

# Downtown debate

Concerns about increased traffic speed and volume, the location of the proposed GO Train station, and new land uses were raised by residents at a recent public meeting on proposed changes in Official Plan land uses in downtown Acton.

The policy review was sparked by the limited number of land uses in the existing tourist commercial area along Eastern Avenue, the proposed GO Train station site, the need to accommodate proposed intensification, and the availability of community improvement incentives.

Town planner Tara Buonpesiero said there are currently three sub-areas in the downtown including the sub-core area which is designed to accommodate a diverse mix of residential, commercial, cultural and social uses and opportunities. There are downtown complementary sub-areas, or transitional areas between the core area and adjacent residential areas. The last area is the tourist commercial sub area, which allows specialty and tourist uses. A proposed Old Hide House expansion, the reason for the tourist commercial sub-area along Eastern Avenue never materialized, so it is proposed as a downtown Acton redevelopment area, and extended to Maria Street.

Buonpesiero said another key change would include properties that front onto Bower Avenue and Church Street in a downtown complementary area, which acts as a transition area between the core area and adjacent stable residential area.

Developer David McNally, who predicted Acton will be the place to live in the future, is concerned that the new GO Train station in Acton will "ruin" the town, mainly because of traffic issues. "I do honestly believe it is a horrendous place to put a GO Station. There's not enough parking, the Hide House is a heritage building...the train will stop on Highway 7, blocking off Highway 7 at times. How is an ambulance or fire truck going to get through?" McNally said, acknowledging he wants the GO Station

on his property on the west side of Main Street north.

McNally said he can back up his contentions with commissioned reports and has appealed to the Ontario Ombudsman and Ministry of Transportation because the data Metrolinx used to select the GO Station site is flawed. GO Transit intends to build a ticket kiosk, not a full station, on Town land at the tracks. Church Street resident Robert Bedard is worried about the potential for increased traffic and parking problems, and the impact of businesses in the downtown and neighbourhoods. He said he doesn't think that an eight-storey building—as allowed under the proposed land uses—would be compatible with his neighbourhood.

In response, Chris Mills, the Town's Engineer and Director of Infrastructure Services said the traffic issues are being assessed by the Town and Region, and Town traffic staff are working with Metrolinx officials to monitor traffic and parking issues.

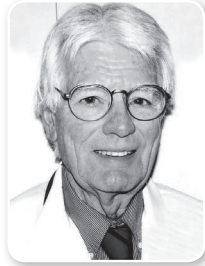
Bower Avenue resident Tom O'Keefe also had concerns with traffic and parking related to the GO Station and business development, and asked why only one-half of Bower and Church are to be included in the transitional zone between the core and complementary areas. "... to have just commercial one side and not the other, it just seems very arbitrary. It's supposed to be a transition zone (but) there's not much behind Bower... its not like its transitioning into a whole other neighbourhood of houses," he said, adding it is "odd" to have commercial uses on just one side of the street and it would change the residential character of the neighbourhood.

Town planner John Linhardt said when they do planning, they look for good, firm boundaries and roads are generally considered one of the best boundaries to be used. He said residential and commercial uses are common in transitional areas.

Staff will review all comments and will report back to Council with a recommendation for the Official Plan amendment.

## Advertorial

### The Doctor Game - W. Gifford-Jones M.D. SYTRINOL®: A NATURAL WAY TO DECREASE CHOLESTEROL



Prescription drugs can kill, natural remedies rarely. It's one the important lessons I've learned practicing medicine. So why risk a prescription drug to lower cholesterol when a natural one is available? Learn how Sytrinol can be a safe, effective, less expensive and natural way to lower blood cholesterol and decrease the risk of heart attack.

Cholesterol lowering drugs (CLDs) do decrease blood cholesterol and risk of coronary attack. But to question their use is like attacking Motherhood and apple pie, even though there are several short and possibly long term side effects.

For instance, one major study showed that patients taking CLDs may be exchanging one devil for another. Those taking CLDs had 22 fewer deaths from cardiovascular disease, but this was offset by an increase of 24 deaths from cancer. Hardly a good trade.

Researchers at the University of Denmark reported several years ago that 15 percent of those over age 50 taking CLDs suffer nerve damage. Dr. Duane Graveline, a superbly conditioned U.S astronaut, developed transient global amnesia while on Lipitor and could not recognize his family. He slowly recovered after stopping this medication. Skeptical NASA physicians then prescribed half the dose and his amnesia returned.

Dr. Annette Draeger, a researcher at the University of Switzerland, took muscle biopsies from 44 patients on CLDs who were complaining of muscle pain. 57 percent of these biopsies revealed significant muscle damage.

On rare occasions CLDs can cause rhabdomyolysis, a potentially fatal condition in which large amounts of muscle tissue are destroyed causing kidney failure. For this reason some CLDs have been removed from the market.

Another more sinister concern about the long-term use of CLDs is that they decrease blood cholesterol by inhibiting an enzyme required for the production of cholesterol.

Unfortunately, most doctors do not tell patients that this enzyme is also needed for the manufacture of coenzyme Q10 (CoQ10). This compound has been labelled the "spark plug of our motors". It generates energy for the heart's muscle. And we know what happens when spark plugs fail to function in cars.

Studies show that CLDs can decrease CoQ10 by as much as 40 percent. It's like draining the car's gas tank. Moreover, the higher the dose of CLD the more CoQ10 is removed for the heart's muscle. A number of authorities believe that by continually robbing the heart of CoQ10, doctors may be setting the stage for a future epidemic of congestive heart failure.

The blunt fact is that consumption of CLDs is not like swallowing M and M candy. They are powerful drugs.

For these reasons I believe it's good sense for doctors to at least consider natural remedies to lower blood cholesterol. Sytrinol consists of citrus and palm fruit extract that contains polymethoxylated flavones (PMFs) and tocotrienols.

Multiple studies show that Sytrinol decreases total cholesterol by 30 percent, low density lipoprotein (LDL) the bad cholesterol by 27 percent, and triglycerides by 34 percent. In addition high density lipoprotein (HDL), the good cholesterol increases 4 percent.

Sytrinol works by decreasing the oxidation of the bad cholesterol, a factor in plaque formation and narrowing coronary arteries. Sytrinol also decreases inflammation of arteries which is believed to be associated with increased risk of coronary attack. And by lubricating platelets, the small blood particles responsible for blood clot formation there's less chance of one forming in coronary arteries.

The dose of Sytrinol is 300 milligrams once a day and is well tolerated with no reported complications even when 50 times the regular dose is prescribed. Preferred Nutrition Sytrinol is available at most health food stores.

This column does not intend that patients should toss away CLDs. Rather, it's meant to report a natural alternative for lowering blood cholesterol. Patients must not act as their own doctor. But they should be informed patients about medical matters. So I suggest that readers look at the web site [www.sytrinol.net](http://www.sytrinol.net). This makes it easier to make informed decisions about cholesterol along with the doctor.

See the web site: [www.docgiff.com](http://www.docgiff.com) for more information about cholesterol.

For comments: [info@docgiff.com](mailto:info@docgiff.com)



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