

Fred Lemon proves

Still hope for those stricken by arthritis

The pain is almost gone, and the depression is over, but for Fred Lemon of John St., the nightmares of the past few years will always be with him.

Mr. Lemon was stricken with arthritis almost two years ago. For several months, his and his family's lives were controlled by the pain in his joints and the fear it may never go away.

It started in his knees in the fall of 1976, and gradually made its way to his shoulders and other joints. The pain and stiffness left him immobilized. In early 1978, Mr. Lemon went through another flare up which left him flat on his back. His wife and son were forced to carry him upstairs to bed, and back down again in the morning, bring his meals to him etc. Various medical treatments did not work.

In March, Mr. Lemon was given a shot of cortisone in his shoulder to help relieve some of the pain. This seemed to do some good, but the pain was still there. He could still not work around the house and found his independence threatened when his daughter painted their livingroom. Boredom of being cooped up in the house also started to affect him.

In May, doctors finally admitted Mr. Lemon into Sunnybrook hospital, where he underwent treatment. He was pleased with the hospital and explained that the arthritic patients were all together where they could understand each other's needs and problems. When Mr. Lemon was admitted, he could not walk and had to be carried out to the ambulance on the way to the hospital. "I left that place on my own steam," Mr. Lemon recalls, "walking."

Although his arthritis is not cured, it is cured for an indefinite period of time. He still feels twinges of pain, "but not like before," he says. Life at home is returning to normal, he said. His wife Mary and son are without the nervous strain which they had lived with for the past several months. And he is able to help himself without having to ask his wife and family.

Mr. Lemon has nothing but praise for Sunnybrook Hospital and its doctors. He had therapy for two hours a day and the doctors were kind and understanding. He feels Dr. Verdejo and Dr. R.J. Topp, both from Sunnybrook, deserve a lot of credit. In addition to their feelings about the hospital and the doctors, the family also greatly appreciates all the kind help of their neighbor Hughie O'Rourke.

It was while in the hospital that Mr. Lemon first came into contact with the Canadian Arthritis and Rheumatism Society. When he left Toronto, they loaned him a special pillow to sit on to help ease the pain and a lever Mr. Lemon places on faucets to enable him to turn water on or off. There are some taps in the home, he explained, which pain him to grip.

The Arthritis Society also provides him with a therapist once a month for as long as necessary. Mrs. Marisa Crispino who covers all of Halton and Peel visits his home and helps him exercise his legs, arms, hips, etc. Mr. Lemon feels this is a great asset to his well-being and feels the society should get the credit they deserve.

The worst part is over, hopefully, for Mr. Lemon. He still feels pain if he stays in



THE LEMON HOME on John St. N. is almost back to normal after Fred Lemon's two year bout with arthritis. Now that the worst part is over, the Canadian Arthritis and Rheumatism Society sends someone once a month to give him therapy and has loaned him special articles to make his life a little bit easier, such as a lever for taps and a special cushion.

one spot too long, but getting up in the morning is virtually painless, he said, as compared to when his problems first started, and he still takes medication. But on the whole, he feels great.

Mr. Lemon explains he had asthma for 20 years before the arthritis came, but that is all gone now, he said. When the pain came, the asthma disappeared.

Mr. Lemon retired in 1973

Duby . . .

(Continued from Page 10)

correct. Developers have their rights as well, but to deliberately increase the population so much, either in Georgetown or at Acton East, you have to be very careful. Sewage plant capacity must be assured.

He is not opposed to a plaza for Acton East—completion is a thing we have to live with—but the time is not yet, when the downtown merchants are working so hard to make improvements.

A special concern is the need for weed cutting on railway right of ways. "It's a

mess and a fire threat." The town ditches, on the other hand, are well maintained. He is also still "much annoyed" that Acton and Georgetown are not properly designated on signs on Highway 401. Many people get lost on their way to Acton.

He is looking forward to the commencement of the senior citizen apartments in Acton. "I've worked hard on that," he says. He will be very concerned to see that those who originally applied will qualify. The length of time the project has taken has created great problems.

"When we officially opened the addition to the fire hall in Acton everyone was conscious of the need and value of "Volunteers". The firemen are an excellent example. As operating budgets continue to rise council must make better use of the expertise of local citizens who could and would, not just advise, but administer some of the services provided to people.

"I have served on the executive of the local B.I.A. and I will continue to support its needs. I am pleased with the local improvements one sees downtown and I trust that more positive steps will be taken to encourage our

Rural hydro rate up 7%

Rates charged to customers served by Ontario Hydro's rural retail system will increase an average of seven per cent in 1979.

Ontario Hydro said the increase is necessary to recover the higher wholesale cost of power as well as slight increases in retail distribution costs. Increases in wholesale power costs for municipal utilities and direct industrial customers were announced last month.

It was also announced that as in 1978, bills based on metered energy will continue to be reduced by an anti-inflation discount during 1979. It now seems certain that the high sales of energy to the U.S. and better than predicted performance by the nuclear plants will result in excess 1978 earnings as measured by the AIB guidelines. The discount as adjusted from time to time will ensure that the rural retail system's share of this excess is returned to its customers during 1979.

