

## In the hills

### Open air concert

There will be an open-air concert at Cedarvale Park Sunday Aug. 23 from 12 noon - 6 p.m. Three local bands, folk singers, drama group and poetry readings will be featured. Refreshments will be available. Admission is \$5. All profits will go to Open Door and The Drug Abuse Committee.

### Midnight madness

Midnight Madness will return to Georgetown Aug. 14. The Town's General Committee Monday agreed to close Main Street from James Street to Church Street Aug. 14 from 7 p.m. to 12 midnight for the annual event.

### New Acton firm?

An investment company wants to set up a light manufacturing and warehousing and trucking business in Acton.

Rhone Valley Investments Inc. asked council to rezone 15 lots on the west side of Main Street North just north of the CNR tracks in Acton.

The firm wants to rezone the land to industrial from its current designation of rural.

The Halton Official Plan calls for an industrial designation of the lands.

Rhone Valley Investments have already received a conditional severance for the 15 lots.

Council will schedule a public meeting on the proposal.

### Rumors not true

Rumors that the Canada Packers lands in Acton known as the Beardmore Tannery are going to be used for a hog slaughterhouse are not true.

Councillor Rick Bonnette said Monday that the rumors had been circulating around Acton that a slaughterhouse was going to be located on the lands.

Canada Packers have recently informed council that it intends to redevelop the lands.

The same company had also said two weeks ago that it intends to locate slaughterhouse somewhere in southern Ontario. Those two information releases probably were pieced together and that's how the rumor got started said Deputy Planning Director Bruce McLean.

The only location mentioned for the slaughterhouse so far is in Cambridge, Mr. McLean said.

### Stable slope

Drainage improvements on the Tenth Line will not be done this year but stabilization of the slope on the Tenth Line will.

Money originally earmarked for drainage improvements on the Tenth Line was rerouted to the slope stabilization project by the General committee Monday.

The money was needed for the slope stabilization project because the Ministry of Transportation and Communications did not approve a second \$30,000 grant for work on the project.

The slope failure on the Tenth Line, Lot 26 can be repaired this year to permit two lane traffic on that section of the roadway, said Town Operations Engineer Ted Drewlo.

### Rides licence

Operators of amusement rides will soon have to have both a permit and a licence to run their equipment.

A present town bylaw regulates persons owning or operating amusement rides like merry-go-rounds, switchback railways, carousel and other rides but now an amendment has been added to further ensure their safety.

As of June 1, 1988 the owners will have to have a licence to run the machinery and they will have to acquire permits for the machinery itself.

The Town's General Committee took the initiative on the advice of the Provincial Government which has enacted similar legislation.

Since 1962, Ontario has recorded ten amusement ride fatalities along with six serious go-kart accidents resulting in three more deaths, a report by the towns bylaw enforcement officer says.

# Re-zoning Acton land proves far from easy

The town seems to have gotten itself into a bind in deciding the fate of a parcel of land in Acton. Council has deferred a decision on how to get around the problem until next week.

In a public meeting on July 13 Schade Investments Ltd. asked council to rezone lands, located on the west side of Highway 25, north of the C.N.R. tracks in Acton, from industrial to residential.

The Halton Official Plan designates the land as residential.

But there are several small home occupations, including a motorcycle repair business, operating in the area which has a smattering of industrial and residential uses. A report by Deputy Planning Director Bruce McLean, Aug. 6 calls the lands "in transition."

Several objections were made at the July 13 public meeting to the proposal to rezone the lands.

Local residents, mostly those who currently own or hope to own a home

occupation around the lands, said putting up more houses next to them would only draw complaints as their businesses often create some noise.

The residents said the lands should remain commercial or industrial in order to help promote business in Acton.

They also said the proposed residential use would be incompatible with existing industrial uses.

Residents also complained that the proposed residential use may stall industrial development on neighbouring lots.

Council received a letter Monday from Charles Forsyth, a resident of 220 Main St. N., asking for the lands to be rezoned residential. Mr. Forsyth said he is prepared to live with the existing businesses.

Brian Bell, a resident of 226 Main St. North in Acton, appeared before the General Committee Aug. 10 to ask that the application to rezone the lands be rejected. Mr. Bell said he wants to operate an auto repair shop out of his garage and he purchased land zoned industrial for that purpose.

But he didn't know the official plan called for a redesignation of the land to residential.

Such redesignations tend to be piecemeal as applicants request the rezoning.

