



# OPINION

THE CANADIAN CHAMPION

Box 248, 191 Main St. E.,  
Milton, Ont. L9T 4N9  
(905) 878-2341  
Fax: 878-4943  
Classified: 875-3300

**Ian Oliver** Publisher  
**Neil Oliver** Associate Publisher  
**Rob Kelly** Editor  
**Karen Huisman** Circulation Manager  
**Teri Casas** Office Manager  
**Tim Coles** Production Manager  
**Shaun Sauve** Director of Advertising  
**Ted Lindsay** Retail Sales Manager

The Canadian Champion, published every Wednesday 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, Barrie Advance, Brampton Guardian, Burlington Post, City Parent, Collingwood / Wasaga Connection, Etobicoke Mirror, Etobicoke Guardian, Georgetown Independent / Acton Free Press, Kingston This Week, Lindsay This Week, Markham Economist & Sun, Midland / Penetanguishene Mirror, Mississauga News, Newmarket / Aurora Era Banner, Northumberland News, North York Mirror, Oakville Beaver, Orillia Today, Oshawa / Whitby / Clarington This Week, Peterborough This Week, Richmond Hill / Thornhill / Vaughan Liberal, Scarborough Mirror, Uxbridge / Stouffville Tribune, Today's Seniors.

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.

## The brave new, boring Milton

Imagine the brave, new Milton of the future with a wide range of fun and exciting things to do, such as going to the expanded, renovated mall, the bowling alley or even the bigger and better movie theatres.

At least, this is how it was envisioned by many Milton youths at a recent conference held at the leisure centre. The teens were presenting their concerns to the newly formed mayor's youth advisory committee and among several important topics, one of the issues they raised was that Milton is boring.

The irony of students sitting in the leisure centre, of all places, complaining that there is nothing to do in Milton struck me as rather funny.

A wise man once said to me that only boring people get bored. It is not the town, but instead Milton's youth who are boring. Bowling alleys are certainly not going to spice up anyone's life to any measurable degree. An interesting person can always find something to do. A teenager in Milton has the opportunity to have as much fun as anybody else.

Getting a hobby, other than partying, is always a practical idea. One can be involved both in and out of school in art, sports, music, drama — almost anything. It does not have to be an organized activity. Why not get some friends together and play a game of basketball? Go for a hike on the escarpment or take a ride on your bike.

As horrific as it may sound, it is also a good idea to get a part-time job. Part time jobs provide not only much-needed income but also act as productive filler for those times when one is apt

### For kids' misbehaviour

## We can't just blame sugar anymore

At last! The Twinkie defense is no more. Eating sweets does not cause kids to behave badly.

It just makes them fat. Parents can no longer blame children's misbehaviour on sugar.

In the November issue of the Journal of the American Medical Association, researchers from Vanderbilt University analyzed 23 well-controlled studies looking at the effects of sugar on children. These were the top 23 studies in the field during the period 1982-1993.

The authors' analysis of the data in all 23 studies revealed that sugar does not affect the behaviour, attention or thinking of children. Oh, sure, sugar does give children more energy, but it does not make them misbehave:

#### No effect

In fact, it did not have any observable effect on aggression, mood, motor skills, neuro-psychological functioning or academic performance. There were no differences found between kids taking sugar and kids taking sweetener.

These findings are important for several rea-

## Youth Perspective

with ANDREW WILTON

to get bored. There are many places for teenagers to work here in Milton. All one need do is apply.

Milton is also extremely accessible to Toronto. The GO buses and trains are just the ticket to escape the small town blues. Once in the big city, there are countless things to do. There are museums, shows, sporting events, amusement parks, and yes, there are huge malls and big movie theatres, too.

As a last resort, one could consider taking the time to read a book or finish the homework that has been put off for weeks.

There is even the possibility of spending time with the family and (eek!) doing chores around the house.

It is up to the youth of Milton to make the town more interesting by becoming more interesting people themselves.

Andrew Milton is an E.C. Drury High School student working in a cooperative education program at The Canadian Champion. Hopefully, he does not find *it* boring.



