

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

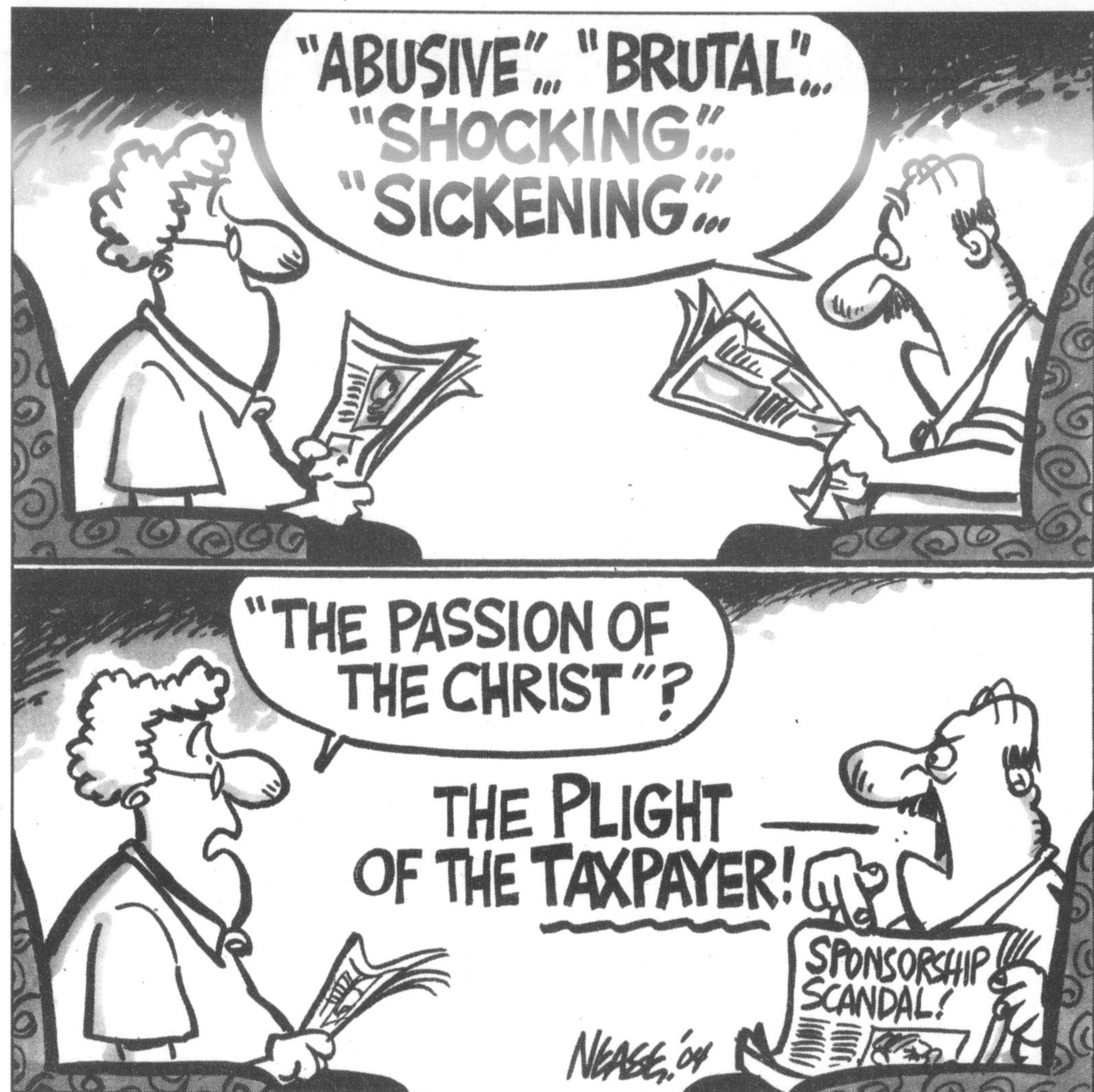
Circulation: 905-878-5947

Ian Oliver *Publisher*
Neil Oliver *Associate Publisher*
Jill Davis *Editor-in-Chief*
Karen Smith *Managing Editor*
Wendy McNab *Advertising Director*
Tim Coles *Production Manager*
Charlene Hall *Distribution Manager*
Teri Casas *Office Manager*

The Canadian Champion, published every Tuesday and Friday at 191 Main St. E., Milton, Ont., L9T 4N9 (Box 248), is one of The Metroland Printing, Publishing & Distributing Ltd. group of suburban companies which includes: Ajax/Pickering News Advertiser, Alliston Herald/Courier, Barrie Advance, Bolton Enterprise, Brampton Guardian, Burlington Post, Burlington Shopping News, City Parent, City of York Guardian, Collingwood/Wasaga Connection, East York Mirror, Erin Advocate/Country Routes, Etobicoke Guardian, Flamborough Review, Forever Young, Georgetown Independent/Acton Free Press, Halton Business Times, Huronia Business Times, Lindsay This Week, Markham Economist & Sun, Midland/Penatanguishene Mirror, Milton Shopping News, Mississauga Business Times, Mississauga News, Napanee Guide, Nassagaweya News, Newmarket/Aurora Era-Banner, Northumberland News, North York Mirror, Oakville Beaver, Oakville Shopping News, Oldtimers Hockey News, Orillia Today, Oshawa/Whitby/Clarington/Port Perry This Week, Peterborough This Week, Picton County Guide, Richmond Hill/Thornhill/Vaughan Liberal, Scarborough Mirror, Stouffville/Uxbridge Tribune.

Advertising is accepted on the condition that, in the event of a typographical error, that portion of the advertising space occupied by the erroneous item, together with a reasonable allowance for signature, will not be charged for, but the balance of the advertisement will be paid for at the applicable rate. The publisher reserves the right to categorize advertisements or decline.

