune suppression, HIV or kidney disease;
- children and adolescents on long-term acetylsalicylic acid (ASA) therapy;
- health-care workers, other caregivers and household contacts capable of transmitting influenza to the above at-risk groups;
- and people at high risk of influenza complications who are traveling to areas where the flu virus is likely to be circulating.

Regular hand washing is another way to help minimize your risk.

Roll up your sleeve and let's stick it to the flu.

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 Anonymous letters will not be published.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.

E-mail: jmcghie@independentfreepress.com
Mail or drop off: Independent & Free Press, 280 Guelph St., Unit 29, Georgetown, ON., L7G 4B1.

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Steve Nease

905-873-0301
Publisher: Ken Nugent
General manager: Steve Foreman
 (sforeman@independentfreepress.com)
Retail advertising manager: Cindi Campbell
 (ccampbell@independentfreepress.com)
Managing editor: John McGhie
 (jmcghie@independentfreepress.com)
Distribution manager: Nancy Geissler
 (ngeissler@independentfreepress.com)
Classifieds
 Kristie Pells
 (classified@independentfreepress.com)
Accounting
 Rose Marie Gauthier
Editorial
 Cynthia Gamble: News editor
 (cgamble@independentfreepress.com)
 Ted Brown: Photography
 (tbrown@independentfreepress.com)
 Lisa Tallyn: Staff writer
 (ltallyn@independentfreepress.com)
 Eamonn Maher: Staff writer/sports
 (emaher@independentfreepress.com)

WEB POLL RESULTS

Conservative MPP Lisa MacLeod has proposed making November 11 a statutory holiday in Ontario to honour our war veterans. Do you support this proposal?

- Yes (70%)
- No (30%)

Go to www.independentfreepress.com

Letters to the editor

Half-empty JET disappointing

Dear editor,

On October 16, my friend and I attended "Guitar of Fire" featuring the internationally-acclaimed Johannes Linstead.

Johannes has also been recognized as one of the best-selling guitarists and composers in the instrumental and world music genres. His new release *Mistico* is already collecting accolades and he has been releasing albums since 1999. The evening was one of immense entertainment, his ensemble consisting of percussion, lead guitar and accordion/piano backup were an absolute compliment to Johannes' Spanish guitar.

The personal charm of Mr. Linstead and his band members were infectious and the sound of laughter echoed through the theatre as well as the compelling music. It was impossible to sit there without smiling and feeling happy.

While I thoroughly enjoyed the show, I was extremely saddened that the theatre was half-empty. This was unbelievable. Wake up Georgetown! This is not the first time I have attended shows to find the theatre

half-empty. Paying \$30 to see such talent in our backyard was value for money...and I expected to find a filled venue. Those who attended know what a lovely night this was and hopefully will also spread the word so this does not happen again.

I sincerely hope that Johannes Linstead returns to Georgetown in the not-too-distant future and let's welcome him with a full house. Opa!

Judith-Anne Kolu, Hillsburgh

Bike thief warned Party place praised

Dear editor,

I am disgusted. I have lived in Acton for more than 10 years and in that time I have seen a lot of changes—not good ones.

My son has had two bikes stolen in one year. The first one, was in our driveway on Queen Street— right in broad daylight. I caught the kid riding it. The second bike I had to save up for because it was a very expensive Subrosa BMX bike. My son was at the Acton Library on a recent PA day Friday He was inside for maybe 10-15 minutes and when he came out, his bike and his helmet were gone.

He will not be able to get another bike this year because of finances so, if you are the person who stole his bike from beside the library, remem-

ber, if I see you riding his bike I will press charges when I find out who you are.

It makes me wonder what kind of kids people are raising in this town. It gives a very bad name to the good kids who live here. If my son came home with a bike that wasn't his I would be asking a lot of questions.

Sonya-lyn Howitt
(and Travis McGill),
Acton

Dear editor,

Recently we had a birthday party for our seven-year-old grandson at www.kidssidekick.com on Armstrong Avenue in Georgetown. This was great value for the dollars spent for a kids' party.

The instructors were very professional and absolutely super in their interactions with the 10 children in attendance. You could feel the connection each child made with these two gentlemen. The kids had fun while playing the variety of games that instilled camaraderie and discipline on a level each of them enjoyed.

No need to travel out of Georgetown or use the fast food route for a cost-effective experience.

Tom Johnson, Georgetown