## Psychology in the '90s

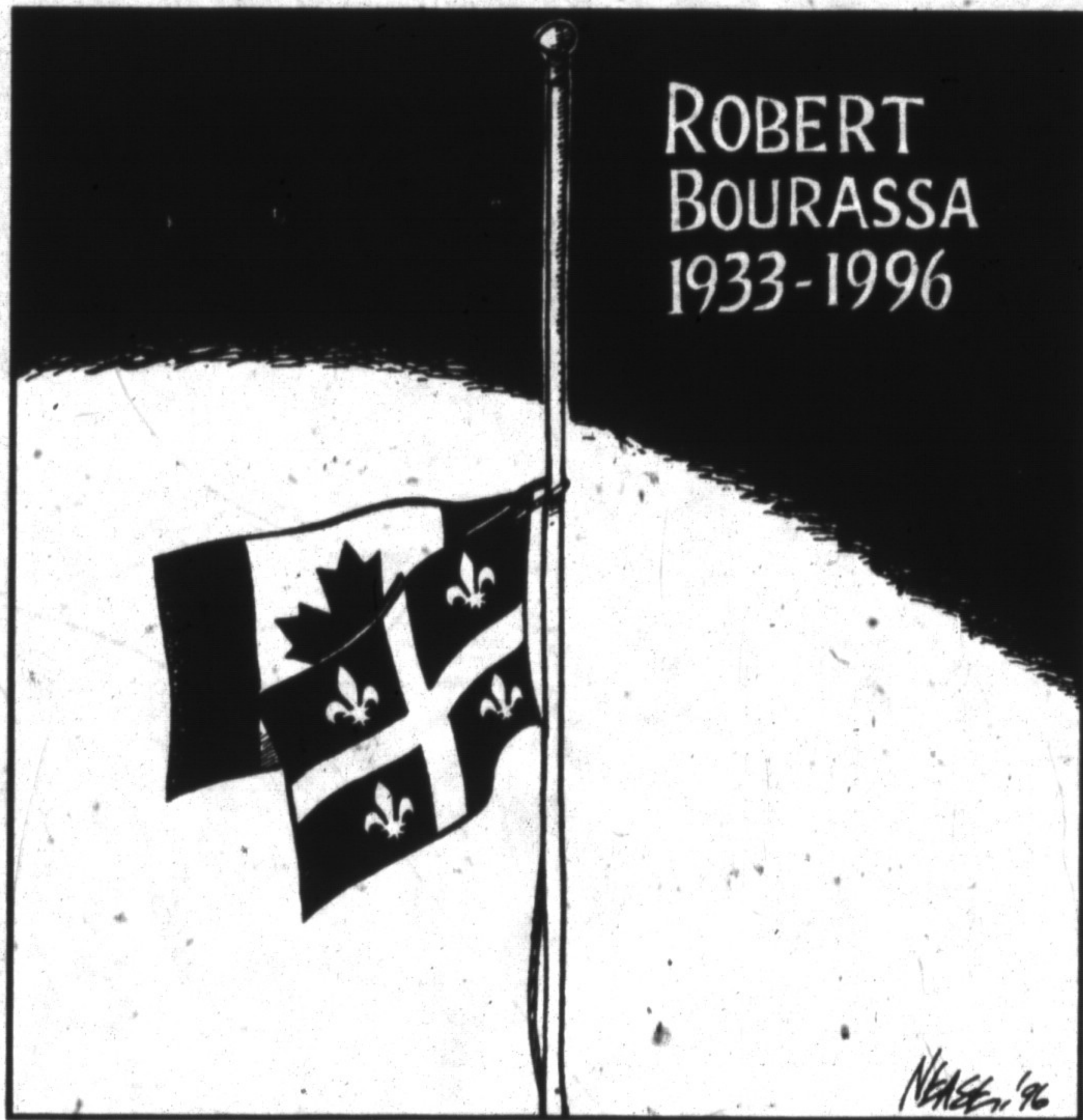
with DR. ARNOLD RINCOVER

sons. First and foremost, it debunks a very common myth. A lot of people think that sugar can make children wild, unfocused or unmanageable.

Second, it takes away a major excuse that many parents use to forgive a child's misbehaviour.

I was called to a school because a child was getting into fights, and the mother actually apologized to us — it was her fault because Johnny got hold of some cookies before school and she just knew there would be trouble that day.

When he got in trouble again the next day, she



ROBERT  
BOURASSA  
1933-1996

NEASE '96

## Let's factor in consumption, too

Electricity, heating oil, natural gas, and water all have one common feature. That same feature also applies to an endless list of things as diverse as the groceries we eat, the clothing we wear, the vacations we take, the cars we drive, the housing we live in, and the long distance phone service we use.

Puzzled?

The common ground is that the price we pay for what we use in our daily lives is all based on consumption. We all pay for what we consume. The more we consume, the more it cost us.

Your heating oil bill, for example, is determined by how many litres it takes to fill the tank. If you travel 100 km a day by car to get to work, your transportation costs are far greater than those for someone who is only a five minute drive from the office.

Imagine for a moment what your reaction would be if how much you buy was no longer a factor in determining what you pay for what you consume.

### Let's Talk Taxes



with PAUL PAGNUELO

Let's say your hydro company decided it was going to change its billing method from the current practice of charging every home and business for the amount of electricity each one uses in a month.

Instead, the company divides the revenues it needs to stay in business on the basis of the current market value of each property it provides service to and bills you proportionately.

Your reaction to such a suggestion would not only be negative, it would probably be hostile. After all, you would ask, what does the value of my property have to do with how much electricity I use? The answer of course, is nothing.

The same is true of municipal services. That is why more and more municipalities are turning to the user-pay principle for those services where consumption is easy to measure.

Unfortunately, the concept of user fees is getting a bad name because some local politicians are not introducing them on a revenue-neutral basis.

If the cost of supplying water or garbage disposal, or maintaining a local arena or library, is moved to a user fee basis, then fairness dictates that there should be a corresponding reduction in the property tax rate.

But some municipalities aren't playing fair and are simply adopting user fees as an underhanded method of squeezing more out of taxpayers to offset reductions in provincial transfer payments.

If the value of your home or business has nothing to do with the electricity it consumes and what you pay for that usage, then what's fair or rational about a property tax assessment system that ties that same value to the amount of taxes you should pay for municipal services?

The answer is crucial when it comes to deciding the equity standard that Ontarians want in a reformed property tax system.

said he must have gotten some sweets from other children — he trade with them at lunch. She blamed his schoolwork, his fighting, and just about everything else on sugar. It was very difficult to get mom to discipline Johnny because she honestly felt it wasn't his fault, it was the sugar. She wouldn't hear any arguments to the contrary.

We need to stop blaming misbehaviour on sugar, and start teaching the children how to behave. That means teaching them effective ways to negotiate during conflicts, instead of fighting.

#### Study habits

It means teaching them study habits that allow them to stay on task and persevere rather than ignoring the teacher and their schoolwork.

It means teaching them empathy, morals and values that allow them to respect and consider other people and their feelings.

Hopefully, this study will help parents to get back to these responsibilities, rather than preventing or monitoring sugar intake.