The effect of the increase on individual customers will vary depending on their consumption and classification. For example, a typical rural residential customers' monthly bill of \$38.25 will increase by approximately \$3.

Details will be mailed to all retail customers.

Mystery woman

Body identification still eludes police

Halton Regional Police detectives have received approximately 10 calls relating to the discovery of the body of a woman found in the apple orchard of the Chudleigh farm on Highway 25.

According to Detective Ian McNally, police have received a variety of descriptions of the woman but have been unable to identify the body. He stated the calls came from people living in Acton, Milton and Georgetown who said they spotted the woman in the immediate vicinity of these communities.

McKenzie . . .

(Continued from Page 10)

"To be an effective councillor one must listen and then take a stand on contentious issues," he says. "This I have always done. Acton is my home and I am very proud of its accomplishments but I am also very concerned of the financial burden that would be borne by the people if some of the recommendations made by local groups were initiated. As I said earlier Councillors must listen to presentations and then they must resolve the issue in the best interest of the entire community."

"We are living in a time of severe restraint when every dollar spent must be carefully considered and accounted for. I have worked along with others over the past five years to bring significant and proven financial benefits to Acton along with increased services. This work will continue to have a high priority for me."

"During my term of office I have had numerous calls from local residents seeking help to resolve problems. I thoroughly enjoy helping people and my municipal experience has brought satisfying results in most cases."

"There are many local issues to which council must address itself. One of the major issues is the allocation and acceptance of Beardmore's industrial waste into our sewage treatment plant. The addition to our plant is now complete and I will continue to fight for Beardmore's waste to be accommodated in our plant."

Mr. McKenzie thinks that another concern will be our 1979 operating budget. With severe restraints council will be forced to "hold the line". Perhaps it is time to consider zero base budgeting. "I will support an acceptable level of service that people can reasonably afford."

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from people living in Acton, Milton and Georgetown who said they spotted the woman in the immediate vicinity of these communities.

Police said they still do not have any idea where the woman came from.

The small, badly decomposed body was discovered by three Malton youngsters while hiking through the farm Oct. 29.

McNally had said earlier clothing on the body and belongings nearby indicated she was a transient or "bundle lady".

She was found wearing several sweaters. Two plastic bags were found nearby.

One contained two badly rotted Bibles and some plastics spoons. No jewellery or wallet was found.

The investigation has been

hampered because the woman had no teeth.

McNally said teeth are often the only means by which people can be identified.

The remains of the Caucasian woman show her to be approximately five feet, three inches to five feet, four inches tall with greyish blonde or brown hair.

She was slightly built with narrow hips and was unlikely to have had any children unless by Caesarian section, police said.

Spokesman for police forensic laboratory in Toronto said examination of the bones indicated the woman walked with difficulty and probably suffered from arthritis.

A pair of man's glasses were found in the leaves near the corpse.

Pieces of burnt wood near the remains indicate she may have been there several days. The location is within 200 feet of Highway 25.

"What is baffling us is that there are no cooking utensils or empty cans or something to indicate she was staying here for a period of

time," McNally said. Twice the police thought they had identified the woman but on both occasions, the people had been located.



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WE WISH TO DRAW THE ATTENTION OF TAXPAYERS IN WARDS ONE AND TWO TO THE LETTER TO THE EDITOR OF THE 'ACTON FREE PRESS', ALONG WITH SOME REPLIES TO IT.

Can't afford another term

Dear Mrs. Dills:
Mr. Hinton is a handsome dapper man who smiles disarmingly, but we need more than just another pretty face.

He is a smooth politician and has carefully cultivated a high profile, but it is an ineffective one.

He has run previously on empty emotional issues, such as cutting back teacher's salaries and board budgets. These are irresponsible fairy tales in times of 12 per cent inflation and when, by the Board's own admission . . .

"Costs per pupil in Halton have been among the lowest for Boards our size since 1969. In addition, the percentage distribution of tax dollars for educational purposes for municipalities in Halton has decreased since 1969 in every municipality when compared with tax dollars going for municipal purposes." (Halton Board of Education "Reports on Declining Enrolment in Halton—1978-1982" page 25, March 16, 1978.)

Halton also has the second highest pupil-teacher ratio in Ontario. Mr. Hinton's grandstanding and ego trips have seemingly lost him credibility with the board and in view of his comment below, his best concern for public money is questionable. Despite his objections . . .

"Twinning Speyside with Robert Little will mean a saving of only \$7,000 . . . and to worry about that much money is silly . . ." (Acton Free Press, 4/19/78 page B6).

He was overruled by the Board. There is a saying that Mr. Hinton has been a strong unifying force on the Board . . . it is unified against Mr. Hinton.

He has lost credibility with teachers also, i.e. by going into schools purportedly to investigate certain complaints put to him by parents but refusing to answer questions as to the nature of these concerns.

His statements are often inconsistent and lose him credibility with voters, as when one reads in a single article in your newspaper (4/19/78) that on one hand he says . . .

"Middle schools are a real threat to small schools" and on the other hand . . .

"Mr. Hinton emphasized that he thought the middle schools in North Halton were "fantastic and highly organized."

