

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

Contract for Commitment

By Laurie Burns

Fitness follows effort. In other words, what you do is what you get. What you want may determine what you do, but it is what you do that counts.

Choose your activity, choose how much time you can spend on activity and determine when you can start.

Now, you are ready to take the active approach to life. You have decided on some healthy choices for positive living, and you have thought about where to start.

As you commit to an active approach to life and positive living, consider these helpful hints:

1. Divide your commitment into small goals (steps). Start with a tiny realistic task, something you can accomplish in the next few weeks.

2. Spend time with people

who will support what you want to do.

3. Break up routines that reinforce old habits.

4. Do not strive for perfection. Occasional setbacks are a part of change. Realize that everything is not under your control, and get back to your healthy lifestyle as soon as you can.

5. Reward yourself. Take the time to recognize and reward your accomplishments.

I, the undersigned, do hereby agree with myself, to undertake a program of activity and healthy choices. I will workout ___ times per week. This program will commence on ___ and will last for ___ weeks. I further undertake to make healthy choices as often as I can and to enjoy myself in the fulfillment of this



commitment and to derive personal satisfaction from the achievement of my goals.

Signed

Date

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.

Parliament Hill report



Garth Turner MP
Halton-Peel

It's hard to believe that four years have passed since I was elected as a member of Parliament. Time's raced by in a job which has been unlike anything I had done before, or will likely do in the future.

It has been both frustrating and rewarding. This is a hard time to be a politician and try to represent people. The political process we have was designed in another century, and it must change quickly so that more citizens feel involved.

On a national scale, there have to be more of the things we do here locally - town hall meetings, interactive TV sessions, household surveys and so on.

I'm sure that will come. After all, there's no alternative to change when people want to have a greater say in how Canada is run.

This fourth anniversary as an MP has me thinking a lot about why I wanted to enter parliament and try to change things.

After all, I was a comfortable big-city newspaper columnist with a fat salary and a large following. Today, I write columns for free while all the polls say people hate their politicians and several other candidates are champing at the bit to take my place.

It's a good thing I wasn't looking for job security.

No, instead, I ran for office because I was concerned about the erosion of the middle class - through government debt, higher taxes, inflation, loss of property

rights and the rise of special interest groups who were trying to hijack the political agenda.

Today, most of those problems remain, because Garth Turner alone has not been able to solve them. But I have tried.

In fact, I quit my job as House of Commons committee chairman so I could work full-time on these middle-class concerns.

I held national conferences on ways to reduce government spending and our crippling debt. I lobbied long and hard to get property rights back in the Constitution, so average Canadians could have some protection from laws passed by politicians and bureaucrats.

Last week I told you about some of the latest attempts on my part to get lower sales taxes, more spending cuts in Ottawa, reform of MPs' pensions and more loans into the hands of small business operators. And I urged the finance minister to both freeze personal taxes and resist the call of those who want the feds to spend more money creating temporary make-work jobs.

So far, the government has agreed to that tax freeze and the prime minister a few days ago said no new spending would swell the deficit.

Now, next week, we get more news - when the finance minister unveils a mini-budget. The man has a tough challenge before him. Investors around the world have been trashing the Canadian dollar, and that's forced interest rates up.

Why is this happening? Partly because we have a lot of debt from decades of over-spending - first on social programs, and now on interest on the money borrowed to finance them - and partly because of political instability. After the No vote in the referendum, there's new speculation about what comes next for Canada. That makes some investors nervous.

My advice is for the federal government to hang tough. Ignore the special interest groups asking for money. Ignore the polls which show Canadians are in a miserable mood. Ignore the socialists who want to build a wall around Canada, when what we need is more trade, not less.

It strikes me that if just getting re-elected were the goal, then the government, and your MP, would do things differently. Maybe the deficit would be buried and I'd start handing out cheques in the riding.

But that's not going to happen. I got into this political job to fight for the preservation of middle-class values, and that the way I'll go out - whether it's under my own steam, or being carried.

Readers' writes

No disrespect intended

Dear Editor:

I am replying to the letter by G. Bagley over the "disrespect" I appeared to give towards the people who died in the war, and would like to have an opportunity to defend myself.

First of all, I have a great amount of respect for all of the men and women who died in any war. I meant no harm by my actions, and I sincerely apologize to G. Bagley and anyone else I may have offended.

I have never witnessed a ceremony such as this before, and I always thought that the moment of silence was only held on November 11.

Although I did realize that what was happening was important, I failed to estimate how important. I honestly didn't know what to do, so I moved as quietly as I could

through the crowd trying not to disturb anyone. I quietly and politely said "excuse me" to anyone I needed to get around, and I did not purposely shove anyone. Also, if I slammed any doors, it was purely by acci-

dent.

Again, I apologize to anyone I may have offended and will know more about what to do in the future.

Name withheld by request

Be patient not angry

Dear Sirs:

Just a word of comfort to G. Bagley.

"Please don't be angry. Be patient". The young of today are 3 generations away from a war that was mainly fought across an ocean.

I remember when I was their age, "Amos & Andy" and "The Creaking Door" were far more appealing than the War News that my dad insisted we listen to. But I grew up and so will they (eventually).

Right now it's just another history lesson.

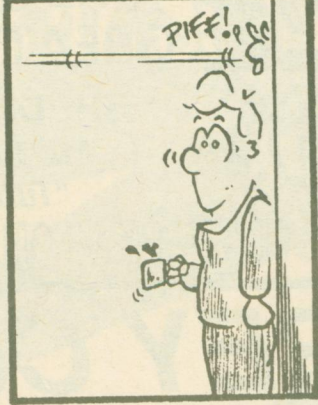
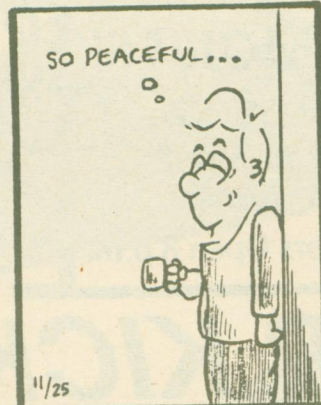
I leave you with two well-known phrases.

The first one was spoken by another one who gave His life for the ungrateful as well as the grateful.

"Forgive them, for they know not what they do". Also, "It behooves the Best of us not to talk about the Rest of us".

Lila Atkinson
Acton

For Pete's Sake



by Roe

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