

OPINION

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To a healthier 2008

Most of us— at some point in our lifetime— have made new year's resolutions. And most of us have failed to keep them.

Usually these resolutions involve health— a promise to lose weight, quit smoking and exercise more often (or in some cases start exercising). Invariably by the time the end of January rolls around the smokers are back at it and career couch potatoes are snacking on something filled with the dreaded trans fats while mindlessly flipping TV channels.

It would be great if 2008 proved to be the year that we actually paid attention to the health care experts. Could 2008 be the year we all embrace vegetables, fruit and think nothing of a jog around the neighbourhood?

We know health and school officials would like us to pay attention to our lifestyles and those of our kids.

Ontario's Healthy Food for Healthy Schools Act calls for a ban on trans fats in many foods in all school cafeterias and an outright ban on trans fats in all school vending machine products. The move is intended to build on earlier action by the government to ban junk food in elementary schools and a call for 20 minutes of daily exercise for pupils.

That is a good start, except if junior comes home and eats potato chips before chowing down on a fast-food dinner. If the schools are acting responsibly with our children's diets then we should, at the very least, be paying attention to what they are eating at home or on their way home from school.

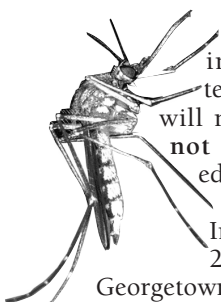
A variety of community projects in Halton, designed to promote healthy lifestyles, will receive funding this year from the Ministry of Health Promotion's Ontario Heart Health Program (OHHP). In Halton, the funds are channelled through, "Choices 4 Health"— a partnership of community groups and agencies involved in heart health and chronic disease prevention.

Funding will go toward supporting four related networks and funding 10 projects. Some projects will take place in elementary and secondary schools. In addition Choices 4 Health will also work within the community through projects such as walkON, Active Minds Active Bodies, Healthy Concession Stand Pilot Project and the Tobacco-free Sport and Outdoor Recreational Facilities project.

In Halton, we are blessed with good hiking and biking trails, recreational centres and numerous gyms and fitness clubs. Let's make a conscious effort to eat foods that are good for the mind, body and soul.

Something bugging you?

Send us a letter!



Letters to the editor must include an address and daytime telephone number. Unsigned letters will not be published. Letters should not exceed 200 words and may be edited for content and/or length.

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Steve Nease



LETTERS TO THE EDITOR

Town, residents not clearing sidewalks

Dear editor,

I do realize that the season for snow and ice is upon us and I realize that, at times, walking around outside can be a little treacherous, but there is absolutely no excuse for the state of our sidewalks.

I live on Princess Anne Drive in Georgetown. Every night I am obligated to take my dog out for her nightly walk and recently I fell. In light of the first major storm of the season hitting us, I would expect shortly after the storm that it would not be too easy to get around. However, two days later it was still near impossible to walk my dog on the sidewalk. The stretch between

Charles Street and Hyde Park Avenue was not too bad but the stretch between Park Street and Princess Anne Drive on Charles Street was awful.

I passed an older man on Charles Street, and he said to me "it is like a sheet of ice out here." I responded with, "somebody has to do something about this." Somebody does have to do something about it!

There is a seniors' residence just around the corner and there is a hospital just around the corner. Are Georgetown's seniors expected to stay inside for the rest of the winter because the Town and its residents cannot be bothered to clear the ice

on the sidewalk? I have had to tell my pregnant wife not to walk outside because it is too slippery.

If the Town cannot step up to the plate and fulfill its responsibility of clearing the ice, the people who live there should at least have the courtesy of doing so to make it easier for everybody else to get around.

Jeremy Malanchuk, Georgetown

Strangers' kindness greatly appreciated

Dear editor,

A week ago while driving, due to very icy unsalted roads, my car slid into a ditch on Fifth Line near Five Sideroad.

I managed to reverse more than half way out of the ditch but my front wheels dug into the soft ground.

I was somewhat shaken and was considering calling the Canadian Automobile Association (and planning to wait a week) when three kind people stopped (very gingerly, so they didn't hit the same patch of thick ice) and pushed me out.

There was an older gentleman with a cloth cap, a lovely Greek lady and a businessman. I want to thank them for their kindness and compassion as I have no idea who they were so I cannot do so personally. Even if they had told me I most likely wouldn't have heard due to my being a little shaken by my predicament.

Janis Booth, Georgetown

Thanks to all for making house tour a success

Dear editor,

I would like to thank everyone who helped make the United Way of Halton Hills 2007 Holiday House Tour such a success. Seven spectacular homes were showcased on this year's tour.

Thanks to the homeowners for opening your homes to the many people who supported our event. Your hospitality was enjoyed by so many.

To all the decorators, both interior and exterior, thank you for your expertise, and your contributions of time and talent. Many visitors went away with fabulous decorating ideas.

To the volunteers who helped in the homes on the day of the tour, thank you! You all gave our guests

warm greetings and took good care of the homes.

Thanks also to the local businesses that helped to sell tickets for us, purchased ads in our brochure, helped with printing and donated items to the event. We are fortunate to have such generous and caring people in our community.

Most importantly, thank you to the committee of ladies who spent countless hours coordinating this year's tour. You do a wonderful job year after year, and the energy and enthusiasm you pour into the House Tour is inspiring!

Janet Foster,
Executive Director, United Way of
Halton Hills

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