

## Motorists beware! Traffic records now exchanged between provinces

Ontario motorists convicted of driving violations in Manitoba, Alberta and Newfoundland will now have demerit points applied to their home province driving record.

Exchange of traffic offence conviction information began with Quebec in 1989 and was extended to the other three provinces on June 1, 1991 under the Canadian Driver Licence Compact, signed last January by Ontario Transportation Minister Ed Philip.

The Canadian Driver Licence Compact covers eight categories dealing with 80 per cent of all traffic offence convictions in Ontario. Offences under the compact are: failure to stop for a red light or stop sign; failure to stop for a school bus; speeding; dangerous or careless driving; failure to remain at the scene of an accident; failure to report an accident; racing; passing where prohibited.

Before implementation, only information on Criminal Code convictions, such as impaired driving and criminal negligence was exchanged by Canadian jurisdictions. All jurisdictions, except British Columbia, have agreed to exchange traffic conviction information.



Stewarttown students who received small school letters include, from left: Emily Filter, Carrie Schenk, Erinn Steringa, Kim Stevenson, Sheri Buker, Kristen MacKay, Jackie Rowland, Allison MacFarlane, Amy Walker, Zena Alrawdah, Erika Ford, Allison Macewan, Jennifer

Murray Krista Smallwood, Karen Walker, Shawn Andrechek, Stephen Denny. Back, Mark Hume, Lawrence Midwinter, Simon Broughton, David Carney, David Doole, Andrew Ellnesky, Tim Hunter, Sean Peasgood.

## RECREATION REPORT

### Summer Activity Centres

Kowabunga Dude, it's summer! The Halton Hills Recreation and Parks Department has camps for fun, games, drama, sports and more! Bus trips are part of our fun at Summer Activity Centres and we have space available for you! If you are between 7 - 14 years old and want to join us for a summer of fun, please call 873-2600 ext. 270.

### Carnival

Red, yellow, pink, green, purple, orange and blue... the Halton Hills Recreation and Parks Department is busy preparing for our Annual Nickel Carnival, the Circus of

Colours at the Acton Community Centre, July 17 from 7 - 9 p.m. We will be featuring the magical talents of the Amazing Matthew as well as many games, prizes and refreshments. Our prize table is overflowing with donations from the many generous businesses in our area. Won't you please join us, call 873-2600, ext. 270 for more information.

### Studio Art Camp

Acton youths! Summer fun is on the way! Studio Art camp focuses on arts and crafts, however, games and swimming are incorporated. Don't miss your chance to sign up. Camp starts August 6 at Acton High School and is \$68 for two weeks. Call the Recreation and Parks Department at 873-2600, ext. 270 for more information or sign up at the Acton Indoor Pool.

## Grocery store tour promotes healthy eating

Halton Region offers guided tours to good nutrition.

Lynn Gates, a community health nutritionist for Halton, conducts tours of a Burlington grocery store that offer participants a chance to learn more about what commonly available foods are good for them — and which ones aren't.

Halton Region's health commissioner, Dr. Bob Nosal, said the program "has met with great approval" among those taking part. "We want to take it a step further and target elderly people and those on a restricted income."

Dr. Nosal said the supermarket, in this case Burlington's Supercentre, is an "ideal" location to deliver a nutrition education program since such a large cross-section of the community can be reached, and because "80 per cent of food purchasing decisions are

made at the grocery store."

Participants phone the Region to be part of the Tuesday evening tour, in which low fat foods are pointed out by brand name, with the rationale provided as to why they are healthy food choices.

So far 238 people have taken the tour, in which the emphasis is on actually changing unhealthy eating habits, rather than simply making people aware of what's good for them and what isn't, Gates said.

The regional nutrition expert said it's "a common myth" that healthier eating is more expensive than the alternative. In reality "healthier foods are much cheaper", especially by weight. One of the reasons for this, she pointed out, is the cost of processing and additives in so-called junk food.

The program is restricted in scope by financing. Gates is one of

only two people in regional government with a nutrition background. So currently there are no plans to expand the tour to other centres. But the idea of broadening the program to include more emphasis on the elderly and poorer people was approved by the regional health and social services committee meeting recently.

Gates said good nutrition habits don't have to be a burden. "The goal is to try and make it as easy as possible." People don't have to live on bean sprouts - the old '60s idea of nutrition. We try and provide a really positive message."

She said she believes that if people eat healthy foods 80 per cent of the time, they can, with no ill effects, eat whatever they please the other 20 per cent of the time.

To register for the supermarket tour, phone 639-5141.

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