

Comment

Time to kick habit

This year an estimated 45,000 Canadians will die prematurely. They won't be victims of automobile accidents or a natural disaster and many of their deaths could have been prevented had they done one thing — stopped smoking.

We thought now would be a good time to jump on our soapbox because the Quit Smoking 2005 Contest is set to begin next Tuesday. It provides the perfect opportunity for smokers — and non-smokers — to consider the ramifications of using tobacco products.

The facts surrounding tobacco use are frightening and well worth repeating — again.

- If you're a smoker there's a 50 per cent chance you will not live to see your 70th birthday and, if you do, it will only be after suffering years of a reduced quality of life.

- Smokers die eight years earlier than non-smokers.

- Smoking has shown to be a factor in more than two dozen diseases ranging from ulcers to osteoporosis to tooth decay. Do we really need to remind anyone of the cancer risks posed by tobacco?

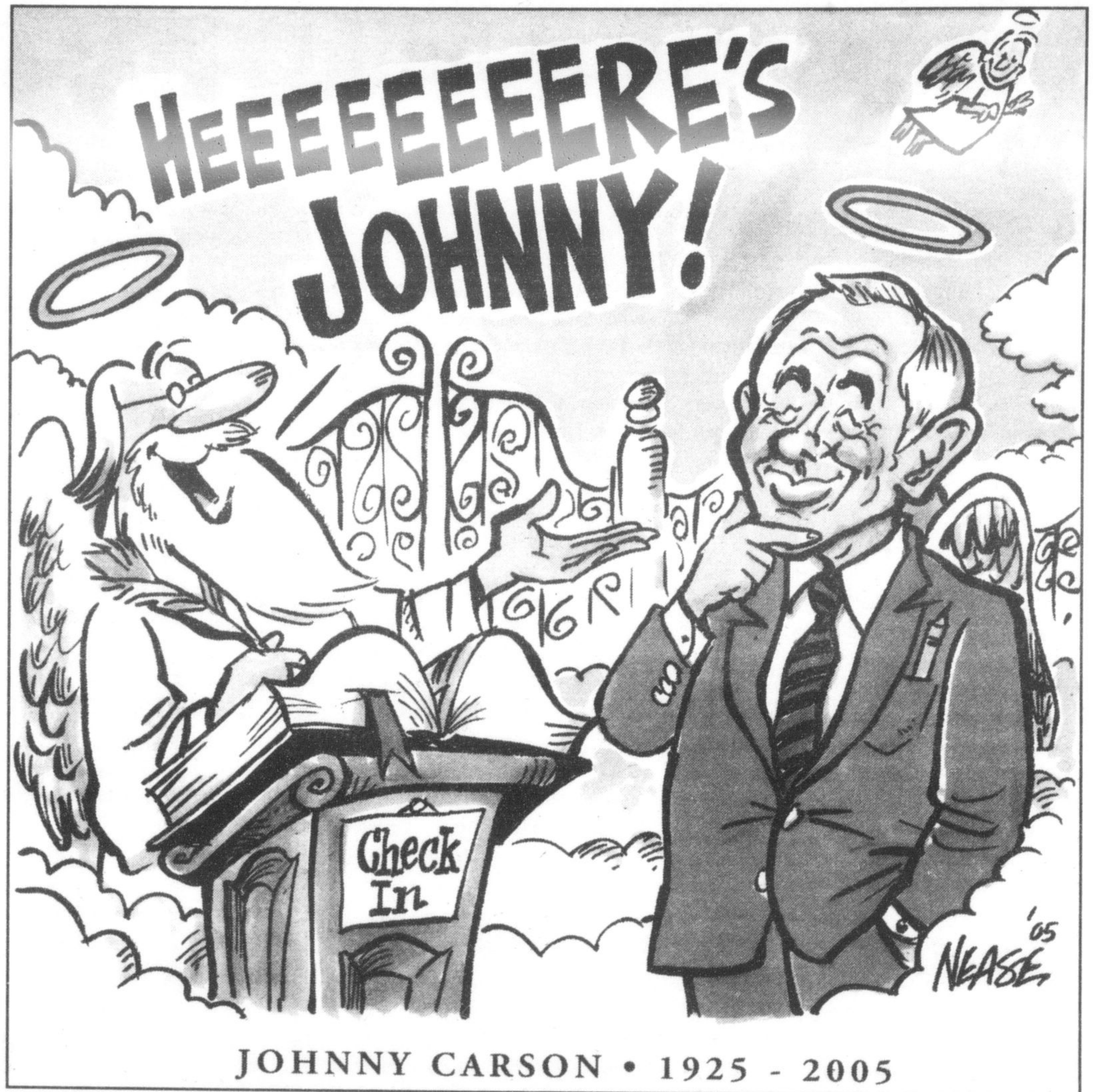
- Of those 45,000 people expected to die this year from tobacco use, 1,000 will be non-smokers. Smokers aren't only killing themselves, but others. A related statistic shows that in 2001, 800,000 children under the age of 12 were exposed regularly to second-hand smoke. Parents who smoke are putting their kids' health at risk, too.

