



# COMMENT



## THE CANADIAN CHAMPION

Box 248, 191 Main St. E.,  
Milton, Ont. L9T 4N9

(905) 878-2341

Editorial Fax: 905-878-4943

Advertising Fax: 905-876-2364

Classified: 905-875-3300

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**Ian Oliver** *Publisher*  
**Neil Oliver** *Associate Publisher*  
**Jill Davis** *Editor-in-Chief*  
**Karen Smith** *Editor*  
**Wendy McNab** *Advertising Manager*  
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## We deserve to know

It's important to give credit where credit is due — and credit is currently due to MP John Bryden.

He was instrumental in uncovering the alleged astounding excesses of Ottawa's former Privacy Commissioner George Radwanski, such as about \$500,000 in travel and hospitality expenses filed over two years, paid for by us — the lowly taxpayers.

Ironically, Bryden had not been after Radwanski's expenses in particular when he asked that they be revealed before a parliamentary committee.

But his answers to Bryden on other issues, as well as to then Conservative leader Joe Clark, inspired the Ancaster-Dundas-Flamborough-Aldershot MP to wonder aloud why the commissioner did not fall under the Access to Information Act. As he did have a duty to reveal his dealings to a parliamentary committee if asked, Bryden requested that he do so.

The result, as well known, hit the media and the taxpayers with a blow that only got worse with revelations that

Radwanski had also somehow managed to have almost \$600,000 in unpaid taxes forgiven the day before taking his post.

A nice job if you can get it.

Financial questions have come up all too often in the current government and it's clear now that the public's patience with it is wearing thin.

Radwanski appears willing — even champing at the bit — to defend himself. But he couldn't hang on to his \$210,000 per year position having lost the trust of parliament, his own staff and, more importantly, the public. He had no option but to resign from his position.

In a five-page statement released last week, Radwanski said simply he had been "forced out." He did, however, walk away with a \$79,000 severance package.

Whatever comes of this mess, we hope the public is kept informed. Canadians deserve to know what led to the fall of the federal privacy commissioner. And Kudos to Bryden for unearthing this matter.

## That old phrase 'You are what you eat' is so true

We're in the last month of The Champion's Weight Loss Challenge and I feel great.

I feel so good because I'm well nourished, exercised and about 15 pounds lighter.

I haven't yet lost all the weight that I set out to, however I still have a month to go in the Challenge and lots of time left in the year.

There's no question that if I were on a strict, regimented (in other words boring) diet, I would have lost more. But I still maintain that kind of eating plan would only have been a short-term solution as eating still has to be pleasurable, just on a smaller scale.

As I said all along, I wasn't about to give up pizza, birthday cake or ice cream. I would just eat them sparingly, in conjunction with a low-fat diet and plenty of exercise.

I don't believe this Dr. Phil stuff that overweight people have emotional or psychological

issues at the root of their over-eating problems.

The fact is, never before have we had so much selection of foods readily available — rich, fatty foods — tempting us, and they taste so good!

Couple that with an inactive lifestyle and look out. It's a recipe for an unhealthy weight.

Fortunately though, fast food chains are moving toward a healthier menu selection.

For example, if I go to Wendy's now, instead of a burger, I order one of their salads. They're delicious and reasonably priced, and the BLT salad, for example, covers all four food groups for a healthy meal.

At the same time, there's nothing wrong with ordering a burger as long as it's just once in a while, as a treat.

One of my biggest lessons in what I was doing wrong in my eating habits was that I was consuming too many carbohydrates. Carbs — which



*From the editor's desk*

with KAREN SMITH

include breads and pasta — made up most of my meals. I was eating too much of that and not enough fresh vegetables, lean meats and fruit.

I was eating enough carbs for an athlete, but not burning off the calories like an athlete.

In fact, I wasn't exercising at all. Now I'm active every day, some days more than others, but my heart is getting a workout and that's impor-

tant. No more couch potato.

Some people have asked me how I felt about taking part in a weight-loss program so publicly. I knew what they meant. There was definitely more pressure to perform as well as the somewhat embarrassing factor of drawing attention to myself as an overweight person.

But it motivated me and I'm all the better for it. I would say more people than not struggle with being overweight especially as they get older, so why should I be embarrassed about it?

I wasn't obese or anything, but if I kept going the way I was going, it could have turned into an even bigger problem, no pun intended.

Wish me luck that I keep up my new lifestyle and to those in a similar situation, just take it one day at a time and you will be rewarded with the natural high of health and happiness.



## OUR READERS WRITE

### Reader says that those who broke into her son's car should be ashamed of themselves

Dear Editor:

My son's car was broken into last week and I'd like to offer a reward for anyone who can help recover what was stolen.

I find it difficult to believe that someone could smash a car window, take a skateboard, two big black binders full of CDs and rip out the CD player from a car parked in front of Zellers without being noticed.

I hope that the individual or individuals that invaded the privacy of someone else are happy with themselves.

You almost ruined prom night for my son and his date.

Who wants to sit on a pile of glass in their prom dress and have their hair destroyed in wind?

Some people take pride in fixing up their car and saving hard to buy the things that they enjoy. Of course there are also lowlifes in this world who take pride in taking other people's things.

To those who broke into my son's car, I certainly hope you enjoy all that you took.

Milton is a small town, so there may well be somebody who knows about what you did.

To this end, I'm offering a reward for anyone who would turn you in for the damage that you did and to

help return the things that you took from my son.

Didn't your parents ever teach you to treat people how you wish to be treated and to never take anything that doesn't belong to you?

If they haven't questioned where you suddenly got all this new used merchandise, then it's no wonder why you turned out the way you did.

If anyone wishes to do a good deed and turn in these culprits, please call me at (905) 873-4618.

**Terri Pereira**  
Milton