



OUR READERS WRITE

THE CANADIAN CHAMPION

This year's Milton District Hospital fair at Milton Mall went quite 'well'

Dear Editor:

The 11th annual Wellness Fair presented by Milton District Hospital entitled 'Passport to Wellness' took place Saturday, Apr. 8 at Milton Mall. The event was supported by the Milton District Hospital Foundation.

There were more than 500 visitors to the mall to visit the 33 exhibits. Participants that visited the interactive displays left with lots of information to help them make informed healthcare decisions.

There was something for everyone at this

annual event. Healthy lifestyle information was available from the Halton Regional Health Department, Halton Diabetes Program, Cancer Society, Milton Leisure Centre and Heart and Stroke Foundation.

This information indicated that by making smart choices around nutrition, activity, stress management and smoking cessation, many diseases could be prevented.

Wellspring was a new exhibitor this year. It will open a cancer support centre in Oakville in the near future. New moms and moms-in-wait-

ing enjoyed visiting the La Leche League display to learn more about breastfeeding. Seniors enjoyed learning about community organizations that support their desire to live independently in the community. The Milton Seniors' Activity Centre demonstrated some of the activities that are available. Many hospital departments profiled their services including obstetrics, the operating room and rehabilitation services. The Halton Diabetes Program was on hand to monitor visitors' blood glucose. Participants who visited the displays using their passport were eligi-

ble to win great draw prizes.

Appreciation goes to the businesses and organizations that kindly donated gifts for the draw prizes: Milton Mall, Royal Bank, Bootlegger, Black's Camera, Milton Photo, Shoppers Drug Mart, Health and Wellness Store (OTMH), Heart and Stroke Foundation of Ontario, Dr. Paula Cassin, Canadian Red Cross Society, Canadian Cancer Society, ConnectCARE, Upstairs at Loblaws and Dr. Erika Ristok.

Cindy Popp
Milton District Hospital

Take a look in the mirror, lady

Dear Editor:

I am writing to the lady who parked in the handicapped spot at Tim Hortons Saturday, Apr. 22.

Actually, you took up two parking spots.

I watched as you threw a handicapped permit onto the dash. Speaking of dash, I was quite impressed with the one you made to the front door (despite your "disability"). Speaking of impressed, I was, when you told me with a straight face that you had not taken up two parking spaces and you were handicapped.

You then further degraded yourself by cursing at me for stating the obvious. You really served as a positive role model for the young lady sitting next to you, when you childishly performed numerous three-point turns backing out of the handicapped space.

Your physician totally misdiagnosed your condition. Being rude, lazy, selfish and inconsiderate does not qualify you for a handicapped parking permit. If you happen to be one of those people who are always asking, "What's wrong with young people today?" I suggest you take a good, long look in the mirror lady.

Paul Wilson
Milton

The only responsible choice

Dear Editor:

Re: Hunter safety manual. Any child who watches television or plays video games knows how to load a gun, point it at someone and pull the trigger. They see it 10 times a day in prime time and about 10 times a minute in a typical video game.

God forbid that they should have access to information that actually shows them how to safely handle a firearm. Giving kids access to reliable safety information about any activity is the only responsible choice. I applaud this initiative.

Steve Morris
Milton

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Saturday, May 13th, at 7:30 pm

The Farm Museum's Gambrel Barn

Tickets at the door may be limited. Get your tickets ahead of time!

Guests:
Jacqueline Smith Highland Dance Studio Dancers
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Food/refreshments:
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