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The Canadian Champion

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NEWS ITEM: HALTON POLICE MAY BE STUCK WITH 600 BASEBALL CAPS EMBLAZONED WITH PROTEST FOR PARITY CRESTS.



Speak now

Now is the time for anyone wishing to make his/her point about the garbage dump in Milton or Burlington which will handle Halton's waste for the next 20 years.

Residents have until April 11 to make the request in writing to the Minister of the Environment, Jim Bradley. If requested, a hearing will be held unless the minister considers the request "frivolous and vexatious."

However, in view of Halton's controversial and widely contested environmental assessment (EA), it is unlikely that requests for a hearing will be rejected.

The government review of Halton's environmental assessment has been completed and the process now enters the public review period.

According to the minister, any person may submit comments and/or require a hearing during this period. Submissions must be made to Hon. James Bradley, Minister of the Environment, 15th Floor, 135 St. Clair Ave. W., Toronto, M4V 1P5 and should clearly reference the Regional Municipality of Halton Proposed Landfill Environmental Assessment, EA File No. 1-82-0006-000.

Only those people and groups who make comments or request a hearing in writing by April 11 will receive further notices about any decision as well as have the opportunity to again request a hearing. Copies of the governmental review can be obtained at the Ministry office in Oakville or in Toronto.

This is your last chance to be heard and to continue to be heard on the garbage dump issue. It is up to you.

How lightly

We read with alarm the comments of police commissioner Jim Grieve that Halton's taxpayers "got off lightly" with an 8.9-per-cent increase in the police budget. If this is light, what constitutes heavy?

Perhaps the police commissioner didn't get everything he wanted to improve the police protection in Halton — his intentions were noble. But there is a limit to the amount of money Halton taxpayers must be asked to pay. Every government agency could use more money — not just the police department.

An argument can be made that population increases warrant more police protection. This is somewhat valid. However, with an increase in population comes an increase in assessment. We will watch the region's budget closely to ensure the police budget increase should not result in a significant rate hike among taxpayers.

Similarly, constant comparisons to other police departments becomes almost silly in the way it's used. Often, it's like comparing apples with oranges. So what if Hamilton-Wentworth spends more money on police protection. Maybe they have more crime.

Citizens throughout the western world are rebelling against excessive government spending. There is no longer a never-ending trough of public funds. We can't afford it.

In this era of more closely watched public spending, the police commission could do its part.

No, 8.9 per cent doesn't get "taxpayers off lightly". It's a lot of money.

Viewpoint

with JANE MULLER

The poster man



He came through the mail. His body unfolded, distorted only by the crease forming a cross at his waist.

He stands naked except for a brief pair of underwear. One hand rests on his hip, his bent elbow accentuating the smooth muscles of his upper back and arm. Men just aren't built much better.

Call it beefcake if you must, but a little sexism doesn't hurt once in a while, especially when it's used in the name of good health. Nutrition Month is being promoted through the use of a fine example of the male physique. He can be seen on television ads and his image is captured for all to enjoy on a poster.

It's the most popular poster to hit Halton Region health department, at least where the female staff is concerned. The copy hanging in my office will have to be guarded. There were cries for more when I introduced him around The Champion. So rare are the opportunities to see tasteful representations of male bodies. It's almost as though beautiful females outnumber beautiful males by a significant margin. Perhaps there just isn't as much demand for beefcake as there is for cheesecake. The guys in the office think it's disgusting. I think them for their comments and take another peek. The poster is not meant to arouse lust. It's purpose is to foster healthy thoughts. The caption reads, "Good nutrition. Your chance for renewal. Every day."

Now the man in the poster has genetics on his side. He was born with a well proportioned body and a straight spine. Nutrition Month's motto is "eat well - live well". Eating the proper foods can save us from obesity, heart disease and some forms of cancer. It doesn't matter how much low fat yogurt, leafy greens and fresh fruit we eat however when it comes to how we are built.

Eat well but don't expect to get high cheek bones, long hard fingernails (ladies) or a body like that of the poster man. Anyway, I doubt that he sits around all day, eating well. Fueling the machine is not enough, one must drive it. It's like putting high-test in a sports car only to leave it in the garage.

If the poster man were jogging in my neighbourhood you can bet I'd be out there trying to catch him. Making the machine work takes motivation. It also takes some planning, a change in lifestyle and a new way of looking at getting from point A to point B. Ever heard some fitness crazed person ask those standing in front of an elevator where the stairs are?

Well perhaps we've never met in the lobby of a building which has an elevator. I'm not condemning the use of such devices, only suggesting an alternative for the able bodied. The stair ways aren't the most attractive. They are stark and predominately concrete. I've never seen another person using them and wonder if society has forgotten stairs exist.

