

# OPINION

## Food for thought

Parents, understandably, tend to look at their children's behaviour through rose-coloured glasses. It's often the other child who was acting up.

A new poll commissioned by the Canadian Medical Association (CMA) suggests the self-delusion of parents may be putting their kids on the path to poor health.

According to the poll, only nine per cent of Canadian parents believe their children are overweight or obese when, in fact, data collected by Statistics Canada indicates 26 per cent of Canadian kids are overweight or obese.

The CMA releases an annual report card to measure public feelings about the health system and the overall grades vary little from year to year. However, this

year the report card focused on child health and the CMA, which represents 62,000 physicians, is expected to push both federal and provincial governments to adopt specific targets for improving kids' health.

Poll respondents suggested adopting initiatives such as a mandatory school curriculum on the benefits of physical activity and healthy diet.

But better child health must begin at home. Parents can follow simple guidelines such as those on the Ministry of Health Promotions HealthyOntario.com Web site. Suggestions range from having the family eat together to getting rid of the sugary drinks kids love. Oh yes, and stop fooling yourself that your child isn't overweight.



## ReadersWrite

Send your letters to [miltoned@haltonsearch.com](mailto:miltoned@haltonsearch.com) or drop them off at 875 Main St. E.

## We need a drop in hydro rates, not smart meters

DEAR EDITOR:

This letter is in response to the recent Champion story entitled 'Town could get retrofit with smart meters soon'.

In the last year I've replaced all my appliances in my house, the last being my air conditioning.

I finally got my consumption of electricity down below \$100 a month. I spent thousands to get my monthly bill down. Then Dalton McGuinty decides to up my rate to 6.9 cents a kilowatt (KW). My bill shoots back up again.

Also, it doesn't matter if I conserve power, because the extra fees for delivery is always \$140 a month or more, and we can't get this fee down. Now 'big brother' says I have to work in my basement office all day in the swelter-

ing heat and do my laundry and run my air conditioning late at night.

I don't want this meter. I want my rate lowered because I paid dearly to use less hydro. I did my part, so now Milton Hydro should tell McGuinty to stuff it and go back to 3.3 cents a KW. That's what they pay in the U.S., and you don't hear of whining of power shortages there.

You don't hear of ground breaking of Cando Reactors here. Nothing is being done.

We residents of Ontario are the ones who have to pay and conserve and pay. I have to conserve so that the thousands of new homes being built this year can have air conditioning.

**BRIAN CHAMBERS  
LOWER BASE LINE**

## Editorial cartoon distortion of the facts

DEAR EDITOR:

I take issue with the political cartoon in the August 22 Champion.

To suggest any sort of moral equivalence between the wanton terrorist aggression of Hezbollah and the efforts of Israel to protect its civilians is a serious distortion of the facts.

Hezbollah's 'victory' is all about unprincipled death and destruction, including that of its own countrymen when expedient. Israel's 'victory' relates to perceived success in dealing with the terrorist threat, and collateral casualties are always a concern.

Should we in Milton come under unprovoked rocket attack by a terrorist regime, as happens to Israelis repeatedly, I would expect our government to spare no effort in protecting its citizens and removing such a threat — whatever it took.

It's virtually impossible to broker peace with an enemy that hates you and is determined to kill you. To quote Psalm 83: "Come let us destroy them as a Nation, that the name of Israel be remembered no more."

**PASTOR DAVID CUMMINGS  
SECOND LINE**

## Bantam team's efforts made us all very proud

DEAR EDITOR:

I'm writing on behalf of the parents of the bantam girls baseball that recently made the trip to the Ontario Summer Games.

The girls' play made us very proud, and Milton should be proud too. These girls play baseball, not fast-ball or slo-pitch. They are one of only eight teams in the Central Ontario area that actually play baseball. They're often ignored, getting little press or reward. They had a small contingent of loyal fans — their parents.

This team played with stamina, heart and integrity that other teams can only hope to achieve. Yes they lost the bronze medal game, but to even get that far made them winners in our eyes.

Every member of the team contributed to their bid. They dug down deep and came up with plays that put the other teams to shame — with their pitching, double plays, rundowns, base stealing, clutch hitting and also some unusual serenading. No wonder the small group of fans gave them a standing ovation.

We also made some converts, spectators who were surprised that girls played this type of ball, let alone the high calibre of baseball that they played.

We would like to thank Jeff and Anne McColl, who manage and coach the team, for their dedication and guidance. They have taken these girls to heights they could never have imagined. To coach Zenon Todorski, the silent giant, and batting coach Terry Malone, whose efforts enabled our girls to strike fear when they batted, many thanks. Thanks also to Arden Recto, whose humour and good nature makes everything look easy.

A special thanks also goes out to the people of Milton who gave generously to help with the Ottawa trip through donations to our bottle drive, as well as to our sponsors Vern's Water Service, Banner Graphic Art, Tri-City Automation and Exchangeon.

**SALLY DESOUSA  
CHURCHILL AVENUE**

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