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Happy 60<sup>th</sup> Birthday

Turnup!



Love Mongo, Cracker,  
Gunner & The Kids

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Dave & Barb McMullen are pleased to announce the engagement of their daughter, Janene Michelle to Shane Day Lanergan, son of Jean and the late Thomas Lanergan. Wedding to take place March 24, 2007 in Tampa, Florida

### Region offers tips on how to fight flu

With cold and flu season in full swing, the Region is encouraging residents to take steps to reduce the illness.

Halton Medical Officer of Health Dr. Bob Nosal said there are several things one can do to help the situation. This includes:

- Staying home and avoiding contact with others when ill. If possible, sleep in a separate room. Children—especially those in day care—and food handlers with nausea, vomiting or diarrhea should stay home for 48 hours after symptoms have stopped.
- Seeing a family doctor if illness persists or becomes worse or calling Telehealth at 1-866-797-0000 to speak with a registered nurse
- Coughing into a sleeve or tissue
- Cleaning and disinfecting all contaminated surfaces and frequently-touched surfaces like doorknobs, faucet taps and toilet handles
- Avoiding visits to long-term care homes, hospitals and retirement homes
- Washing one's hands frequently with soap and water or using alcohol-based hand rub
- Avoiding contact with those who are ill as much as possible
- Receiving the flu shot

For more information contact Halton Region at 905-825-6000 or visit [www.halton.ca](http://www.halton.ca).

### Driving 101 Part 10: Avoid those 'rolling stops'

As I began revisiting the basic driving skills, I found the number one complaint I receive every day is the failure to stop at stop signs.


I believe we are all creatures of habit and routine. As we become familiar with intersections, stop signs, and routes, we can drive them with more distractions and less concentration.

We come to stop signs that we 'always' stop at and begin to roll through them or even miss them completely. With almost every ticket I have given for a stop sign infraction, the driver told me they stopped, but I personally don't give out tickets for stopping at a stop sign.

By allowing yourself to become a distracted driver and becoming complacent within your routine, you are putting yourself, your family and our community at increased risk of being involved in an avoidable accident. Leave yourself some extra time for your morning commute so you can enjoy the rural scenery on the way to Hwy. 401, follow the rules of the road and follow common and courteous driving practices.

Society now requires signs to tell people where to stop on a red light, to slow down in school or construction zones, to warn that there is a

Const. Chris Borak



light ahead... do we really need a sign that reads "Obey the Ontario Highway Traffic Act"?

Do your part to promote road safety. Please consciously practise safe and courteous driving skills. When you come to a complete stop at a stop sign or for a right-hand turn on a red light, the person behind you has to stop as well.

If you want to do something about dangerous or aggressive driving, report these drivers on a Community Road Watch Citizen Complaint Form.

Contact me for crime prevention tips at 905-878-5511 extension 2470, or by e-mailing [chris.borak@hrps.on.ca](mailto:chris.borak@hrps.on.ca). Please reserve the 911 system for emergency calls only.

—Const. Chris Borak is the community support officer for District 1

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Owner/Operator

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