

THE KIDNEY FOUNDATION OF CANADA
 Give the greatest gift... The gift of life
We're out to make Kidney Disease obsolete
 This message brought to you as a community service of The Economist & Sun/Tribune

Ill woman ate suspect salad from Toronto store

From page 1.

Ms Griffin bought a tub of Greek pasta salad at a Front Street grocery store in Toronto on the way to a friend's house for a barbecue. Of the six people at the gathering, including a three-month-old baby, three ate the pasta salad and three got sick. Those who didn't eat it were fine.

Her doctor has taken samples to confirm Ms Griffin contracted shigella and those results will be forwarded to the York Region Public Health office later this week.

The region's health department is testing three "suspect" cases of shigellosis, a disease caused by shigella. All three persons ate the pasta salad, so it's a probable cause, though unconfirmed

at press time, said Kim Clark, a department spokesperson.

But Ms Griffin and her doctor are pretty sure.

"It scared me, you start thinking about e-coli and Walkerton and all the rest."

"He told me if the fever returned or my symptoms got worse I should go to emergency right away," she said, adding he also advised her to stay home from work and avoid other people as the virus can be extremely contagious through poor hygiene and person-to-person contact.

"But by the time I found out about the pasta salad, it was too late to take those precautions. No one else around me has become sick though. I'm being very careful," Ms. Griffin said. "It scared me, you start thinking about e-coli and Walkerton and all the rest of it. Are the people preparing the food we eat not washing their hands? I'd really like to know what caused it."

Symptoms of shigellosis, which is often called dysentery, start 12 to 96 hours after the bacteria is swallowed. It can last for several days or for several weeks, and is more severe in children.

Infected food handlers who aren't in the habit of washing their hands can pass on the bacteria, and the region says person-to-person spreading among family members is common.

Ms Clark said hand-washing is the best way to prevent shigella and other organisms that can make people sick.

She said residents who want to report possible cases of shigellosis or ask questions should call the region's Health Connection line, 1-800-361-5653.



MEGAN GRIFFIN
 All three people who ate salad became ill.

Family Dentistry

Dr. Sheldon Lazier and Ed Edwards D.D.
 Family Dentist Denturist

are pleased to announce that

Dr. Waseema Ali

has returned to our group. She is a family dentist with a special interest in treating children.

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MADD
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Water FOR Tomorrow Ontario's Rising Star **York Region**

Summer Workshop Series

York Region in Partnership with the Kortright Centre for Conservation is pleased to present:

Water Efficient Gardening with Native Plants: Join Miriam Goldberger of Wildflower Farm, Schomberg for a practical and down-to-earth discussion on gardening with native plants. Native plants are the hardy result of natural selection. Evolving over thousands of years, they thrive and flourish in their regional habitats. Whatever your conditions - shady, sunny, dry or moist - and whatever your style - formal, informal or mixed - there are a wide variety of beautiful, easy-to-maintain native plants to help you achieve your gardening goals. You are sure to come away from this workshop inspired to give native plant gardening a try.
 May 25th, from 1:00 p.m. to 3:00 p.m.

Water Efficient Gardening and Lawn Care: Experience all that nature has to offer gardeners. A workshop and tour led by Kortright Centre Biologist, Anna Leggett, will give you a firsthand look at how Mother Nature tends to the needs of plants, and will help you to apply these principles for success with your own gardens and lawn. You'll enjoy a slide presentation of the 20-year transformation of Anna's property from lawn to a low-maintenance, water efficient landscape. Whatever your gardening know-how - experienced or beginner - or your landscaping goals - a total renovation or a small flower bed - this workshop and tour has something for everyone.
 June 1st, from 1:00 p.m. to 3:00 p.m.

Xeriscaping™ NOT Zeriscaping: Planning a Water-Efficient Garden: Renowned gardening expert and author, Marjorie Mason-Hogue will discuss how to create a beautiful, varied and easily maintained landscape using water efficient annuals, perennials, ornamental grasses, trees and shrubs. You'll learn how to design and plan your garden, select and pair plants, and deal with troublesome, difficult-to-grow areas of your property to create an inspired landscape that is sure to please even the fussiest of gardeners.
 June 8th, from 2:00 p.m. to 4:00 p.m.

Kortright Centre is also offering:

Guided Garden Walks: Stop by the Kortright Centre for an informative, guided walk to their water efficient native plant garden. Tour the garden with your family and together learn the value and beauty of creating water efficient gardens and native plant habitats in your own backyard.
 Every Saturday and Sunday from June 1st to September 2nd, from 2:30 to 3:30 p.m. No reservations needed.
 Workshops and guided walks will be held at the Kortright Centre for Conservation and are free with your gate admission to the Centre. For more information or to reserve a spot for the workshops, contact the York Region Water for Tomorrow program office at 1-888-YorkH2O (967-5426). Space is limited so call early.

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