

THE HALTON HILLS WEEKEND

KEN NUGENT
Publisher

The Halton Hills Weekend is published every Sunday by The Georgetown Independent/Free Press, at 211 Armstrong Ave. Georgetown Ont., L7G 4X5. It is one of the newspapers published by Metroland Printing, Publishing & Distributing Ltd., which includes: Ajax/Pickering News Advertiser, Barrie Advance, Brampton Guardian, Burlington Post, City Parent, Collingwood/Wasaga Connection, Etobicoke Guardian, Kingston This Week, Lindsay This Week, Markham Economist & Sun, Midland/Penetanguishene Mirror, Milton Canadian Champion, Mississauga News, Newmarket/Aurora Era-Banner, Northumberland News, North York Mirror, Oakville Beaver, Orillia Today, Oshawa/Whitby/Clarington This Week, Peterborough This Week, Richmond Hill/Thornhill/Vaughan Liberal, Scarborough Mirror, Stouffville/Uxbridge Tribune, Today's Seniors.

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Price: Store copies 50¢ each; Subscriptions \$26.00 per year by carrier; \$92.50 per year by mail in Canada; \$130.00 per year in all other countries. Plus G.S.T.

Second Class Mail Registration Number 6869. The Georgetown Independent is a member of The Canadian Community Newspaper Association and The Ontario Community Newspaper Association.

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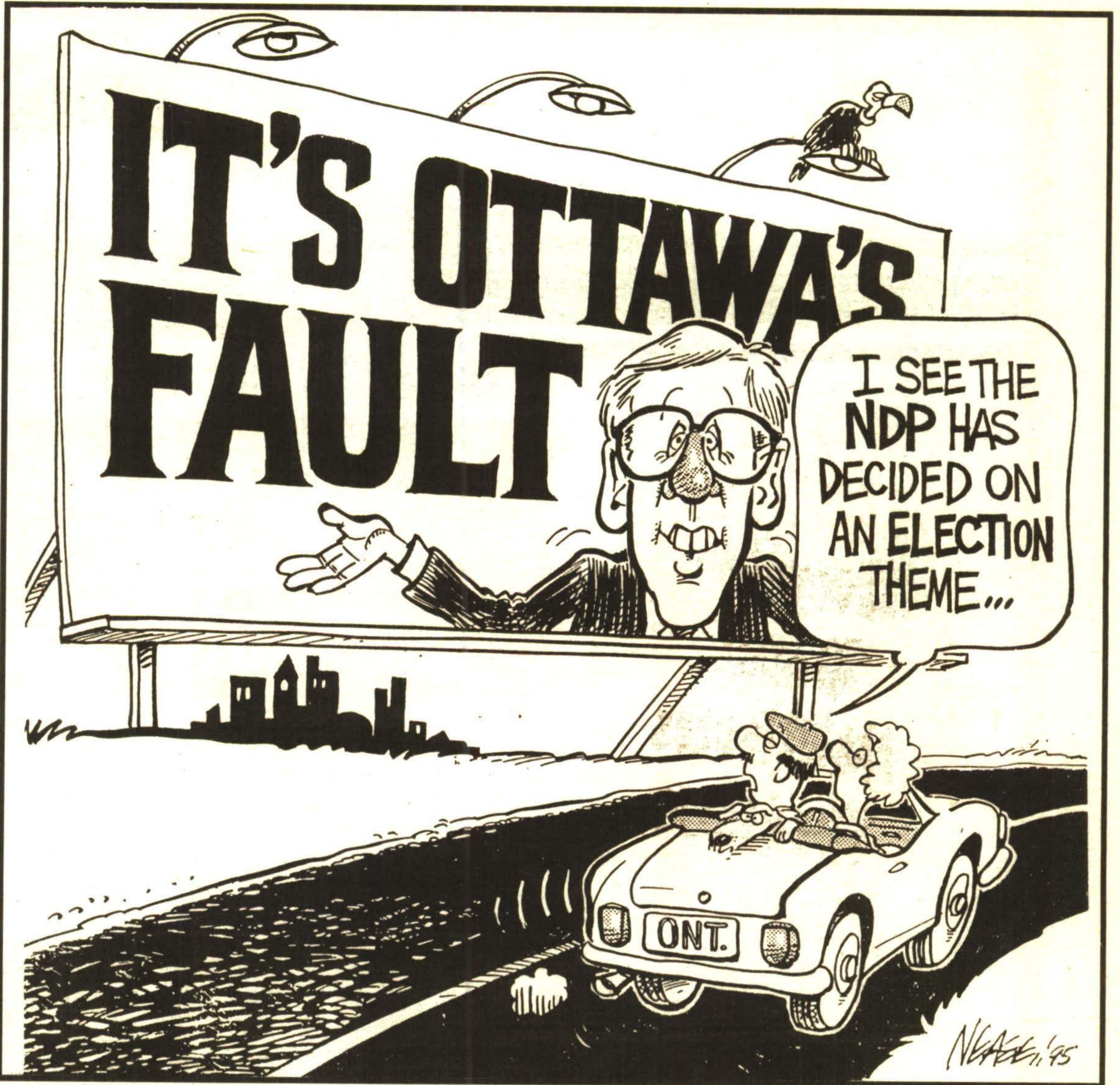
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Watch out for the kids

