

How to cope with smoggy days of summer

Summer has arrived and with it, the smog. As of July 5, Halton was under more than four smog alerts, running more than six days. Last year, our region had seven alerts, which lasted a total of 23 days.

Everyone is affected by poor air quality. If you have asthma, you may have more attacks, and if you have lung or heart disease, your symptoms may get worse. Even if you do not have a specific condition, smog does impact your health, whether you feel it or not. When the air quality is poor, many people get irritated eyes, throats, and noses. Your chest may feel tight and breathing may seem more difficult. The symptoms can be similar to aller-

gies.

Estimated health impacts of smog in Halton (2000):

- 55 people died prematurely.
- 400 people were admitted to hospital.
- 1,425 people had to go to the emergency room.

A portion of the smog in Halton is produced elsewhere; an estimated 50 per cent comes from the United States. However, a significant amount of smog is produced locally. It is possible to reduce what we contribute to smog.

Among all the causes of smog, cars and trucks are one of the main local sources. If you are too attached to your car to leave it behind for an active mode of

transportation such as walking, consider these tips:

- Give your engine a break. When you are parked, turn your engine off, idling burns fuel and gets you nowhere.
- Do not go out of your way to run errands unless you are doing a few together.
- Offer to drive a few co-workers to the office tomorrow.
- Maintain your vehicle (tire pressure, oil changes).

Did you know that turning the lights and your computer off helps to reduce smog? Electricity comes from many sources, including fossil fuels or coal, which are burned to generate electricity. The by-products released into the air by burning



HEALTH NOTES

coal to generate power decreases air quality. If you use less electricity, less pollution is released into the air.

Reduce your use. Simple actions at work and home can make a difference:

- Set your air-conditioner to 25°C instead of 22°C.
- Turn off your computer at the end of the day.
- Turn off the lights when

you leave a room.

Protect your children from smog.

Unfortunately, smog alerts are now a common occurrence in the spring and summer. The Ministry of the Environment issues smog alerts when the air quality is very poor. It is very important to avoid vigorous, outdoor physical activity during an alert. Why? Exercise increases your breathing rate, because you breathe more air, you are exposed to more of the harmful health effects of smog. Exercise indoors and have your children play indoors for the length of a smog alert.

In addition to protecting your health during a smog alert, it is

important to not produce more smog. During the alert:

- Avoid using pesticides.
- Delay any yard work with gas-powered equipment (lawn mower).
- Avoid using gasoline or diesel equipment (car, machinery).

For more information about air quality in Halton or to register to be notified by e-mail of smog alerts, call the Halton Region Health Department 905-825-6060 ext. 7811, TTY 905-827-9833, or visit www.region.halton.on.ca/health and go to the Health Environment section.

Health Notes is prepared by staff of the Halton Region Health Department.



Peter C. McCusker • Oakville Beaver

Three cheers for the CIBC team before riding in the Big Bike for Heart and Stroke on Saturday.



Andrew Scipio del Campo

Oakville Big Bike top fundraiser for four years

(Continued from page C1)

The film crew interviewed Sneddon, more than a dozen participants, Mayor Ann Mulvale and Town Crier Ian Burkholder who opened the event, and the Heart and Stroke Foundation's new president, Andrew Scipio del Campo, who spent the day in Oakville.

"Last year we raised \$100,000," continued Sneddon. "In 2000 it was \$80,000, the year before \$75,000 and five years ago, the year I first got involved (1998), \$54,000 was raised." (Big Bike for Heart and Stroke was held at Coronation Park since 1995.)

Unfortunately, because three corporate teams "bailed out," this year's total dropped to \$67,000, raised by 11 29-member teams - 10 returning and one new one.

"Two of the teams gave us a few days notice, and one simply didn't show up," said Sneddon, adding he was "disappointed in their lack of commitment."

The top fundraising team for a second year in a row was Kopriva Taylor Community Funeral Home at \$13,975 followed by CIBC at \$11,555.

St. John's United Church - the only new team to participate this

year - raised \$6,525.

"We really appreciate the loyalty of our teams in Oakville," said Sneddon. "CIBC are in their eighth year, and for The Slice Girls, a group of ladies who play tennis and golf, it was their fifth." The Slice Girls raised \$6,425.

"It takes a lot of time, effort and perseverance to pull off a great team result. It was disappointing this year that three new corporate teams who had signed up and given their commitment, all bailed out at the 11th hour which makes it tough on everyone else. Nonetheless, \$67,000 in one day is still a fine

achievement.

The Fastest Bike award went to Oakville Golf Club, which raised \$4,330; and the No. 1 Fun Bike was the Bronte Buccaneers, who were dressed for the occasion and raised \$4,340.

The other teams and amounts they raised are: Olde Oakvillians, \$5,125; Nazar Chiropractic, \$4,750; Rotary Club of Oakville West, \$3,950; Queen's Head Regulars, \$3,475; and the Rude Natives, \$2,550.

For more information, call the Heart and Stroke Foundation office at 905-634-7732.

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OAKVILLE BIG BIKE 2002 FINAL RESULT

CONGRATULATIONS on raising \$67,000

I am sure we will all remember Saturday July 20, 2002 for a long time.
It was a special day.

• KOPRIVA TAYLOR	\$13,975
• CIBC	\$11,555
• ST. JOHN'S CHURCH	\$6,525
• SLICE GIRLS	\$6,425
• OLDE OAKVILLIANS	\$5,125
• NAZAR CHIROPRACTIC	\$4,750
• BRONTE BUCCANEERS	\$4,340
• OAKVILLE GOLF CLUB	\$4,330
• ROTARY WEST	\$3,950
• QUEEN'S HEAD	\$3,475
• RUDE NATIVES	\$2,550

A Special
Thank You To Our
Main Sponsors In 2002

the OAKVILLE BEAVER *Bulldog Productions*

For the second year in a row ...
THREE TROPHIES WERE PRESENTED TO:
No.1 Fundraiser - Kopriva Taylor
No.1 Fun Bike - Bronte Village Buccaneers
and No.1 Fast Bike - Oakville Golf Club
Congratulations to you all

A big thank you to all our volunteers and community support including:
Mayor Ann Mulvale, Town Crier - Ian Burkholder, Tara & George at Halton Regional Police
and from all of us at the Oakville Chapter of HSFO - Thank You and see you in 2003!
To be part of the 2003 event, please call us at 905-634-7732.

Grand Total
\$67,000

BIG BIKE FOR STROKE