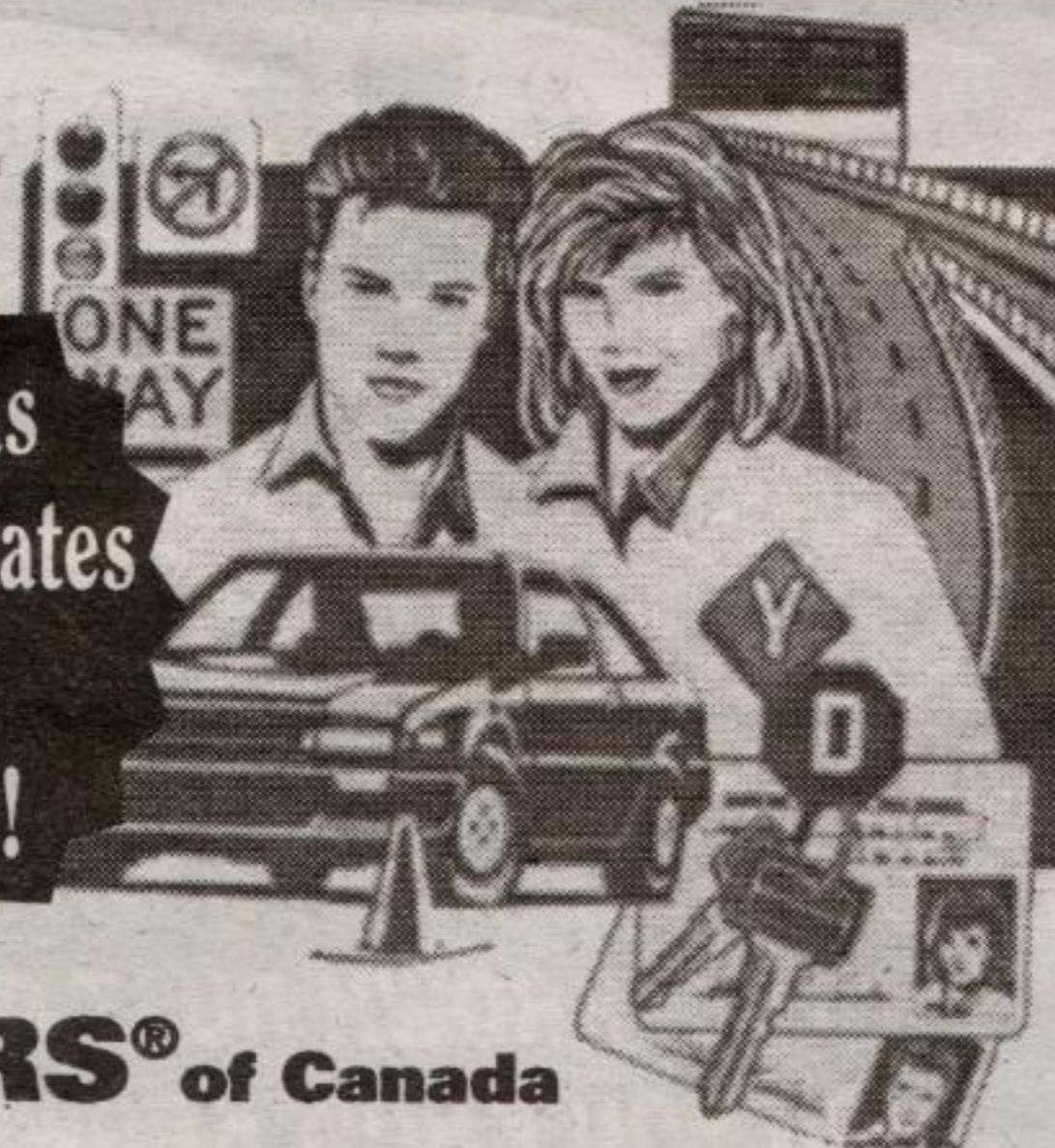



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Letter to the editor

Council rebuts reader's claim of free spending

Dear editor,

Town of Halton Hills council wishes to clarify statements that were included in a letter (Residents can't afford town council's spending) to *The Independent & Free Press* Oct. 23.

The letter states that residents can't afford town council's spending and quotes the total cost of \$33 million, including interest, for a \$10 million "sportsplex", \$12 million leisure centre, \$6 million arena in Georgetown and the \$2.5 million still owing on the Acton arena.

Council wants to clarify the numbers quoted by the writer and presents the following facts:

- The "\$10 million sportsplex" refers to the proposed sports fields on the lands already acquired and paid for by town at Trafalgar and 17 Sideroad. Council had only approved \$412,500 to develop the sports fields to date with the balance being in the capital budget forecast from 2003-2010. Council will evaluate each year the feasibility of any development through its capital budget process

- Council has approved an \$11.3 million community centre of which only \$1 million was from property tax-supported debt. The balance being from development charges-supported debt, provincial/federal Super-Build program, fund-raising, the future sale of land and other existing accounts

- The Mold-Masters Sportsplex or

Georgetown arena, as quoted, was approved and completed for \$5.8 million of which \$1.7 million was from property tax-supported debt. The balance being from development charges-supported debt, fund-raising, the future sale of land and other existing accounts

- As of Oct. 30, the principal amount owing on the Acton arena is \$1.9 million and not \$2.5 million as quoted and will be fully paid for in 2006

- All property tax-supported debt associated with the above facilities has been included in the current property taxes

- The town collected \$14.7 million in property taxes in 2002 and not \$20 million as quoted

- Most of the anticipated operating costs for the above arena and community centre has been included in the current property taxes

Council for the Town of Halton Hills wants to set the record straight that it has, and will continue to be, fiscally responsible. The need for these facilities has been clearly supported by the taxpayers of Halton Hills and demonstrated by the incredible success of the fund-raising campaign.

