



## Snack time

Limehouse School students Melanie Gallant, 6, Abby King, 7, Blair Moore, 8, Adam O'Hashi and Julian Reyes, 5, lined up for their 'healthy snacks' recently as Wellington-Halton Hills MP Michael Chong, and Limehouse School Healthy Snacks Co-ordinator Lisa King served the snacks. The snacks are part of the school's Food for Thought program, ensuring kids receive healthy snacks during their nutrition breaks.

Photo by Ted Brown

## Minister denies councillor's bid for bike path on Maple Avenue

Provincial Minister of Environment Laurel Broten has denied Councillor Mike Davis's bid for inclusion of bike paths in the Maple Ave. redevelopment plans.

Broten issued her decision earlier this month on the Ward 3 councillor's request to bump up the project to an individual environmental assessment.

Davis opposed the final Maple Ave. road reconstruction design plan because it did not have bicycle paths.

"In not having an on-road bicycling route on Maple Ave., I share the disappointment of some residents of Halton Hills who have expressed their support for this over many months," said Davis, in a statement read at last week's council meeting. "We do believe that alternate modes of transportation will be increasingly neces-

sary in Halton Hills, and hope that future planning decisions will be forward-thinking in this regard."

In her directive, the Minister ordered the Town of Halton Hills' Engineering Department, along with the Town's Trails Committee and Halton Region to develop an alternate on-road bicycle route, said Director of Engineering and Public Works Rick Henry, Monday.

He expects this review will begin sometime early in the new year, as part of the ongoing roadwork.

"I hope that the Town's alternate bike route will be safe, practical, convenient and efficient for cyclists of all ages and abilities," said Davis, who is also a member of the Trails Committee.

Halton Region is in charge of the Maple Ave. reconstruction project from

Mountainview Rd. to Trafalgar Rd. The Region, which will hand over proprietorship of the road to the Town of Halton Hills upon completion, had hoped to begin construction in the early spring. But due to Davis's bump-up request, the work has been delayed by six months.

The \$1.58 million project will include extensions and improvements to the sidewalks, and the installation of islands, medians, a centre turn lane at Main St. and grassy boulevards. The majority of residents, who attended public consultation meetings, preferred the selected design because it emphasized pedestrian safety. The addition of bicycle lanes would have cost an additional \$200,000 to \$300,000 and required the expropriation/purchase of property.

—By Cynthia Gamble, staff writer

## Tooth Chatter



by  
**ALEX  
TRENTON  
DENTURIST**

### WORLDS CHEAPEST STRESSBUSTER - A SMILE!

Put on a happy face! An annoying musical adage - or sound medical advice? Score a big grin for science. Research shows that the physical act of smiling - even when you don't feel like it - can measurably reduce stress and improve your mood. Psychologist Paul Ekman of the Human Interaction Lab at the University of California, San Francisco, has discovered that faking a smile produces the same changes in brain activity, respiration, skin-temperature, and heart rate as a genuine feel-good smile - and these physical changes promote a sense of well being. Smiling may also boost your mood because it elicits positive responses from people. Faking a smile won't jolt you out of a serious depression, notes Ekman, who has been studying facial expressions for 30 years. But it can lift your mood and help you relax!

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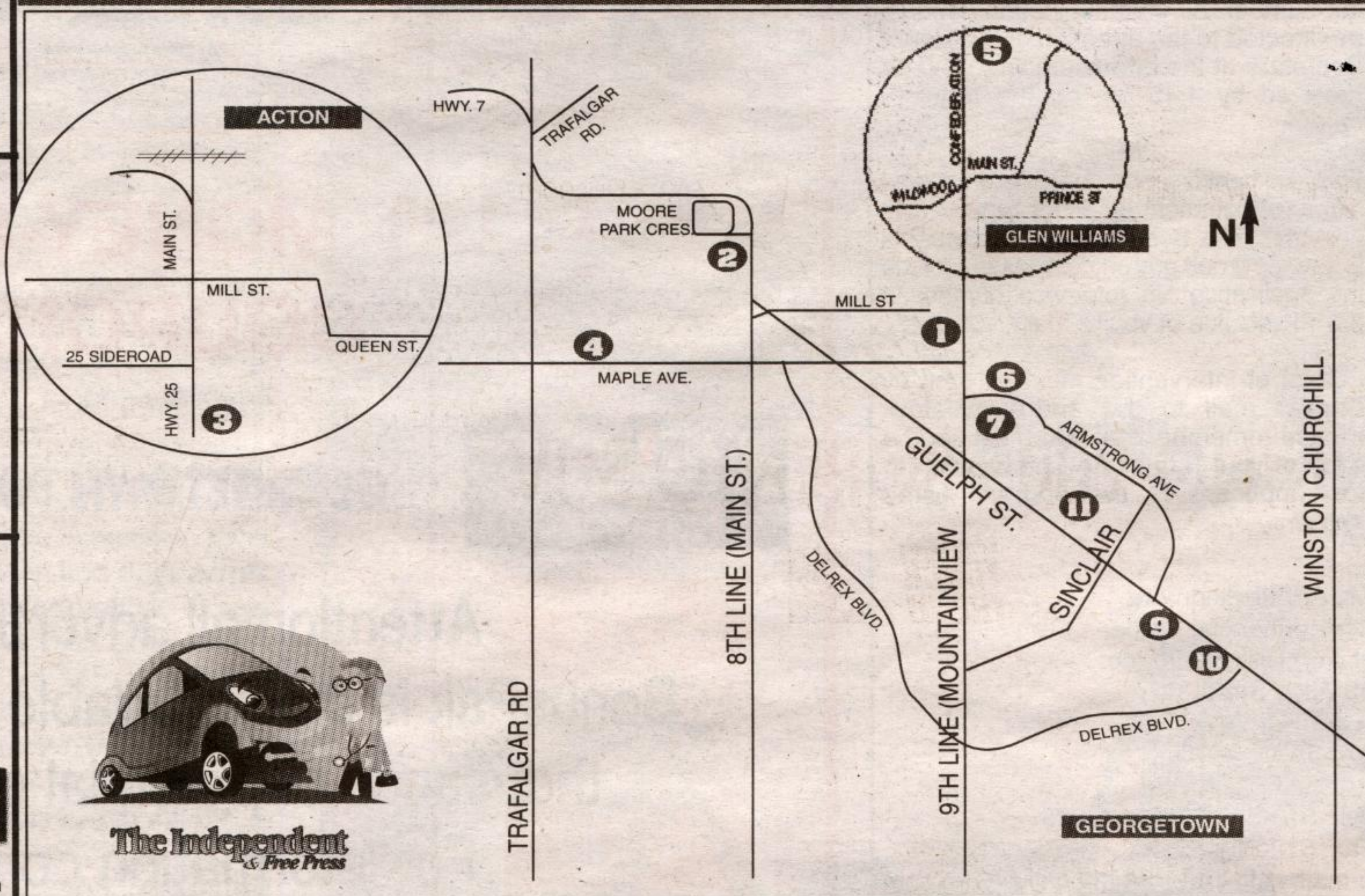
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