

Youth attend Interfaith Festival

By K. Richards

On Wednesday, October 13th, members of the Georgetown District High School Diversity Group and the grade 11 World Religions class from Christ The King joined three hundred other Halton Regional students for the Halton Youth Interfaith Festival at St. Volodymyr's Cultural Centre in Oakville.

The event was put together to encourage youth to celebrate the diversity of cultures and faiths within Halton. The festivities began with songs from a local choir composed of seniors and elementary students.

Next came the inspirational and energetic words of Michael "Pinball" Clemons. With Clemons' words of "it's not about stuff, it's about us;



A religious huddle, with a representative from each faith in attendance. Bottom left corner (in brown with glasses) and moving in a clockwise manner is the Venerable Miao Hsin, representing Buddhism, Amira Younis, of Islam, Naresh Bhardwaj, of Vaishno Devi Temple in Oakville, Father Ted Slamon, representing the Roman Catholics, Ervad Nozer, of Kotwal, Pastor Dan Phannenhour, of Grace Lutheran Church and Rabbi Sidlofsky.

Photo by Ken Kerr

it's not about me, it's about people" echoing in their minds, the students set off to an "Interfaith Market Place," where they visited booths of ten individual faiths to ask questions and mingle with their peers.

Students also performed dances during lunch and could observe a traditional Islamic prayer service following the meal.

The event was coordinated by the Halton Regional Police Force in hopes of spreading knowledge and understanding of the diverse cultures in Halton. A motivated group of youth volunteers, representing different faiths, made the event relatable and enjoyable for all the participants.

Diet Drama

By Julia Pyper

"I'll have the hamburger combo please. Only hold the bun, hold the cheese, make that a diet coke and I'll exchange those fries for a side salad. Also could you make that low fat vinaigrette dressing? Thanks."

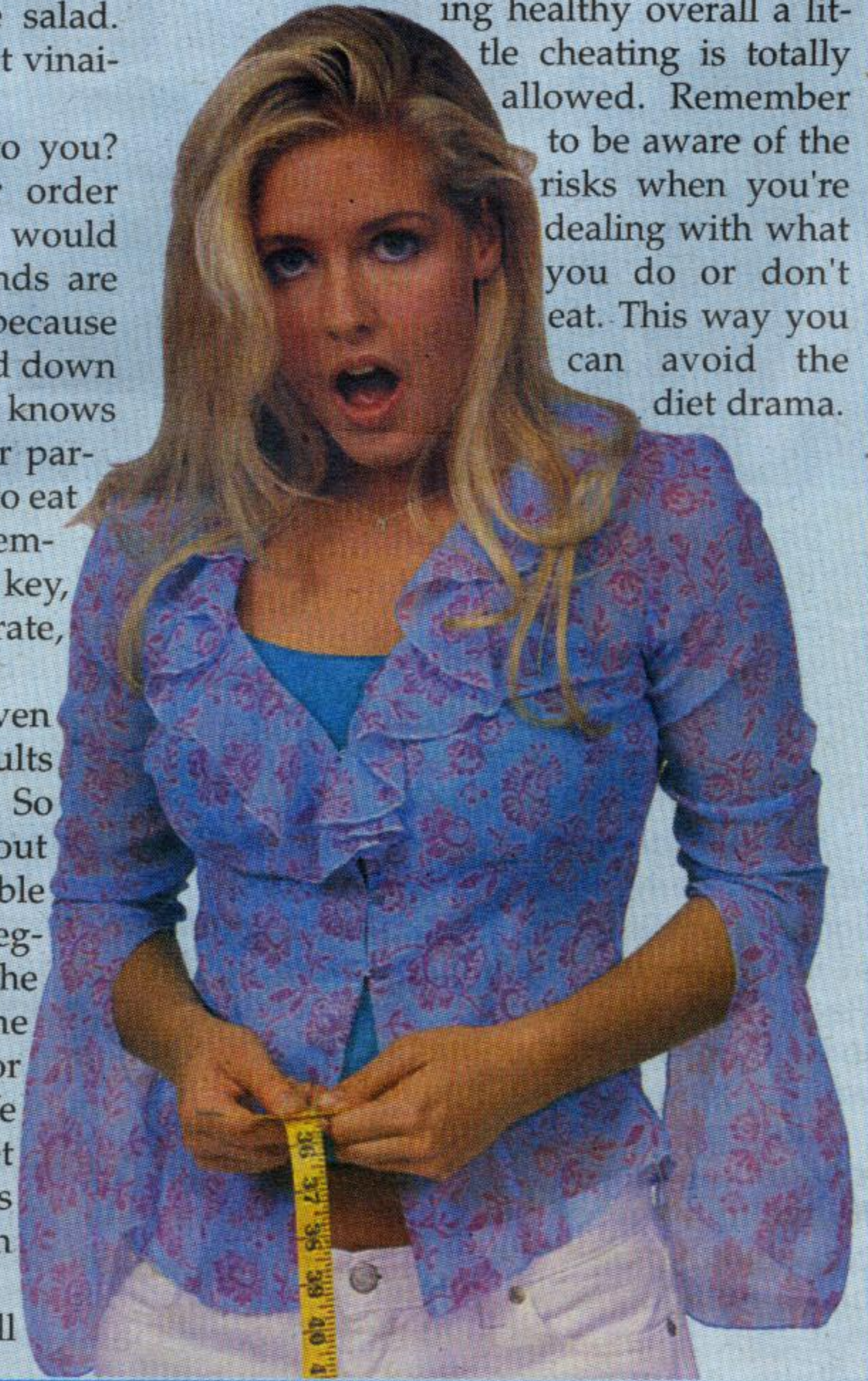
Any of this sound familiar to you? Likely you've heard a similar order before, perhaps that's what you would order for lunch. Crazy diet trends are sprouting up everywhere, and because of this, a hamburger gets stripped down to merely a meat patty! Everyone knows you should eat healthy, heck our parents have been hammering at us to eat our vegetables since we can remember. Healthy eating is really the key, not some non-fat, low carbohydrate, point counting diet.