It is unfortunate that council has been put in the position of defending itself, but when erroneous information is reported publicly, it is council's responsibility to its citizens to report the facts.

Town of Halton Hills council

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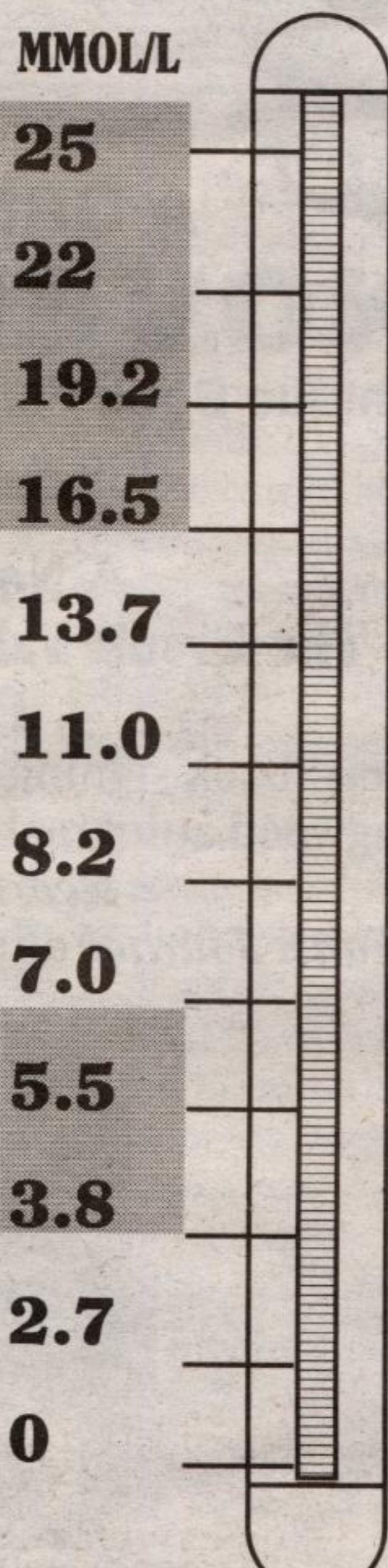
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November is DIABETES Month!



HIGH RANGE
Signs and Symptoms of Hyperglycemia (High Blood Sugar)

- Thirst and excessive urination
- Weakness, fatigue and visual disturbances
- Consistently positive urine tests for glucose
- Elevated blood glucose readings

Warning: It is important to remember that the signs and symptoms of hypoglycemia may not be present in some diabetics whose blood sugar levels are high. Blood glucose monitoring is the best way to determine the correct blood sugar level.

NORMAL RANGE
Signs and Symptoms of Hypoglycemia (Low Blood Sugar)

- Hunger, nausea, weakness, headaches
- Sweating, shaking, irritability, dullness
- Numbness of lips or tongue
- Change in mood or behaviour


WHAT IS DIABETES?
Diabetes is a complex condition in which the body is unable to use food, especially sugars and starches in the usual way. In all people, sugars and starches are converted into glucose (a form of sugar) as they pass through the digestive tract.
Diabetics either lack insulin or their insulin does not work as it should. Without insulin, glucose cannot enter the cells. Starving for food, the cells must turn to the body's fat stores for food. When fat is used by the cells for energy, ketones are produced, which over a period of time can throw the body's delicately balanced chemical system out of control. If a lack of insulin continues, the diabetic may pass into diabetic coma.
Long-term studies indicate poorly controlled diabetics are more likely to develop blindness, kidney failure and heart disease. On the other hand, diabetics who follow their meal plan, exercise, take their medication and try to minimize stress to keep their blood glucose levels within the acceptable range may delay and prevent the onset of these complications.

THE DIABETES BALANCE
Everything you do, everything you feel affects your blood sugar. Following your treatment plan, though, gives you a solid point from which to begin to manage your diabetes. Diet...Exercise...Medication. These basics make up the treatment plan for all insulin-dependent diabetics and for some non-insulin-dependent diabetics.
You, however are responsible for carrying out the plan. The more you know about diabetes, the easier it becomes to manage your condition.

FOOTCARE
Diabetics must keep aware of the condition of their feet. Circulatory and nerve disorders are common in diabetics. These problems often lead to increased risk of infection and decreased sensation. Early detection and treatment is essential.

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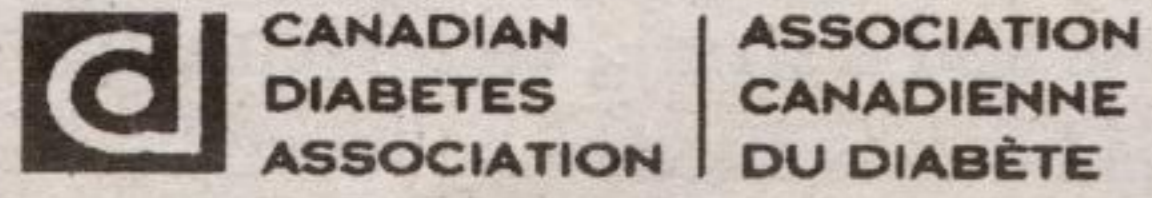
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