

OPINION

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Phone: 905-873-0301
Fax: 905-873-0398

Walk the walk

With all the doom and gloom in the news today, you would think the world was on a fast track to Armageddon.

Gas prices are at record highs, with speculation that a litre of the liquid gold will cost us a toonie in the not-too-distant future.

Air pollution in Ontario is causing the premature deaths of people in increasing numbers, according to a report by the Ontario Medical Association.

Finally, a Statistics Canada survey released on Wednesday found that 16 per cent of us are obese and nearly one-in-three (32 per cent) are overweight.

One telling indicator of why obesity seem to plague our society is that almost 30 per cent of Canadians surveyed said they watched an average of 15 or more hours of television each week, while less than half of all respondents considered themselves to be physically active.

Which brings us to a really simple solution.

If we could all adopt a mindset of taking a walk to any destination of say, less than two kilometres, and agree to avoid engine idling of any kind—from drive-through to driveway—we could significantly reduce automobile emissions, a primary source of the smog that is killing us.

By agreeing to park our vehicles and "walk the walk" at least some of the time, we could reduce our reliance on gasoline, improve our air quality and find ourselves becoming slimmer and trimmer for the effort.

We all talk about wanting to be greener, but how many of us are prepared to make a real difference by choosing a healthier, cleaner and more affordable method of travelling from point A to point B?

Sure, walking takes a little longer, but it's an important first step to undoing some of the damage we've done to our world—and to ourselves.

What do you think?

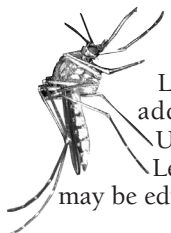
Below are the results of our most recent online poll. For the current poll go to www.independentfreepress.com

The downtown Georgetown Farmers' Market opens this Saturday. Do you visit the market on a regular basis?

- Yes (67%)
- No (33%)

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 Unsigned letters will not be published.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.

E-mail:

jmcghie@independentfreepress.com

Mail or drop off:

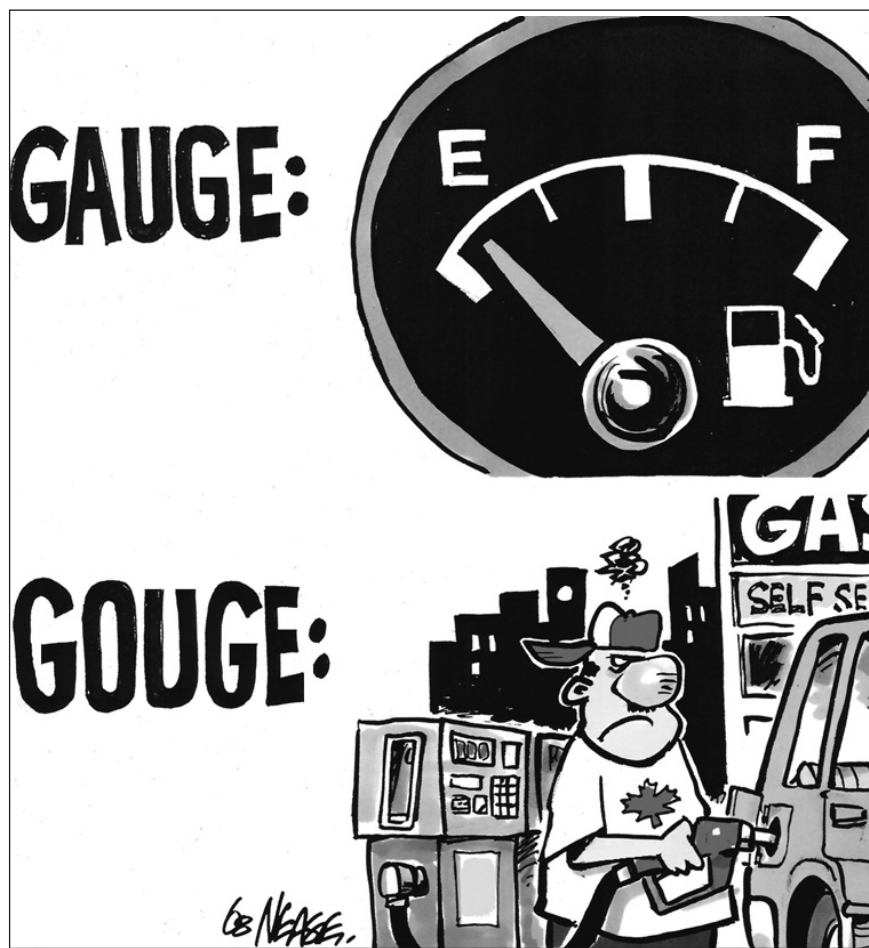
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Steve Nease