While these diets do have proven results, they are designed for adults who are clearly not growing. So when a high school student cuts out food, they're cutting out valuable nutrition. This can have a huge negative impact on your health. The eating disorders that also come from dieting are even worse for you, and in some cases fatal. We all know about these risks yet chances are someone you know is struggling with some kind of an eating disorder.

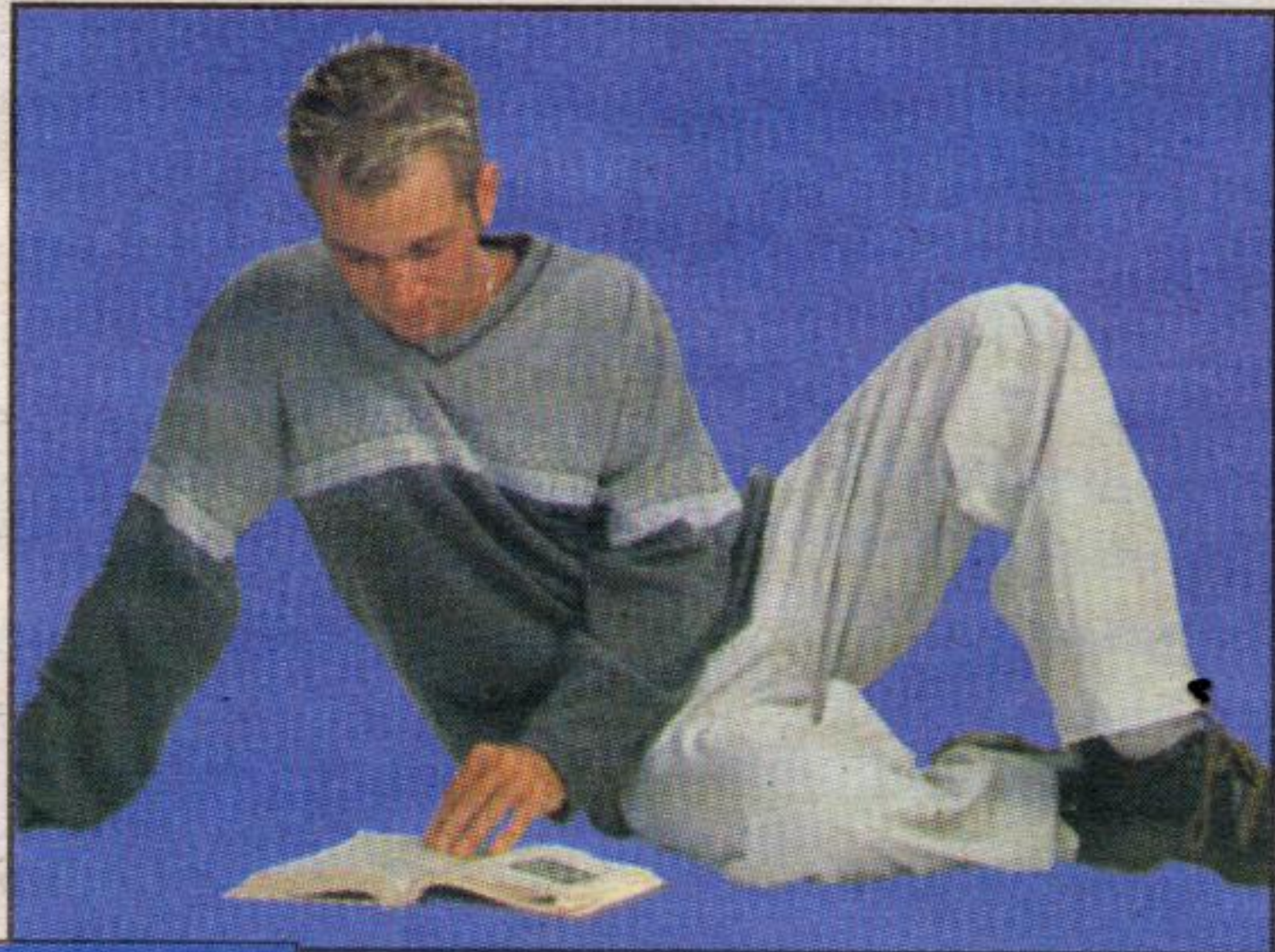
With all the advertising for all

the various diets, it's enough to drive anyone into a personal appearance fit of depression. The solution you ask? Instead of requesting a hamburger