Burning the wonderful nutritious food we are sup-

posed to be eating, at least this month, doesn't require one to work up a sweat. A simple walk is all it takes. Use good old muscle power to get yourself to the convenience store. And for the sake of this special month, don't buy potato chips or chocolate bars once you get there.

It's all so tempting. Even the smell of chocolate sets my sweet tooth to yearning. Now I can face the rack crammed with more candy bars than this county has poster perfect men. I just think of that body - his body. Not an ounce of excess fat. One fine tuned machine.

I wonder if he'd laugh at my method of aerobic car washing. The diligent car washer can burn a lot of calories and exercise just about every muscle. Do it with a smile on your face, those muscles need a workout too. There are plenty of ways to get the heart pumping, aside from catching glimpses of the semi-nude man on my new poster.

Nutrition Month has come around again in March as usual - a month shared with the Kidney Foundation. It has never before had such a profound effect on me. It has never inspired me quite this way before. The message has never been received so clearly. Who ever designed the poster for the Canadian Dietetic Association should be commended.

Both men and women respond to it. The guys think it must be a joke and hurry to read the caption, the women get to that part eventually. While all humans need to eat well, women have been charged with the responsibility of feeding. While the boys made book racks in industrial arts were learning about carbohydrates, vitamins and minerals.

The lessons did not go far enough though. There is evidence that women over 50 who consume plenty of calcium aren't as likely to suffer from osteoporosis, a loss of bone mass. Regular exercise also helps maintain bone mass. Pregnant women find themselves paying close attention to what they eat for the sake of their unborn child. Why not pay attention for our own sakes? That goes for you potential beefcakes as well.

There are extremes and not surprisingly, women again are more susceptible than men. Only five per cent of those suffering from the eating disorder, anorexia nervosa, are male. Women are into the "thin in" mode, to the point that they are starving themselves to death. Anorexics are getting younger but steps are being taken to educate junior high and high school nurses to be on alert for its early signs.

We can thank our parents for our eating habits - if they fostered good ones. If not, forget those gooey desserts and empty calories and get on with the stuff that renews, like the poster says. Brown rice doesn't taste so bad and there's nothing wrong with eating fruits which are natural sweets.

I just can't picture the poster man frequenting fast food joints or drinking establishments. He'll never have a beer belly, after all he stands for good nutrition. It is too bad about the crease in his back though.

Pages of the Past

One Year Ago

From the March 20, 1985 issue

A high-tech, world leader in hydroponic-style plant growing will establish a 73.83 acre facility in Milton which is like no other controlled environmental growing facility on the planet. Hydrogrowers Corporation has announced it will take the land near the Canadian National Railway line at Derry Rd. and, with municipal and regional approval, change the land into a garden of trees, flowers and a growing germination-cultivation centre covering 159,600 square feet.

The plan calls for the entire land area (3,216,034 square feet) to be planted with trees and flowers which is all part of the firm's concept to create and develop soilless controlled environment growing system for food plants, year round. Hydrogrowers systems don't burn fossil fuels but rely on an advanced heat pump system.

The death of Terry Grant from an explosion at Sandstone Transport Thursday marked the first death in a Milton fire in 16 years. The last fire fatality in Milton occurred Aug. 11, 1968 when 21-year-old Alexander McCormack died in a kitchen fire on Bowes St. Ironically, that was the first fire fatality within the boundaries of the old town of Milton in 16 years as well. However it was not the first fire fatality involving the Milton Fire Department. On Christmas Day 1984, two men died in a house fire on Five Sideroad west of Highway 25. Milton Fire Dept. rushed to the scene to aid in the cause but the area is actually part of Halton Hills.

20 Years Ago

From the March 16, 1966 issue

An immediate halt was ordered by Milton Council to the dumping of fill in the Mill Pond "until the situation is cleared up to the satisfaction of council and adjacent property owners".

The landscaping and beautification of the pond is the town's centennial project and is being carried out by the Centennial Committee.

A delegation of neighbouring property owners said there were still many unanswered questions and until they were answered council should stop any work on the project.

A province-wide search began Tuesday for a man who broke out of the Halton County jail by sawing through the bars of a window and scaling a 40-foot prison wall. The man, Paul Beaulieu, 26, of Caribou, Maine, was arrested by Burlington police on a charge of car theft. He is believed to have friends in Hamilton and many have a stolen car locally to aid his flight.

Georgetown Raiders scored two late third-period goals to take a 4-3 win over Milton Merchants to capture the first game of their best-of-five Junior C semi-final series.

