

'People's choices will be impacted.' Liberals want menu makeovers

Ontario's health minister has announced plans that would force chain restaurants to post calories on menus.

Deb Matthews said the legislation will be introduced in the winter. She made the announcement Wednesday morning at a McDonald's restaurant in Toronto's Eaton Centre.

Along with calorie counts, the legislation could require that eateries include additional nutritional information on menus and menu boards to help parents and children make healthier choices.

"I don't think there is any question that people's choices will be impacted by the inclusion of calories on the menu board," Matthews said. "I think we sometimes trick ourselves into thinking we are making a healthy choice when we are not."

Matthews also announced that her government is going to look at reducing marketing of unhealthy foods and beverages to children.

The overall intent is to



Health Minister Deb Matthews
METRO FILE

tackle the obesity epidemic, she said.

The province has long been under pressure to take such action. In recent years, the provincial New Democrats have introduced three private members' bills to force restaurants to post nutritional information.

The Ontario Medical Association and public health units have also advocated for the idea. **TORSTAR NEWS SERVICE**

\$1.1M grant. Breast-care program at St. Joe's gets boost from foundation

St. Joseph's Health Care London has received a \$1.1-million grant for its breast-care program.

The money, passed through the hospital's foundation, comes from the Bernard and Norton Wolf Family Foundation.

The Wolf family approached the foundation looking to make an investment in health care that would inspire others, hospital leaders said. The breast-care centre seemed a perfect fit.

The foundation

Norton Wolf and his uncle, Bernard, established the Bernard and Norton Wolf Family Foundation in 1982. The foundation focuses on health facilities, children, culture and the arts.

To recognize the gift, St. Joe's has named its centre the Norton and Lucille Wolf Breast Care Centre. **METRO**

Vietnamese subs

New Old East eatery is a family affair

The head of London's Old East Village business association is singing the praises of a new family-run operation on Dundas Street.

Chi Hi has just started selling Vietnamese subs with a family touch just west of Rectory. Its name translates as "elder sister," and it really

is run by siblings.

Sarah Merritt, manager of the area's BIA, says the Village's renaissance is owed to entrepreneurs like the Huynh family.

Quan Huynh, who works the front of the house at Chi Hi, thinks the eatery's food will catch on in the Forest City.

"Vietnamese subs are very popular in Toronto, and we're finding many of our customers (are walking) in looking for this special treat," he said. **METRO**



Heritage matters: Bill Birdsell, president of the Ontario Association of Architects, outside the Normal School in Wortley Village, one of the oldest buildings in the city. **MIKE DONACHIE/METRO**

City hall must show the way: Leading architect

Ch-ch-changes.

Comments come as London's heritage buildings face challenges



MIKE DONACHIE
mike.donachie@metronews.ca

The leader of Ontario's architects has a message for city council.

As London changes, many heritage buildings have an uncertain future. But Bill Birdsell, president of the Ontario Association of Architects, says city hall can show the way.

"London is a complete package," he said. "You can't preserve fragments. You have to look at it all together and

the city needs to tell us what to do."

In recent weeks, buildings tied deeply to the city's past have been thrown into the spotlight. The downtown master plan may try to revitalize the core, but it can't invent uses for threatened buildings.

Amid empty stores, and big projects like Fanshawe College's downtown campus, came the news that King-smill's department store, anchor of Dundas Street, is for sale. Then the historic Idlewyld Inn ran into trouble and was also listed by realtors.

Buildings must have uses, said Birdsell. But sometimes that means making changes to them, and that means objections from politicians and

The future of London's past

Bill Birdsell had a series of requests of city council to help architects bring forward the best ideas on heritage projects.

- He asked for a detailed set of priorities from city hall, in advance. What buildings are valued? What parts, from which periods, should be saved? What does the public think?
- If a building is the subject

of development plans, then heritage architects and not planners should make recommendations. Architects understand buildings better, he said.

- London could consider Vancouver's "bonus" system where sympathetic heritage developments are rewarded with relaxed planning conditions, like allowing the height of a building to increase.

the public.

"Unfortunately, the love and history and passion (for buildings) hampers an effective, adaptive refit of build-

ings," he said. "People say, 'You may move in but keep the doorknobs.'"

"We need direction. We're integrators. We're artists."

Injuries to cyclist who hit van critical: Police

Police are still investigating after a cyclist hit a minivan Tuesday near the intersection of Commissioners Road and Adare Crescent.

Const. Ken Steeves said a 53-year-old man was headed southbound from Adare onto Commissioners about 4:55 p.m. when he hit the passenger side of a Pontiac Montana.

The cyclist was taken to the intensive-care unit at Victoria Hospital, where he remained overnight with critical injuries. He wasn't wearing a helmet, Steeves said.

The driver of the minivan was uninjured, but a passenger sustained minor injuries. No charges have been laid.

One person has died so far this year in a car-bicycle

crash. That happened July 12 on Hamilton Road when a 45-year-old man rode off a sidewalk and collided with a city bus near Smith Street.

There have been far fewer collisions this year compared to 2012 and 2011. But, officials say, that could be thanks to a cold, wet spring that kept most bicycles off the road. **SCOTT TAYLOR/METRO**

By the numbers

Crashes involving cyclists:

- 2011: 147 (one death)
- 2012: 151 (no deaths)
- 2013, through Tuesday: 93 (one death)