Driving may be more hazardous than usual in the next couple of weeks — it's March Break, and the kids will be not be in school. We'd like to caution drivers to watch out for the kids, who may be a little more carefree during the holidays and remember that with the mild spring weather expected, cars may have to share the roads with bikes, skateboards, and roller blades

At the same time, we'd also like to commend the drivers who are increasingly reporting to the police, suspicious driving by others — and the police service's quick response. This week, calls to the police resulted in two people being charged with impaired driving.

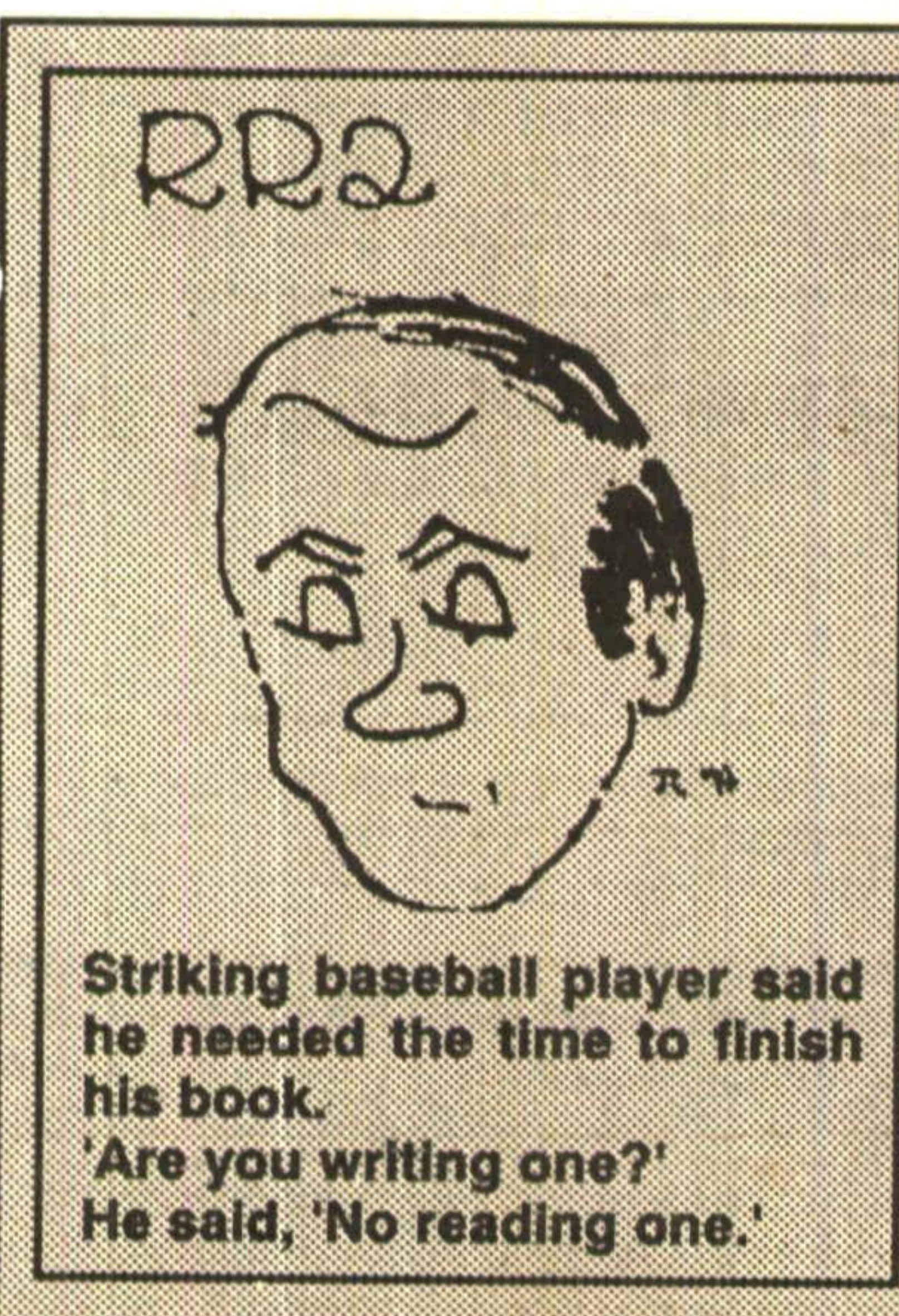
Drinking and driving will not, and can not be tolerated.

