

Comment

The Canadian Champion

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Ounce of prevention

An ounce of prevention is worth a pound of cure is an old saying that has an element of truth, especially when it comes to getting a flu shot.

Halton Region has launched its 2004 Universal Influenza Immunization Campaign with the goal of immunizing at least 90 per cent of high-risk residents and 60 per cent of the general public. The Halton Region Health Department is running flu clinics over the next three months, and it's not alone. Local pharmacies are also providing the vaccine and VON Halton is offering on-site workplace clinics.

Although a flu shot won't prevent colds or other respiratory illnesses, an annual influenza vaccination is considered to be a valuable health promotion initiative and is strongly encouraged by Health Canada. It's effective in preventing flu in 70 to 90 per cent of the adult population and 30 to 40 per cent effective in the frail elderly. It's also safe, as the vaccine doesn't contain a live virus.

Those at high risk for complications from the flu include anyone over the age of 65, those with chronic medical conditions such as heart or lung problems, those with weak immune systems, and healthy children aged six to 23 months.

Many states in the U.S. are unprepared for the coming winter and are facing a vaccine shortage. Ontario doesn't share that problem. There's enough vaccine — free — for everyone who wants it.

And why wouldn't you? Would you rather spend a half hour getting a needle or two weeks recovering from the flu? That's the value of prevention.

Our Readers Write

Lack of support for Marauders upsetting

Dear Editor:

I'd like to take this opportunity to congratulate the Milton Marauders football team on not only a great season, but also for winning the national championship recently.

As a supporter of the team, I find it very disheartening that the Town of Milton didn't take the opportunity to jump in and show their support for the team, which had to travel to Edmonton to play the nationals.

As a former Milton resident of 20 years, I felt the Marauders were exactly what was needed in order to

help bring the town together in the middle of a major growth spurt.

This lack of support has caused hard feelings, not only from myself but the 30 players who couldn't go and play in this very important game that they had worked so hard all season to get to.

After only three years in the league, the Marauders went from horrific to unstoppable. They made the right moves, brought in the right people and managed to go from being winless to bringing home a national title.

I hate to say it, but I feel that if the IceHawks were to get this type of opportunity to do the same that this town would be behind them to a much larger degree.

I beg the Town of Milton to recognize this great team next season and understand just how hard these guys worked this past year to get to where they are.

They are a great team, with a lot of potential to continue winning national titles.

Jay Fendley
Milton

Make sure you include your name, address and telephone number when submitting a letter to the editor for publication.

New residents can enjoy water right from the tap

For the first time in the eight years I've lived in Milton, I'm enjoying my tap water.

Gone is that distinctive taste and odour of chlorine that came out of my faucet — like water from a swimming pool.

I'm one of the lucky ones experiencing the benefits of the Region's improvements to its Burlington Water Purification Plant, which services Burlington residents as well as some citizens of Oakville and new areas of Milton.

The Region officially opened the expanded plant late last month.

The upgrades include the introduction of superior ozonation technology that facilitates the production of some of the highest quality and safest drinking water in Ontario.

I've certainly noticed the difference. I used to have to refrigerate my tap water to make it half decent to drink.

But now I can drink it right out of the tap and it tastes good. My tea even tastes better.

I no longer have a need or desire to buy bottled water.

The \$40 million upgrades to the Lakeshore Road plant, approved by regional council in February 2001, began in January 2002 to meet increasing water demands as well as new Provincial regulations like enhanced disinfection capabilities.

The addition of the ozonation technology, introduced to the water treatment process in June at a cost of almost \$12 million, improves the taste of the water.

Ozonation is reportedly highly effective at destroying bacteria and micro-organisms, and is regarded as a process that produces very high quality drinking water.

It's said the implementation of the new ozona-



From the editor's desk

with **KAREN SMITH**

tion system is one of the most substantial installations of its kind in the province.

Ozone technology is reportedly the only technology that comprehensively addresses disinfection as well as taste and odour issues.

The Burlington Water Purification Plant expansion has increased the facility's capacity from 218 million litres per day to 263 million litres per

day to meet the increased water demands in Halton.

The plant now produces enough water every day to fill 110 Olympic-size swimming pools.

There's no doubt it's costly. In fact in 2004, the Region, which owns and operates five water purification plants throughout Halton, is investing 52 per cent of its capital budget — more than \$81.4 million — in water and sewer infrastructure.

But I think it's worth the money.

The bottom line is — and we know this all too well — you can't cut corners when it comes to clean, safe drinking water.

We sure have come a long way from the brown-water woes that plagued the town for so many years.

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