

## Cause for concern

There's a new drug in Halton that's reportedly being used by half of the Ontario youths surveyed about their habits.

While it is not illegal to possess it or consume it, the Region's chief medical officer is concerned its misuse could have fatal consequences.

Although binge drinking among Ontario's youth is down slightly in the latest provincial survey of student drug use, a new, previously-unreported behaviour has emerged in a 2011 provincial survey of young people in the province.

For the first time, high-caffeine energy drinks were included in last year's edition of the Ontario Student Drug Use and Health Survey.

A recent report to Halton Regional council noted that 50 per cent of Ontario students asked, reported having consumed an energy drink in the last year— 19 per cent within a week of being surveyed.

The potential for misuse and abuse of easily-accessible high-energy drinks has some health professionals concerned.

While binge alcohol drinking— having five or more drinks on one occasion— was down slightly at 24 per cent in the latest Ontario youth survey, Halton's Medical Officer of Health Bob Nosal worries the combination of consuming energy drinks with alcohol could have deadly consequences.

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

"The biggest concern is mixing these drinks with alcohol and binge drinking," said Nosal.

We hope these concerns, via parents and educators, make their way to local youths so they can make wise choices.

### WEB POLL RESULTS

(Go to [www.theifp.ca](http://www.theifp.ca))

Who do you blame the most for soaring gas prices?

- Oil companies (51%)
- Federal/provincial governments (37%)
  - Consumers (10%)
- Mid-East oil producing nations (2%)

### The Independent & Free Press

The Independent & Free Press is published Tuesday and 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.



Steve Nease

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

### Letters policy

**Letters must include an 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](mailto:jmcghie@theifp.ca)

**Mail or drop off:**

**Independent & Free Press, 280 Guelph St., Unit 29, Georgetown, ON, L7G 4B1.**

## Letters to the editor

### Lions' breakfast aids food bank

Dear editor,

I am writing in response to Bob Desjardins letter "Aid the food bank" March 27, primarily his last comment ... "Come on Halton Hills, start helping the less fortunate in our town."

Each year as the cost of living increases and more companies are either closing their doors or downsizing, we find more and more families having a difficult time making ends meet, forcing them to turn to services like the food bank.

It seems each year we have an increased number of canvassers knocking on our doors looking for support for their cause. While this is certainly an effective way to get financial support, it requires many hours and a large number of volunteers.

As a way of helping the food bank and giving back to our community at the same time, the Georgetown Lions are hosting their third annual Free Breakfast Food Drive, being held at the Lions Hall, 42 Mill St. Georgetown (behind Memorial Arena), on Saturday,

April 14 and Sunday, April 15 from 7:30–noon. In the spirit of giving back to our community, the breakfast is free when you bring a donation for the food bank. Come out and enjoy a free breakfast of eggs, bacon, ham, homefries, toast, coffee, tea, juice and help the food bank at the same time.

Last year our community donated over 2,000 lbs of food and \$1,500 at this weekend event. The Lions served more than 500 breakfasts over the two days. Mark the dates on your calendar, bring a donation for the food bank and have breakfast on the Lions.

Linda Dilks,

The Georgetown Lions Club

### CASHh says thanks for supporting game

Dear editor,

Cancer Assistance Services Halton Hills (CASHh) wishes to thank Bonnie Malefant, Bryan Turner and all the members of the Halton Wood Carvers for their part in making the annual Alumni Hockey Game a success.

Along with the professional players we also thank the local firefighters and, of course, all the

fans who have supported this game for five years. The funds received have made it possible for CASHh to score many shots on our goal to help people with cancer.

The need for CASHh to be here in this community is real as the demands intensifies for practical assistance. This sold-out event is the "icing" that provides great revenue to enhance the programs we specialize in.

Thank you again for generously giving your time and talent to bring this game to Halton Hills. See you next year.

Sheila Smith,

Director of operations  
CASHh

### Mystery Samaritan thanked for honesty

Dear editor,

This is a shout out to the very kind person who found my cell phone and anonymously placed it in our mail box.

I am very, very grateful! I wish I knew who you are so that I can thank you in person.

Carlo Tocalino,  
Georgetown