You're kidding yourself if you don't believe these numbers.

Steps have been taken in recent years to make life difficult for smokers through anti-smoking advertising campaigns, increased taxes and bans on smoking in public places. All these measures have had an impact on reducing smoking yet there's still a large contingent who can't or won't accept the fact their habit is killing themselves and others.

If that's not incentive enough, the Quit Smoking 2005 Contest offers those who quit the chance to win fabulous prizes like a car and home theatre system.

Participants must sign up at www.quitsmokingontario.ca before midnight Monday and stay smoke-free from February 1 to March 1.



JOHNNY CARSON • 1925 - 2005

Our Readers Write

Elva will be sadly missed throughout town

Dear Editor:

Over the holidays Milton lost one of its citizens whom I believe needs to be recognized for all the volunteer work she did in our town over the years.

Elva Howden was one of the first people I encountered when our sons played ball in Hornby park. Elva was there, on a volunteer basis, behind the snack bar.

In the winter, she was one of the first people I'd see upon entering Memorial Arena. Players, parents and fans would more often than not be met by Elva at the pay booth, usually at those hard to fill spots on the volunteer schedule.

Being a member of Milton Hockey

Moms, I had the pleasure of working with Elva many times. When we had a bazaar or any other event, she was there behind a craft table, selling tickets — or filling in wherever she was needed.

Our sons have grown and I no longer go to the local arenas, but I'm sure Elva was still there in her quiet way, helping wherever she could.

Miltonians have lost a lovely, generous woman who spent countless hours volunteering her time for our benefit.

My deepest condolences go out to her family and friends.

Louise Warren
Milton

Trustees' refusal to begin closure studies is good news for parents across Halton

Dear Editor:

Parents in Halton should heave a collective sigh of relief that Halton District School Board trustees refused to begin closure studies in four communities earlier this month.

In doing so, they put an end to the contentious practice of trading older schools in established communities to build schools in new areas. And they sent a clear message to board staffers that they won't rubber stamp staff recommendations in the absence of compelling and complete supporting information.

Before the closure study motion was tabled, board staff made a presentation to trustees on the Capital Strategic Plan, the board's long range accommodation planning document.

Staff advised trustees that in light of new demographic information, accommodation needs were overstated in the plan and, once again, the plan would have to be revisited.

In a nutshell, they weren't going to be building all the schools originally considered.

How many schools wouldn't be built and in which communities wasn't yet known.

In essence then, the Capital Strategic Plan, as currently written, doesn't work. Board staff admit this. How then can trustees vote to begin closure studies when the plan that guides decisions is in the process of being rewritten? The supporting information simply wasn't there.

No doubt staff and some trustees may point out that closure studies can be discontinued midstream if

they discover that the schools under study aren't 'excess'.

However, this disregards the upheaval to the children and parents of the school under study.

And it discounts the very real side effect to schools under threat of closure — that each time a school is named on a closure list or study, public perception of the schools is diminished.

Trustees who supported the moratorium on school closures obviously understand that closure studies, regardless of their findings, have serious consequences for communities.

And they understand their responsibility to get complete and current information before they vote.

Carol Dougherty
Milton

E-Mail all your letters to the editor to miltone@haltonsearch.com.

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/Penetanguishene 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, Orangeville Banner, 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.

Editorial and advertising content of The Canadian Champion is protected by copyright. Unauthorized use is prohibited.

The Milton Canadian Champion is a Recyclable Product

Pud

by Steve Nease

