

Elevated levels of sodium in area water supply no need for concern, says Region health official

MELANIE HENNESSEY
Special to The IFP

The Region has found elevated levels of sodium in the municipal drinking water supply for some residences in North Halton with a Campbellville subdivision posting the highest level.

According to the Halton Region Health Department, the amount of sodium— an average of about 100 mg per litre, which was detected in the water that goes to homes on Jessie Avenue and Glenda Jane Drive in Campbellville— doesn't pose a health concern for healthy individuals.

But anyone who has high blood pressure, a heart condition or who has been advised to follow a low-sodium or sodium-restricted diet may want to discuss the findings with their doctor, said Halton Associate Medical Officer of Health Monir Taha.

"For the average person, 100 mg of sodium is not an issue," he said. "But for some people, it may be adding more salt to their diet than they wish."

Specifics as to why the sodium levels are elevated in Campbellville weren't available.

A letter on the issue was also sent to all physicians in Halton, since the Region doesn't know which doctors the Campbellville residents may visit to discuss the findings, said Taha.

The Region's public works department tests

its municipal groundwater drinking systems four times a year for various elements, including sodium.

Sodium levels that exceed 20 mg per litre are reported to the health department, as per the requirements of provincial drinking water legislation. It's then up to the medical officer of health to determine if the level is significant enough to warrant notifying residents and physicians.

Taha noted that residents would only be able to taste salt in their water if the sodium levels were to reach 200 mg per litre.

The letter distributed to Halton physicians notes that sodium levels in Acton, Georgetown and 'old' Milton also exceed 20 mg per litre, with the averages for each of those areas being 28 mg/L, 43 mg/L and 37 mg/L respectively.

"Residents in Acton, Georgetown and Milton don't have to be concerned though," said Taha.

He explained these numbers are considered small and wouldn't make a significant contribution to residents' daily sodium intake.

"It's more important for everyone to focus on where the majority of salt in their diets is coming from— salt shakers and processed food," he said.

Taha also said those who use a water softener can dramatically increase the sodium concentrations in their water, so it's recommended to use a separate unsoftened water supply for cooking and drinking.

AIR CONDITIONERS FURNACES

\$0 DOWN, 0% FINANCING
0 PAYMENTS TILL 2009**

Up to
\$550*
COOL SAVINGS
REBATE

Up to
\$1,500*
FACTORY
REBATE

Up to
\$3,000*
ECO ENERGY
GRANT

- AIR CONDITIONING
- FURNACES
- FIREPLACES
- DUCT SYSTEMS
- MAINTENANCE PLANS
- PROTECTION PLANS
- INDOOR AIR QUALITY PRODUCTS
- HEAT RECOVERY VENTILATORS



**CALL TO BOOK
YOUR FURNACE
MAINTENANCE TODAY!**

* Limited Time Offer **OAC



1967 **41** years 2008
www.applebysystems.ca

Proud to be serving the
Halton Community for
41 years!



2008
Readers' CHOICE
THE INDEPENDENT


5 YEARS IN A ROW
Favourite Furnace
& Air Conditioner



**FULL PARTS
& SERVICE**

APPLEBY SYSTEMS 905-877-8990

Fireplace, Heating & Air Conditioning Sales & Service
118 Guelph St. Georgetown (at Maple)
Hours: Monday - Friday 9-5; Saturday 11-4; Appointments available after hours upon request



HALTON CATHOLIC DISTRICT SCHOOL BOARD

ADVANCED REGISTRATION 2008-2009 SCHOOL YEAR

FOR NEW STUDENTS – NOT PREVIOUSLY REGISTERED

CATHOLIC ELEMENTARY SCHOOLS:

JK TO GRADE 8: Tuesday, **August 26, 2008** and Wednesday, **August 27, 2008** 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 3:00 p.m. Junior Kindergarten registrants are required to be four (4) years of age by December 31, 2008. Catholic Baptismal Certificate required and necessary immunizations must be completed.

FOR INFORMATION: Call your local Catholic elementary school

CLASSES BEGIN TUESDAY, SEPTEMBER 2, 2008
BUS ROUTES POSTED AT THE MAIN ENTRANCE OF EACH SCHOOL

HALTON HILLS CATHOLIC SECONDARY SCHOOL:

Monday, **August 25, 2008** to Thursday, **August 28, 2008** - 9:00 a.m. to 3:00 p.m.

FOR INFORMATION CALL:

Christ the King Catholic Secondary School – (905) 702-8838
161 Guelph Street, Georgetown

CLASSES BEGIN TUESDAY, SEPTEMBER 2, 2008
BUS ROUTES POSTED AT THE MAIN ENTRANCE OF EACH SCHOOL

ADULT LEARNING CENTRE: HCDSB

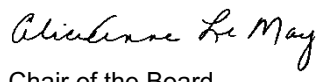
Serving Burlington, Oakville, Milton and Halton Hills
Registration for the Oakville and Burlington Campuses:

Registrations begin the week of August 25th, 2008 – 9:00 a.m. to 3:00 p.m.

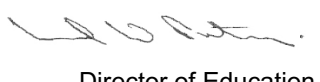
FOR INFORMATION CALL:

Adult Learning Centre - (905) 849-7555
171 Speers Road, Oakville

CLASSES BEGIN TUESDAY, SEPTEMBER 2, 2008



Chair of the Board



Director of Education

We want to meet you and your fitness goals.



Curves

YOUR CURVES WILL AMAZE YOU.™

OPEN HOUSE
08/26 and 08/27
FIRST 50 MEMBERS
JOIN FOR 66% OFF*

Come inside and see what Curves is all about.
There's absolutely no obligation, just smiling faces and plenty
of information about how Curves can work for you.

GEORGETOWN
39 Main St. S.
Downtown Georgetown
905-702-0418

ACTON
374 Queen St.
Acton, ON
519-853-0502

*Offer based on first visit enrollment, minimum 12 mo. c.d. program.
Discount applies to initial service fee on designated days at participating locations. New Members only. Not valid with any other offer.

©2008 Curves International, Inc.