Doug Hearn, Craig Brush and Joe Hore, with a pretty short-handed goal, scored for Milton. The game was played before 1,400 fans in Georgetown. Merchants are in trouble with injuries as both Steve Gervais and Dick Marshall will be lost to the team for two weeks and miss the rest of the series.

50 Years Ago

From the March 19, 1936 issue

On Friday evening last, fire, believed to have started from a defective chimney, completely destroyed the home of Wilburt Ford, Kilbride. Loss is partly covered by insurance.

Due to the fact that the King's birthday falls on June 23rd, matriculation and entrance examinations which were to have taken place on that day have been moved forward to June 22nd, the minister of education states. The examinations are to be completed by June 26th.

W. G. Hilliard, of Alton, pleaded guilty to a charge of fishing for trout out of season, through his counsel at Magistrate L.A.C. Bull's court in Brampton on Wednesday, March 4th. A fine of \$10 plus costs was imposed.

All motorists found driving a car in Milton without the necessary driver's license will be fined. The police will prosecute all motorists found driving without said license after Mar. 21. This is positively your last warning. Mr. Motorist, so get busy at once.

120 Years Ago

From the March 15, 1866 issue

The Anti-Fenian furor has spread to Milton, and on the receipt of the news that 10,000 volunteers are called to the frontier, it was resolved that Milton should no longer labor under the stigma of no Military organization.

Accordingly, a muster roll was drawn up with the name of Mr. Bastedo as Captain, Mr. McGuffin, Lieutenant, and J. D. Matheson as Ensign. The number of 58 is nearly attained. At the same time efforts are being made to raise a cavalry troop and we should expect that the farmers sons in the vicinity would eagerly avail themselves of the opportunity of joining.

Lieut.-Col. Chisholm, commanding the Oakville Rifle Company, received orders by telegraph to place his company under arms and wait further orders. At 7 p.m., the alarm was sounded and the company mustered at the town hall, 400 strong and ready for service. The great enthusiasm prevailed and the general muster was orders. They are now falling in and will without doubt be ready at a moment's notice to defend their country.

Crime Prevention

with PC DAVE CRAWFORD

If you're concerned about the security of your home, you should be looking at the outside. Put yourself in the place of a burglar and walk down your street, looking for a likely target.

If your house seems like a good bet, you'd better do something to improve your security. There are several things to look for, and a few which are especially important.

How visible are the access points to the house from neighbours or passing motorists? Breaking into a house takes time, but if a burglar is hidden from view while working, the amount of time isn't important. If bushes are covering doors and windows, you're taking

a greater risk by providing an attractive target. You should trim trees and shrubbery back to force burglars into the open where they might be seen.

Are the locks on all doors and windows working properly? If not, you'd better get them fixed right away. If a burglar can find an insecure window or door quickly, he won't worry about being seen but if he must spend some time, he could be easily discouraged.

One of the most important areas of your house is the front door. A quick look at it gives a burglar a good indication of the level of security throughout the house. A homeowner who is concerned about security will usually

add an auxiliary lock or at least improve upon the standard key-in-the-knob lock which most builders install.

If a burglar sees a poor-quality lock on the front door, he knows the occupants can't be too concerned about security and that the house won't be as hard to get into as some others.

One standard rule is that most burglars don't want anything to do with a house which is occupied, so it's important to make sure that it always looks like someone's home. An open garage door which shows an empty garage is a good invitation. No car often means no one is home so keep the garage door shut. The best thing to provide a lived-in look while you're away is lighting. Inexpensive, plug-in, light

timers will ensure a house is never dark and if left in use constantly will provide a consistent pattern every day of the year.

Outside lighting is also important. Even if you've trimmed back shrubbery to expose an attempted entry, it won't help at night if the exterior is dark. Light up as much of your property as possible but especially the doors and the windows. Don't, however, leave on an outside light during the day. That's as good as a sign which says, "come in, we won't be back until after dark". Your outside lights can be controlled by timers or photo cells which will also work during your absence.

Another visible deterrent to crime is an Operation Identification sticker on your door. It tells thieves that your property has been marked for identification and makes your home less attractive to them. To participate in the program, simply pick up an engraver and instructions at the police station.

No home is burglar-proof. But if you can improve the security of your house to the point that it discourages criminals, you'll be preventing crime. The next time you look at your house, try to think like a burglar. It might just help in the long run.

The Canadian Champion welcomes letters to the editor. We do, however, reserve the right to edit, revise and reject letters. In cases where revisions are called for, or where a letter is to be rejected, the writer of the letter will be called and the reason explained. We ask that all letters be signed and the address and telephone number of the writer be included. Unsigned letters will be rejected.

Pud