Mr. Bell was told Monday that he could still run his business even if the land is rezoned, but that once he moved from his house, the next occupant could not operate a business in the house.

But Mr. Bell has not yet started his business and if council passed the bylaw, as they planned to do in a special meeting after the General Committee meeting Monday, Mr. Bell's business hopes would come to an abrupt halt.

That's when councillors asked to defer the decision on the matter until further investigation by staff next week.

But the General Committee passed a resolution approving the rezoning at Monday night's meeting.

The final decision on the matter will come when council re-examines the issue Aug. 17.

Coun. Pam Sheldon said, "I think what is unfortunate is the fact that these properties are zoned industrial

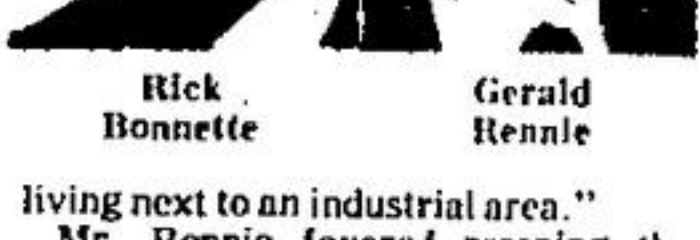
and the Official Plan designates it residential."

She asked Administrator-Clerk Joe Simon to look into the possibility of having the Clerk's office tell people who come with inquiries about the zoning of lands what the zoning is and what the Official Plan calls for.

Mr. Simon said he would look into it.

The two Acton councillors present at the meeting, Rick Bonnette and Gerald Rennie, took opposing views.

Coun. Rennie said: "Residents should recognize the problems with



Rick Bonnette Gerald Rennie

living next to an industrial area."

Mr. Rennie favored rezoning the land to residential and allowing prospective residents to put up with the necessary inconveniences of such businesses.

Coun. Bonnette said all the land around the proposed lands are industrial. "By zoning this residential you're just going to have one more objection to other development going on. I'm in favor of development," he said.

It was Coun. Sheldon who suggested rezoning all the lands to conform with the Official Plan to solve any confusions.

Mr. Bell objected strenuously to that suggestion.

"I sympathize with both parties. The applicant and Mr. Bell," Coun. Sheldon said. She explained that she was not trying to put another roadblock in front of Mr. Bell's proposed business.

Mr. Bell had previously explained that he had met with several "stumbling blocks" in attempting to set up his business.

He felt council was setting up another one.

## Stress-related ails a ticking time bomb

By DIANNE MALEY Business Analyst

Sit down. Put your feet up. Take a deep breath. Now, relax. It may save your life.

Stress-related illness is the biggest killer in North America.

Stress is responsible for three-quarters of all illness, the American Academy of Science estimates.

Heart disease, hypertension, diabetes and cancer may all have their origin in stress.

There is good stress and bad stress, more properly called distress, Dr. Hans Selye pointed out in his best-seller, *Stress Without Distress*.

Different people respond to stress in different ways.

Stress causes the body to produce adrenalin, which enhances a person's abilities. Stress spurs us to try harder, so we can achieve more.

The stress imposed by deadlines, for example, is sometimes the only sure way to get things done.

**FIGHT OR FLIGHT**  
Stress triggers the "fight or flight" mechanism in the body, Dr. Selye pointed out. It does this whether the perceived threat is physical or psychological.

Running from danger is a healthy response. But shrinking from psychological stress is not.

Faced with a frustrating situation, people often turn their anger inward in what one specialist calls the

peppermint response. Those people fall prey to "diseases of repression" - depression, ulcers and cancer.

Frustration, uncertainty and lack of respect for your accomplishments are the main causes of stress, experts say.

If you like what you're doing for a living, you can work long hours with no outside interests, to no ill effect.

Corporate chieftans, politicians and scientists fall into this category, as do people in the arts.

Naturally, a problem this big has attracted thousands of experts, each offering a different solution.

There is yoga and deep breathing, transcendental meditation, biofeedback and hypnosis, to name but a few.

**RELAXATION TECHNIQUES**

These are all techniques to help you relax.

Deep breathing is particularly good. Shallow breathing causes a buildup of carbon dioxide in the lungs. This in turn causes more tension, which could eventually lead to a heart attack.

If you don't like your job, or your work environment, or the business you are in, you could pay with your health.

This doesn't mean you should march right into the boss's office and quit, although that's sometimes a good solution.

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