STAFF DIRECTORY

Publisher

Ken Nugent

Advertising director

Steve Foreman

(sforeman@independentfreepress.com)

Retail advertising manager

Cindi Campbell

(ccampbell@independentfreepress.com)

Managing editor

John McGhie

(jmcghie@independentfreepress.com)

Distribution manager

Nancy Geissler

(distribution@independentfreepress.com)

ADVERTISING

Advertising co-ordinator

Jennifer Christie (jchristie@independentfreepress.com)

Retail Sales:

Jennifer Spencer (jspencer@independentfreepress.com)

Brendan Louth (blouth@independentfreepress.com)

Amy Sykes (features@independentfreepress.com)

Andrea Lefebvre (alefebvre@independentfreepress.com)

Brendon Stevenson (bstevenson@independentfreepress.com)

Real estate:

Sue Spizziri (realestate@independentfreepress.com)

Classifieds:

Kristie Pells (classified@independentfreepress.com)

ACCOUNTING

Rose Marie Gauthier, Michelle McEachern

EDITORIAL

Cynthia Gamble: News editor

(cgamble@independentfreepress.com)

Ted Brown: Photography

(tbrown@independentfreepress.com)

Lisa Tallyn: Staff writer

(ltallyn@independentfreepress.com)

Eamonn Maher: Staff writer/sports

(emaher@independentfreepress.com)

PRODUCTION:

Mary Lou Foreman, Kevin Powell,

Shelli Harrison, Dolores Black, Debbie MacDougall

LETTERS TO THE EDITOR

Adult unimpressed with youth protest

Dear editor,

On my way through Georgetown today while driving along Guelph Street to run some errands I could not help but notice a few dozen teenagers with placards in hand protesting curb side in front of our local police office.

The posters read "stop police brutality" which of course sparked my interest. I do not know what particular situation stimulated this type of protest to take place but a few questions come to mind. The first one would be did all the protesters have all the facts?

I ask this because as I drove by on two separate occasions today I could not help but notice all the laughter coming from this so-called informed crowd that were protesting what they believe to be such a serious issue.

The second question that comes to mind would be how could these so-called adults to be simply make such a stupid statement regarding the so-called police brutality which would indicate that all police should be chastised.

What is really sad here is that heaven forbid a real criminal breaks into their parents' home one day and confronts the family with such violence as a loaded revolver. What will you so-called adults do then? Call the local pizza delivery guy for protection or maybe do something as bizarre as call the police to save your behinds.

I, for one, personally know of officers through the years who have put their lives on the lines to protect the

public and have not asked for anything in return. Your protest may be based on a particular incident but you have no right to place all the brave officers of our fine community into one convenient nut shell.

Before anyone starts screaming about our rights to freedom of speech, which I believe in, let us not abuse that privilege with today's display that

Noise pollution hampers good night's sleep

Dear editor,

So, Georgetown is "going Green" and summer is coming. The trouble is that, much as I would like to keep my bedroom window open at night, to save energy spent on air conditioning, the noise is too much.

There are a number of cars in Georgetown which need to have loud thumping music and roaring exhausts in order to propel themselves around late at night (or any other time).

I am sure many of you have been

awoken in the early hours of the morning by the raucous sound of these cars.

Although there is a noise bylaw, the police have enough to do, without chasing noisy cars. So, if you know someone with a 'noisy car', can you encourage them to think of others during the night hours when the rest of us are trying to catch some sleep in the cool night air from our open windows. We can then help to ensure a better world for them when they grow up.

Craig Gray,
Georgetown

Dee Cope, Georgetown

Reader: Take care of your own garbage

Dear editor,

I, like most people in town, are proud to take part in saving our environment, even in a small part.

When the talk about GreenCart started I was also one of those who thought, "Yea, right, more work for us."

But I was wrong. It's very simple. When two weeks were up I was happy to see that by recycling my garbage had decreased by half.

You will understand my surprise on

garbage day recently that my bags had doubled over night. I opened these bags and found that most of the contents were Blue Box/GreenCart recyclables. There are some who feel that it's a bother—I feel sorry for you.

If you do not want to recycle, why do you feel the need to dump these bags in someone else's yard?

Shame on you.

Kirsten Simmons,
Georgetown