without a bun, don't go to the fast food restaurant at all. Packing your own lunch is the best way to get good food with all the nourishment you need. Plus bringing your own meals from home is a great way to save money.

So next time you do happen to opt for the convenience of a fast food restaurant, go for the combo. When you're eating healthy overall a little cheating is totally allowed. Remember to be aware of the risks when you're dealing with what you do or don't eat. This way you can avoid the diet drama.



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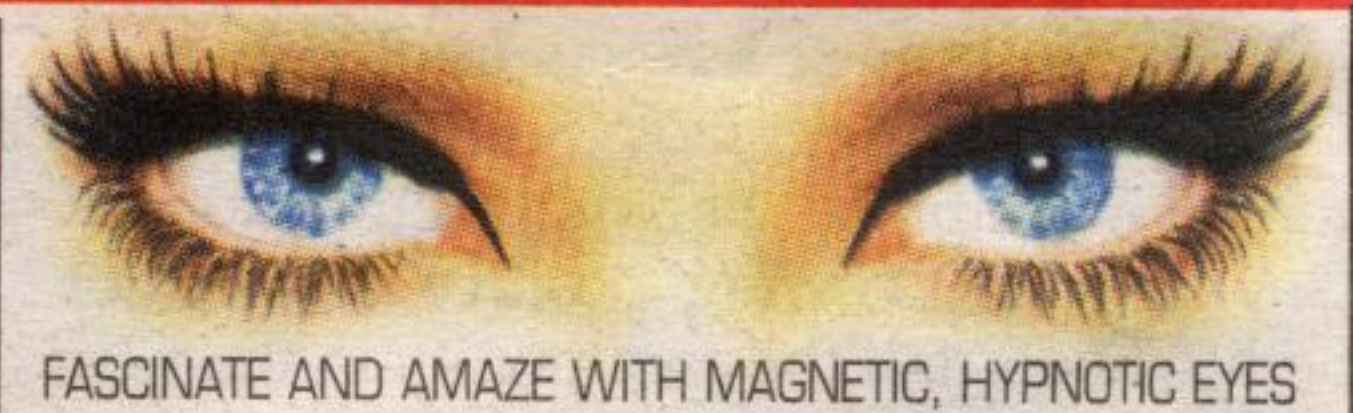
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