He has gained nothing for the area but seems to have only aimed to serve his own image. This area cannot afford this representation for another term.

Sincerely yours,
Eva Sansom, R.R. 4, Acton

Made voice heard

In last week's Acton Free Press, Eva Sansom described Bert Hinton (1977-78 Member, Halton Board of Education) as a handsome man, who has cultivated a high profile, I agree.

As a responsible citizen, parent, taxpayer and Board member (1966-77), I continue to be interested in returns, for both short and long term, as education is so very important to development and format of our Society. Unfortunately, many taxpayers are not aware that considerably more than 50% of our tax dollars are being used for Education.

In my experience, I am quite familiar, with practices and procedures used by high priced, massive administration and teachers organizations to influence and brain-wash the Board and the public, in the adoption of policies and programmes to extract more dollars from the public purse. Management, therefore, is of prime

importance. In this, the organizational chart should be compiled with. Therefore it takes strong characters who are not discouraged, to face the storm.

From Mrs. Sansom's letter, there is no doubt that Bert Hinton, as a Board Member, has made his voice heard. Unlike some others, he has not sat silently by; and, while not all issues have been won, viable seeds have been planted. In this regard, I have watched Bert Hinton in action. He is sincere, and objective. His initiative has stimulated discussion. There has been a change in attitude.

One would conclude, therefore, that continuation of Hinton's service would be desirable and helpful, particularly, as he has now become more familiar with the many problems and issues—hopefully with possible solutions.

R.E. Goodin
Oct. 30, 1978

Something positive

R.R. 1, Acton, Ontario
October 28, 1978

Dear Editor:

Despite the negative revelations of Eva Sansom in her letter to the Acton Free Press, October 25, I would like to say something positive about Bert Hinton.

Hinton's effective action brought swift resolution to a school bus problem we had. While the transportation people's priority

was only time and money, Hinton was immediately concerned with the children's well-being.

The Sansom letter, which unconditionally damns Hinton with personally cutting comments about effectiveness, grandstanding and ego-tripping, ironically appears to be a case of the pot calling the kettle black.

Yours truly,
L. Johnston

FOR INFORMATION — MRS. EVA SANSOM IS A SCHOOL TEACHER ON THE 1977-78 STAFF OF THE ACTON HIGH SCHOOL. HER HUSBAND IS ON THE SAME STAFF. MR. HINTON DOES NOT SEE A NEED OR DOES NOT CARE TO REPLY TO HER LETTER.

HOWEVER, THE RESPONDING LETTERS GIVE MORE THAN ADEQUATE ANSWERS TO MRS. SANSOM'S COMMENTS, WHICH WE FEEL ARE COMPLETELY REJECTED BY PEOPLE WHO KNOW MR. HINTON AND APPRECIATE THE GOOD WORK HE IS DOING FOR EDUCATION.

MR. R.E. (DICK) GOODIN OF OAKVILLE WAS A SENIOR AND HIGHLY RESPECTED TRUSTEE WHO RETIRED FROM THE BOARD PRIOR TO THE LAST TERM AFTER SERVING ON THE HALTON BOARD OF EDUCATION SINCE ITS INCEPTION.

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that whereas more candidates have been nominated to each of the following offices than the number required to fill such offices, therefore polls will be held, upon the dates and at the times and places stated in this notice for the purpose of electing the holders of such offices.

- Office(s) for which poll to be held:
- COUNCILLOR One (1) to be elected
 - TRUSTEE — ROCKWOOD BOARD OF EDUCATION One (1) to be elected
 - Townships of Eramosa and Guelph One (1) to be elected
 - PLEBICITE — on By-Law passed pursuant to the Liquor Licence Act

Advance Polls:
Date (s): SATURDAY, NOVEMBER 4, 1978 from 9 o'clock a.m. until 8 o'clock p.m. and no longer

Location: MUNICIPAL BUILDING ON NO. 24 HIGHWAY
Time: Advance polls will be open from 9 o'clock a.m. until 8 o'clock p.m.


Regular Polls:
Date: MONDAY, NOVEMBER 13, 1978
Location: PSD NO. 1 EDEN MILLS COMMUNITY HALL
PSD NO. 2 & 3 ROCKWOOD TOWN HALL
PSD NO. 4 NO. 8 COMMUNITY HALL (NO. 5 SIDEROAD)
PSD NO. 5 MUNICIPAL BUILDING
PSD NO. 6 RALPH WRIGHT (OUSTIC)
PSD NO. 7 SPEEDSIDE HALL
PSD NO. 8 SWANSTON'S FARM EQUIPMENT
Time: Regular polls will be open from 11 o'clock until 8 o'clock p.m.

Proxy Applications:
A person who has been appointed a voting proxy may apply to the clerk not later than 5 o'clock in the afternoon of Polling Day to receive a certificate to vote by proxy for the polling subdivision in which the person appointing the voting proxy is entitled to vote.

Given under my hand this 27th day of October, 1978.

L.T. Hindley, Returning Officer.

VOTE EXPERIENCE RE-ELECT MAYOR Tom Hill



Hill, Tom X