

OPINION

Food for thought

Ontario's doctors are calling for calorie counts to be shown prominently on chain restaurant and school cafeteria menus and menu boards province-wide. It's a move we can't disagree with.

An impetus for this comes from a new Ontario Medical Association (OMA) report that highlights the increasing epidemic of childhood obesity.

Among some of the study's findings were:

- A quarter of Ontario children are obese and almost half are inactive.

- There's evidence linking type 2 diabetes, prediabetes, non-alcoholic fatty liver disease, certain types of sleep apnea and the

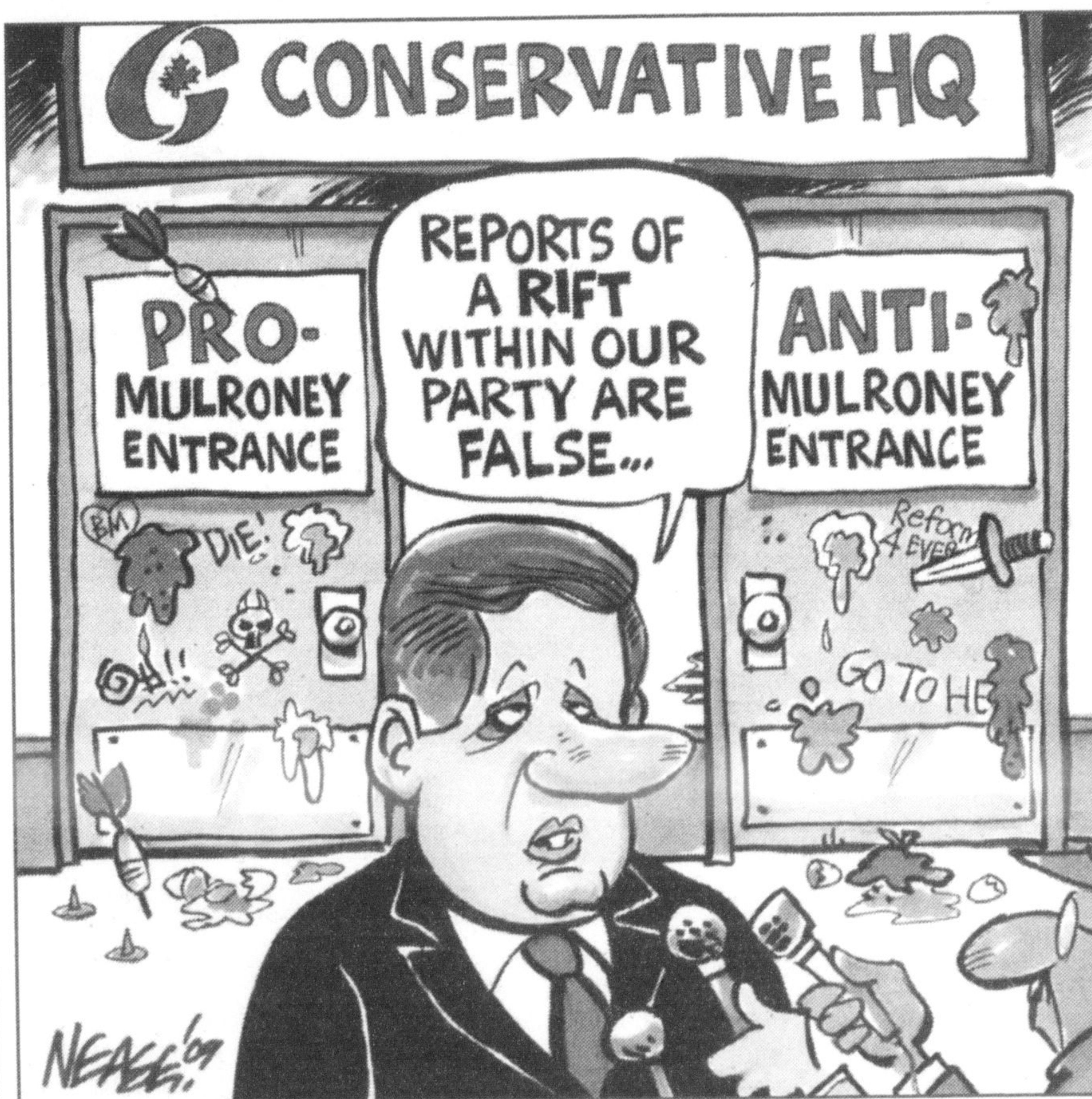
development of chronic kidney disease later in life to children who are overweight.

