



Grand opening

Members of the Kelso Skating Association celebrated the new group's beginnings at Memorial Arena on the weekend. Here, a chorus line of young skaters includes (from left to right) Carolyn Hummel, Christel Reebles, Kathy Kellner, Sabrina Moran-Grant and Stephanie Cross.

The heart of the matter

Halton Region's medical officer of health, Dr. Robert Nosal, has released a report promoting heart health and identifying measures to prevent heart disease. Coronary heart disease is the leading cause of death in Ontario, claiming nearly 20,000 lives each year. About 26 per cent of all deaths in Halton are attributed to it. The cost of treating the disease is massive, according to Dr. Nosal, about \$6.5 billion annually in terms of

treatment and loss of productivity. Locally, the cost was approximately \$34 million. Dr. Nosal refers to a report by his Ontario counterpart Dr. Richard Schabas, who says the root causes of heart disease are largely associated with lifestyle choices such as smoking, diet and physical activity. Dr. Nosal outlined in his report several initiatives his department expects to implement to promote healthy liv-

ing. They include working with local governments to expand no-smoking bylaws, widening the healthy choice restaurant program and promoting daily physical exercise in elementary schools.

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