Only with everyone's help will this problem be eliminated.

You deserve it, Russ

We'd like to add our congratulations to all the others which Georgetown Citizen of the Year, Russ Miller, received Tuesday evening.

The kudos were certainly well earned ... Russ has been a dedicated supporter of this community for many years, and after 11 years as mayor deservedly merits the title, Citizen of the Year.



Did you know?

Sugar maple sap consists of 97.5 per cent water, 2.4 per cent sugar and 0.1 per cent mineral matter. It's no surprise that it takes 30-45 litres of sap to obtain a litre of maple syrup! With its 22 million tapped maples, Canada is far and away the world's leading producer of maple syrup, with more than 70 per cent of total production. Between 80 and 90 per cent of Canada's production is exported, primarily to the U.S.

— Agriculture Canada

I draw the line at skim milk

I've come to realize the world can be divided into two types of people; worriers and non-worriers.

In our household, Cathy my wife, is the worrier.

And I'm the other.

I'm certain a worrier's sole purpose for existing is to take the fun out of life for the non-worriers.

At home, the worrying centers around eating; in short, the fat in our diet.

One of the most fashionable catch phrases of the 90's is 'cholesterol level,' and Cathy is bound and determined to reduce hers, mine and anyone else's in her path.

It started with the milk.

Being raised on a dairy farm, I found the sudden change from whole milk to 2 per cent a little hard to take.

But I coped.

Then it was 1 per cent. I handled that transition well, but the day she came home with skim milk, I had to draw the line.

To me, skim milk is nothing more than white-colored water.

We now live on low fat this and low fat that, and she has continually harped at me about my diet.

This has been an ongoing battle for years, brought about by her learning her cholesterol level was a little above normal.

She immediately switched to eating foods that would turn any rabbit green with envy, all the while criticizing my diet of fast foods, irregular eating times and all the other dietary sins I've committed over the years.

"You should have your

cholesterol level checked," she would go on, "Because if mine is high, your's will probably go through the roof."