- More than 75 per cent of obese children become obese adults.

A 2005 OMA report indicates we may be raising the first generation of children who won't outlive their parents.

U. S.-based studies have shown that customers who saw calorie information while ordering consumed 15 per cent less calories than those who didn't.

Knowing how many calories we're ingesting — and more importantly how many our kids are — when we eat out is a small step toward a healthier society down the road.



ReadersWrite

E-mail letters to editorial@miltoncanadianchampion.com. Letters, which may be edited, must include the writer's name, address and phone number.

St. Paul's church part of Milton's heritage; needs to be preserved

(The following letter was addressed to Mayor Gord Krantz and members of town council, and a copy was filed with the Champion.)

DEAR MAYOR KRANTZ AND COUNCILLORS:

As an involved citizen of Milton, I'm very concerned about the potential destruction of the historic section of St. Paul's United Church.

Having read all the rationale behind the church board's decision and thinking a lot about the role our churches play in the historical and architectural landscape of our downtown, I realize this is a very contentious issue.

I would remind you that Destiny Milton 2 states two directives that pertain to this impending decision:

Directive 3 of the safe livable community: Protect and enhance our heritage, identity and character.

- Respect and honour the

town's rich history.

Directive 1 of the diverse and sustainable community: Make the central business district the main focal point of the community.

- Reinforce and encourage the function of the central business district as the administrative, cultural, entertainment, commercial, social and historic focal point of the community.

Our churches are beautiful and significant buildings. For those who worship within them or attend concerts, community meetings and workshops within them, they reinforce the community spirit that we're struggling to maintain.

For those citizens who find no reason to enter a church, their presence on the streetscape is a reminder of what small towns once were, and are a symbol of our determination to respect and honour our history.

As our elected officials,

you have an obligation to consider the impact that the removal of our historic buildings will have on the central business district.

St. Paul's isn't the only congregation struggling to maintain an historic building, but it's the first to consider demolition as an option.

This issue could be the thin edge of the wedge, and we could lose so much of what we know is important to our history.

I would urge you to consider options for financial support for preservation that would allow the churches to carry on their missions and the citizens of Milton to keep their historic buildings.

There are rules that can be adjusted to reflect our changing demographics and maintain our heritage.

**NANCY CUTLE
MILTON**

'Bully' parents ruin Easter egg drop

DEAR EDITOR:

The excitement had been building all week for the big egg drop at the fairgrounds.

As we arrived with our two children at 9 a.m., there was a small group of people with smiles on their faces. What a great day the church planned, and the sun was already high.

As the crowd poured in, I noticed one little girl, maybe nine, start to pick up plastic eggs already on the ground. Thinking that this was going to be a fun day for the kids, I watched as she took the eggs back to her dad. I was shocked to see that he didn't tell her to wait and throw the eggs back. Instead, he opened the egg, pulled out the ticket and put it in a bag.

That same girl went out for more, and this started a trend, as I watched a mom push her two kids out to also get eggs.

The event planners calmed things down, but the crowd seemed on edge for these plastic eggs. It was a brawl waiting to happen. My nine-year-old daughter came to me and said, "Dad, this is chaos." I decided we would leave and have our own egg hunt at home.

The church had its heart in the right place, — it was some of the parents who didn't. This was for the kids and the bully parents destroyed it. Shame on them.

**CHARLES RANDALL
MILTON**

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Milton's Community Newspaper Since 1860

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Editorial Fax: 905-878-4943

Advertising Fax: 905-876-2364

Classified: 905-875-3300

Circulation: 905-878-5947

www.miltoncanadianchampion.com

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