The Milton Canadian Champion is a Recyclable Product



Epidemic proportions

Canadians and, closer to home, Halton residents are losing the waistline war and it's putting many of us at greater risk of an early grave.

Recently released statistics reveal the naked truth — 62 per cent of men and 35 per cent of women in this region are either overweight or obese according to their Body Mass Index or BMI.

Recognized as a reliable measure of healthy weight ranges, the BMI scale uses an adult's height and weight to calculate whether they're underweight, a healthy weight, overweight or at one of three progressively unhealthy levels of obesity.

Combined with poor eating habits, being overweight or obese increases the risk of heart disease, various cancers and diabetes.

In addition to a person's BMI, factors such as lifestyle and fitness level can multiply the risk to health and perhaps even shorten life span. Add smoking and stress to the equation and, well, you get the picture.

Think that's frightening? Consider for a moment that the recent statistical data only accounts for Halton adults. Factor in a generation that's never known a world without PlayStation or the Internet and society's weight problem isn't limited to grown-ups.

Since 1981 the number of Canadian children aged 7 to 13 years considered either overweight or obese has been steadily on the rise.

Health officials point to our rushed lifestyle and the substitution of unhealthy, affordable fast foods and snacks as being a significant contributor to the problem.

So what can we do about it?

Unfortunately there's no quick fix for what has become a societal health problem of epidemic proportions.

Our enjoy now, worry later attitude is not only killing us faster, it's also draining our health care system of an estimated \$1.8 billion a year in costs associated with our unhealthy weight.

Educating ourselves to which food choices are healthiest and trading in TV remotes and game controllers for family walks and other recreational activities seem like simple ways to shed some of the excess weight too many of us are carrying around like ticking time bombs.

If you're struggling to get back to a healthier weight and want some advice, consider calling the health department at (905) 825-6000 for some helpful tips.

With any luck you will live long enough not to regret it.

Our Readers Write

Reader says fluoridation a good move, however...

Dear Editor:

Having experienced many dental cavities as a child, I endorse the proposed fluoridation of Milton's drinking water.

The Champion's February 27 article about it states Halton Medical Officer of Health Dr. Bob Nosal requests that residents be consulted before a decision is made regarding fluoridation?

Councillor Ron Furik adds that "public consultation is a must before making a contentious decision about water fluoridation."

Sounds good.

But I recalled that only a few years ago, after a total of two incidents of possible dangerous bacteria levels in our water in 75 years, we were faced with the proposal of chlorination of the town's water.

Meetings and discussions were planned, but before they took place running cold water into the sink suddenly had an odd smell.

Chlorine was already being added. Well Dr. Nosal, you lost a substantial amount of public trust with that one. So why the difference this time around?

Hank Orsel
Milton

Was suspension story really newsworthy?, asks reader

Dear Editor:

I'm trying to figure out why the story in The Champion's March 2 sports section about Hurricane coach Chris Brennan's suspension is even newsworthy.

It seems we have a coach here who broke rules and got caught. Why is he using the press to whine about the fact that Milton Minor Hockey did a good job of following proper rules.

Regarding the boy who decided to play for the AAA team instead of the team he signed with, where's the commitment factor? Your first commitment should always be to the team you sign with.

The rules are in place to be followed. Don't whine because you got caught.

D. Webber
Milton

I say there's room for both Wal-Mart and Zellers

There are a lot of opinions going around about the future arrival of Wal-Mart in Milton, so I thought this week I would put in my own two cents' worth.

My perspective is purely from a consumer's point of view.

To get straight to the point, my belief is that there's room for both Zellers and Wal-Mart in this town. That's the case in many other communities, including north of us in Halton Hills.

I myself welcome the arrival of Wal-Mart and plan to shop at both stores.

Anyone who has shopped at Wal-Mart would find it hard to argue that the retail giant's prices are hard to beat, the shelves are well-stocked and the selection is plentiful.

With the way we're taxed in this country — especially the brutal 15 per cent we pay on most everything we buy — any chance for a lower

price rules, no matter whether or not the store's Canadian owned.

Thanks to former PM Brian Mulroney, when we buy a big item in this country and we see how much PST and GST is tacked on, we almost need a nurse.

And the little things like saving on paper products and toiletries, which we all need to keep stocked up on especially those of us who have big families, can add up and leave us with extra money for other things we otherwise might not be able to afford.

With interest rates low and more people being able to buy homes, low prices on necessities are essential for making ends meet.

I think Zellers' prices are also competitive, but for a while there I found shopping at the store frustrating as often it was out of the product I wanted and I had to go elsewhere. But lately that



From the
editor's desk

with KAREN SMITH

hasn't been the case and I've been quite satisfied when shopping there.

The one advantage Zellers has beside HBC Rewards is its location at Ontario and Main streets — the centre of town and at the mall.

And the sooner Zellers and Milton Mall expand the better. That's a no-brainer.

Right now, the new residents in the Mattamy

subdivisions in the east only have to drive 10 minutes along Derry Road or Hwy. 401 to get to the busy Wal-Mart on Winston Churchill Boulevard in Mississauga.

A Wal-Mart here will keep those shoppers in town and possibly sway them from any other shopping they're doing elsewhere.

What we want is for the thousands of new residents arriving here to shop in Milton for most everything.

I don't want to see Wal-Mart edge out the Canadian-owned Zellers, but I also want more choice locally when shopping.

That's why I will support both stores.

Now if we could only get a major lower-priced grocery store we could keep people from leaving town to shop at Price Choppers, Food Basics and No Frills. They don't offer as much selection, but they provide another break on the pocketbooks.