

the health of the lakes.

The assessments are also weighted so that light pollution, for example, is given a different ranking of importance than

# Stress Relief Exercises

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invasive zebra mussels.

Allan says this makes it a valuable tool policymakers and communities could use when figuring out where best to focus their money and energy.

The data could lead to new strategies — perhaps working on areas where a little money could go a long way rather spending a lot of money to make only a minor difference.



On the map, Lake Ontario is a virtual sea of red — multiple stress factors having a big impact in many places — while Lake Erie appears to be only marginally better. On the Canadian side of Lake Huron, areas of concern include Goderich, Ont., and areas north of Kincardine, Ont.

The research doesn't suggest the red places are dying or beyond repair, Allan says, only that they are at the upper end of the scale researchers used.

Allan described it as a snapshot in time, a scientific survey intended to spark conversation, deliberation and community action.



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## **Across Canada**

- Men arrested in bogus casino chip caper
- Feds and First Nations still at odds despite hunger strike and protests
- Video: Wishing our troops a merry Christmas
- Chris Hadfield records Christmas song from space
- Quebec paramedics set to strike
- T.O. cops warn about perv in purple skin-tight suit
- Toronto woman claims \$50M jackpot on Christmas Eve
- CBSA nabs another most wanted

## **Good News**

- Canadian engineer helping reinvent the toilet
- Mother and son reunited after 48 years

## **Science**

- Chris Hadfield records Christmas song from space
- NASA debunks Maya 'Armageddon' in YouTube video

# World Watch

- Thousands in U.S. want Piers Morgan deported
- Russian ruling party official shot dead
- Nelson Mandela looking better: Zuma
- Venezuela's Chavez improving after surgery: Officials
- Pope delivers Christmas message of peace
- Royal hoax nurse had attempted suicide before: Report
- Ambushed NY firemen shot dead, 2 police killed elsewhere
- Confessed serial killer hid in plain sight

# **Technology**

- China may require real name registration for Internet access
- Instagram furor triggers first class action lawsuit

## **Weird News**

- Naughty 'Santa' busted for selling booze
- British dealer jailed for faking Churchill's signature

### **Environment**

- Winter storm hits Ontario, Eastern Canada
- Great Lakes stressed out: Study

### **Politics**

Feds and First Nations still at odds despite hunger strike and protests