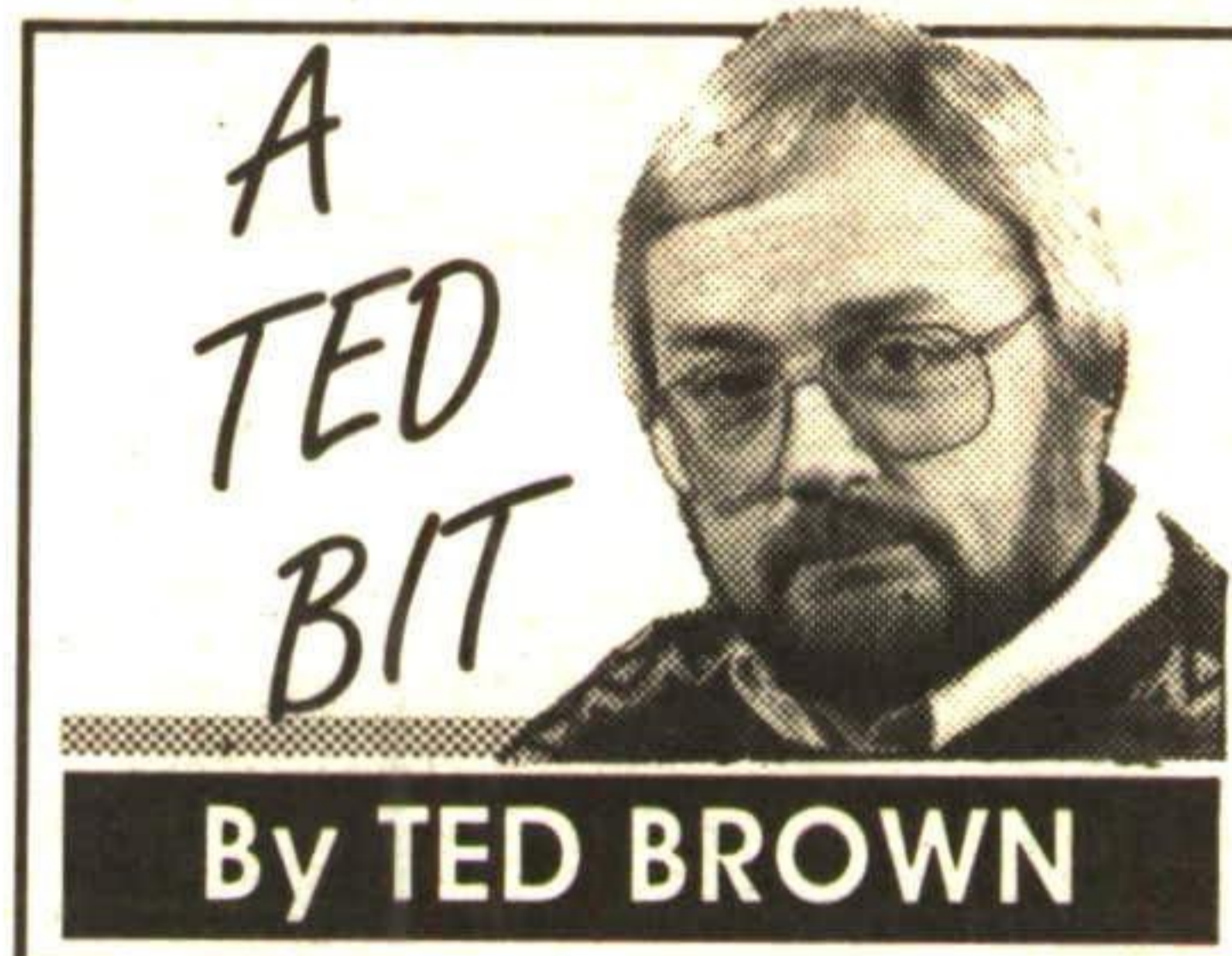
After months of urging, pleading and downright demanding, I gave in and had it checked about two years ago.

If anything, it was low.

I returned home excited with the good news, but for some reason, she didn't quite see it that way.

"There's no damned justice in this world," she muttered.

And so, over the years, the battle at the Brown household has raged.



Recently, I saw an article in Maclean's magazine that made me wonder if Cathy had been talking to its editors.

The cover of the magazine was graced with a gorgeous double burger in full color, slathered in cheese and bacon, and all the fixings.

"It looks gross," sneered Cathy.

I thought it was a work of art.

The article published a table listing the different fat levels of certain servings of food. It was enlightening.

According to Health Canada, men in the 25-49 year age group should consume

about 90 grams of fat a day, while women in the same age group should only have 65 grams.

What followed was a list of my favorite foods, all showing high levels of fat. It was enough to ruin your appetite.

A double burger from a fast food outlet tipped the scale at 27 grams, while 20 deep fried french fries add another 16 grams.

Ten potato chips (they didn't specify ripple or plain) rack up another seven grams, and a piece of pizza contributes about 16 grams.

Sunflower seeds and peanuts are the worst offenders, with both of them hitting the 30 gram mark in a half cup serving.

On the other hand, apples, bananas, or green salads only have trace amounts of fat, as do baked potatoes, or asparagus.

Skim milk (ughh!) has trace amounts, while a cup of one per cent has three grams and two per cent has five grams.

Homo milk has nine grams per cup, and a two cup milkshake has 12 grams.

Breads have little fat, but adding peanut butter pumps it up to five grams.

Red meat in moderation is acceptable with three ounce servings in the five to 10 gram mark. Chicken is lower at three to seven grams, unless it's breaded and fried.

Yup, it was an enlightening article, and it's had an effect.

I find myself perusing little green salads at lunch.

And Cathy seems a little less vocal.