

OP ED

"Op Ed" — old time newspaper term meaning the page opposite the editorial page. This page has traditionally been held open for opinion pieces, letters, and comment from various sources.

Activity Line

Why do you want to be fit?



Different programs give different results. It is very important that your activities are tailored to your objectives.

Check back against the fitness goals you have written down. Are you satisfied that the activities you have listed are best suited to getting you what you want?

If the answer is no, then take some time to revise your plan. If you are not sure of the best activities, it is well worth it to do a little homework, either by asking advice of a certified fitness leader or by asking other experts in the field of fitness.

For more information about exercise, feel free to contact Laurie Burns at 877-0771.

Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs Inc. in Georgetown.

By Laurie Burns

Different people get involved in fitness for different reasons. Here are some of the possibilities: to improve health, appearance, or physical skills, to build endurance, flexibility, or strength.

Write down your reasons for becoming fit. Be as specific as possible: e.g., if you want to lose weight, say how much; if you want to improve physical skills, identify the skills. You may have more than one reason for getting fit. Your reasons may not be the ones we've listed above.

The object is to put down the reasons that are most important to you and as much as possible, to get them down in their order of priority.

It is essential to know your fitness goals — they are the source of your motivation, the reason you take the trouble to get fit.

(BF) What will it take to get fit?

The point is to make sure that the fitness activities you have planned will lead to the fitness goals you have identified.

There are many different kinds of fitness activities.

Rude awakening from video

Dear Editor:

My 10-year-old son delivers papers near Centennial School in Georgetown. Two weeks ago he brought a friend along on his route and upon their return I quite accidentally noticed that they were carrying a video tape. The tape had no label as to the content and the boys had not had the chance to play it.

We soon dismissed it as we were busy that day and it sat in our garage for a few days. Out of my own curiosity I played it thinking it was probably just an old tape that was damaged or worn out. I soon had a rude awakening and realized why there was no label on it. Now Scott, a prude I am not but I was truly horrified and absolutely sickened at the hard core pornography that was on that movie. The very thought that my son and his friend could have easily viewed this made my stomach turn!

My husband and I have worked hard to stress to our children that making love is a beautiful and very private thing between two people and that there is nothing dirty of evil about it. Had they watched

this tape I'm sure they would have experienced a whole new viewpoint. I would be devastated if they had seen how violently the women were dealt with and how they appeared to be enjoying the pain.

The public has been warned of

disposing harmful chemicals, medications, old appliances, etc.

Please people, use your intelligence and ask yourself if your children should be seeing this stuff. Store it or dispose of it properly so it won't fall into the wrong hands. The word Restricted means exactly that!

Carol Farmer

Yet another response

Dear Editor,

The following is my response to the letter in your newspaper from Cameron MacLean on Sept. 30, 1992:

Dear Mr. MacLean:

I am very familiar with the effort to redefine the family in the name of tolerance and justice for homosexual and lesbian couples. It seems to me that if your broader definition of "family" means any circle of people who love each other, then the term ceases to have meaning. In that case, five homosexual men can be a "family" until one feels unloved and then there are four.

Under such a definition, one man and five women could be regarded as a legal entity, reintroducing the debate over polygamy. I thought we settled that one in the last century.

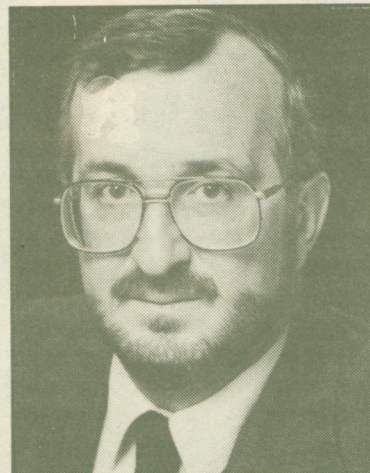
It would also be possible for parents who dislike a rebellious teenager to opt him out of the "circle of love", thus depriving him of any legal identity with the family.

Under these definitions, wives would have no greater legal protection than female acquaintances with whom men become infatuated. We end up with an unstable social structure rife with potential for disaster.

There is good reason, then, to defend the narrow legal definition of the family as understood over the centuries.

Victor M. Estevan

Queen's Park Report



Noel Duignan MPP
Halton North

Canadians across this country are being asked to decide whether the agreement reached in Charlottetown on August 28th should form the basis for a renewed constitution.

This could be one of the most important democratic exercises that Canadians ever participate in.

As your representative in the Ontario Legislature, I want to provide you with as much information as possible and I'm going to outline again what I see as the six major elements of the Charlottetown Accord.

First, is a new Canada Clause which will speak to the fundamental characteristics of our country. It will include references to the equality of men and women, racial and ethnic equality, recognition of Quebec as a distinct society, a commitment to the vitality and development of official minority language communities, respect for individual and collective human rights, and recognition of the principle of First Nations self-government.

Second, is a statement on the social and economic union that will describe the commitment of federal and provincial governments to health care, education, social services, protection of the environment, and other social and economic objectives.

Third, is the recognition of the inherent right of self-government for Canada's First Nations. The

entrenchment of the inherent right was one of the Ontario Government's objectives going into the process. It will allow aboriginal Canadians to overcome centuries of domination.

The fourth area of change is the reform of our national institutions of government.

The principle of equal representation for provinces in the Senate will be balanced by a House of Commons which conforms more closely to the principle of representation by population. The Senate will not be a confidence chamber. This means that the Senate cannot defeat the government which was elected to govern by virtue of majority support in the House of Commons.

The fifth area of reform relates to the distribution of powers between the federal and provincial governments.

These changes are intended to reduce overlap and duplication and allow governments to manage Canada's social, cultural and economic affairs more effectively. Provinces may choose to assume greater responsibility for forestry, mining, tourism, recreation, municipal and urban affairs, and training. At the same time, the agreement protects national standards and ensures a continued role for the federal government.

For example, labor market development and training will be recognized as a matter of exclusive provincial jurisdiction, but the federal government will continue to set national policy objectives and have responsibility for Unemployment Insurance.

Finally, the agreement will provide for a mechanism that will prevent the federal government from unilaterally backing away from intergovernmental agreements.

This approach, which was advocated by Ontario, resulted from concerns over the federal government's unilateral decision to place a limit on Canada Assistance Plan (CAP) payments to the province. This decision by the federal government has been very costly for Ontario taxpayers.

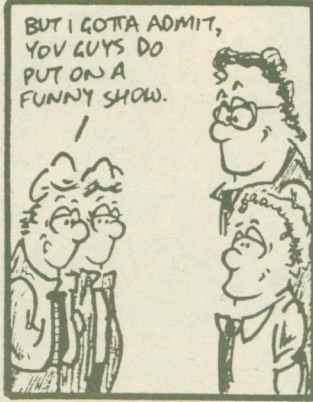
I believe that the Charlottetown Accord is something that all Canadians can feel good about.

The agreement also means that politicians can now focus their attention on the important issues of jobs, the economy, and building a stronger Canada.

This is our opportunity to say something about what it means to be a Canadian.

On October 26th, I will be voting "Yes".

For Pete's Sake



by Roe

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