



# THE GIFT OF HEARING

Local residents spearhead Starkey Hearing Foundation trips abroad

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# HOME, LAWN & GARDEN

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8 PAGES



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## Lions hungry to help food bank

Georgetown Lion Linda Dilks (right) and Georgetown Bread Basket Food Bank spokesperson Miss Teen Halton Region Selena Hoyer met at the food bank to display a great breakfast, promoting the upcoming Lions Club breakfast, April 14 and 15 at the Lions Hall. Running from 7 a.m. to noon both days, the breakfast is free with a food donation for the food bank. The breakfast will be served by Lions Club members and they will also be packing the food donations at the hall, located at 42 Mill St., Georgetown.

Photo by Ted Brown

## Region says opioid use also the rise Youths' use of energy drinks concerns health officials

By **CHRISTINA COMMISSO**  
*Metroland Media Group*

One of the most highly used drugs among Ontario youth could very well be sitting in your kitchen fridge.

For the first time, high-caffeine energy drinks have been included

in the 2011 Ontario Student Drug Use and Health Survey and in its debut year it placed second as the most commonly used drug, following only alcohol.

"The biggest concern is mixing these drinks with alcohol and binge drinking," said Halton's Medical Officer of Health Bob Nosal during a recent Halton Regional committee meeting.

A report presented to council last week shows 50 per cent of Ontario students reported having consumed an energy drink in the last year, and 19 per cent consumed one in the seven days before the survey.

While there are no restrictions on labeling the energy drinks, health concerns among health professionals are on the rise.

According to the report, a single energy drink when mixed with alcohol will decrease someone's perceptions of feeling drunk, which tends to lead to more drinking and increased the chances of alcohol poisoning.

The report compared the results from the Ontario Student Drug Use and Health Survey to the 2009 Halton Youth Survey (HYS).



**DR. BOB NOSAL**

The province-wide survey shows the decade-long trend of declining drug and alcohol use rates continues. Comparing the 2011 Ontario survey with the 2009 Halton Youth Survey (HSY), the results show local Grade 10 students are reporting high-er alcohol, binge drinking, opioid, cigarette and tobacco use than the current Ontario average.

Twenty-four per cent of Ontario youth surveyed report binge drinking—having five or more drinks on one occasion in the last four weeks. This number is down from 26 per cent two years prior. The 2009 HYS shows 30 per cent of local Grade 10 students reported binge drinking in the last year.

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