

# 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

### Managing holiday stress

By Laurie Burns

Christmas is just around the corner and with it comes Holiday Stress!! Add Christmas celebrations, family and friend get togethers to an already hectic schedule and you become very overloaded.

Christmas can also be a disappointing time of year; certain people are not with you this year, you are lonely while everyone else seems to be having fun, the weather doesn't cooperate, not enough money, too much rich food and drink and too many late nights, to name just a few. It is all too easy to forget the holiday season is a time for affirming our commitment to friends, family and enjoying the pleasures of celebration. We get too busy and distracted to appreciate the true meaning of the holidays. Before we know it, they're over and we are exhausted.

Almost everyone experiences some extra stress during the holiday season. Some stress can be

stimulating and invigorating—positive stress called Eustress, helps us to rise to the occasion. Unless we get completely overloaded, eustress does not appear to cause the harmful health effects associated with distress.

Stress is not something that simply happens to us. We have a great deal of control over what causes us to feel stressed, and our response to it.

#### Tips on maximizing our enjoyment of this special time of year.

1. What things are the most important to you and your family during the holiday season?
2. What really makes the season meaningful to you?
3. Can anything be put off until the new year?
4. If there is no pleasure in a holiday activity that you are doing, why do it?

Once you have your goals clearly defined, break down each task



into "do-able" and schedule them into your days. Do the most important things first and don't procrastinate. Make lists and check things off as they are completed.

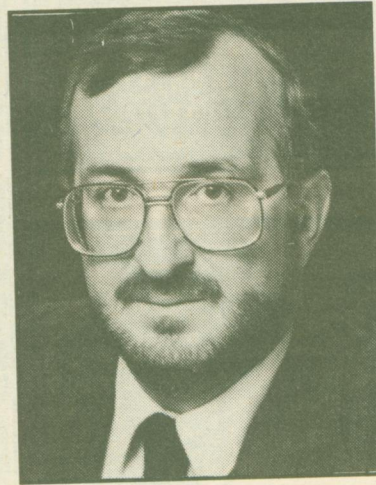
Well designed daily plans based on clearly defined goals help you to feel in control, they help turn distress into eustress.

Enjoy the holiday season and hopefully this will help start the new year off happy and healthy.

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.**

## Queen's Park Report



Noel Duignan MPP  
Halton North

As you've probably heard, the Interim Waste Authority (IWA) recently released a short list of candidate landfill sites for the Peel Region. A preferred site will be chosen from the sites on this short list. That's why I'm encouraging the citizens of Halton Hills to continue the fight against the dump proposals.

Sites B-15b and B-22d north of Norval on the Peel-Halton border will affect many citizens in Halton within the impact zone. The sites will also affect the Credit River Valley environmentally sensitive area, the ground water, agricultural operations and the homes of the citizens in the Norval area. Site B-21c near Heritage Road will also have an effect on the Halton water supply wells located at Huttonville. The next step the IWA will undertake will be to compare these sites with the other sites that remain on the list. One site from the short list will eventually be selected for the Peel Region.

Although the site selection process did not consider effects within the Halton boundary, it's clear that the citizens of Halton Hills must receive a full hearing. I'll be requesting a meeting with Walter Pitman, Chair of the IWA Board of Directors, with representation from the citizens of Halton including the Town of Halton Hills and the Region so that our concerns

can be fully aired. I will also request that the meeting be held in Georgetown.

The public consultation program is extremely important and must fully involve the residents who are affected by the selection process and who potentially will be affected by the development and operation of a preferred site.

These groups in Halton must be afforded participation funding in order to participate in fair and open hearings which must be held in the Georgetown area. I encourage everyone to get involved, challenge the IWA, debate the criteria and bring forward as much information on these locations as possible. I will certainly be doing just that.

Choosing a landfill site is never an easy task. I know that it has caused and will cause a great deal of uncertainty and stress. There is a major difference between our government's search and the searches that went on before. There were no opportunities for citizens to take part in the previous landfill search. That selection process was suspended by our government because it was unfair. It allowed politicians to select landfill sites instead of the selection process. So selecting a site must be done fairly and subject to public scrutiny. That's why a full Environmental Assessment will take place before any final decision is made and only after full public hearings during which citizens will have an opportunity to challenge the IWA's findings.

I want to thank all of you from across the community who spent great effort over the summer trying to participate in the public process. Your input has been very important.

I encourage everyone to continue to be involved, challenge the IWA, debate the criteria and bring forward all the information.

And I pledge my support and I will work with the people of Halton Hills to challenge the Interim Waste Authority in its selection of these sites.

## Taxpayers should be outraged

Dear Editor

In June 1990, despite vociferous opposition, Regional Council supported "a collaborative and coordinated approach to solving the solid waste crises in the Greater Toronto Area". The Resolution adopted at that time refers to SWISC or its successor, which we now know as IWA.

Even though the Town's legal counsel, Roger Beaman, suggested that Town Council not support the SWISC concept and even though the Town nar-

rowly voted not to support the SWISC concept, all five Regional Councillors supported the resolution at Regional Council. Of the five Halton Hills Regional Councillors that supported this resolution, four still sit on Regional Council.

Now our town is seeking legal advice with respect to opposing disposal sites selected by the IWA.

It's funny how sometimes you get what you ask for. *The taxpayers of this town should be outraged.*

**Diane van de Valk  
F.O.A.D.**

## Red Cross thank you

Dear Editor,

Red Cross officials reported 329 donors attended the Blood Clinic Nov. 9, and donated 316 units of blood.

This clinic was sponsored by the Lions; their help with distribution of posters, setting up clinic, loading equipment and general assistance at the clinic is appreciated.

Thanks to Dr. Panabaker who was on call, volunteers, staff, nursery help and drivers, the clergy, John Ollivier of Halton Cable Systems.

As well, thanks to Halton Hills Hydro for displaying promotional banners, Dairy Queen for donation of juice and cups, Pizza Hut for tea and serviettes, Miracle Mart for coffee, Loblaws for donuts, Mr. L. Ferguson of Mac's Milk and Coca-Cola Ltd. for soft drinks, C.W.L. for kitchen help and Mr. C. Domingos for use of Holy Cross Auditorium.

Special thanks to Mahrukh Baboojee and her telephone com-

mittee and to Ina Reed and Alice Greenaway, convenors of this clinic.

Clinic organizers would like to thank all people who took time out to give the gift of life.

Donor Awards were given to:

- John Nichols, Alan J. Trueman for 75 donations

- Ian Moore, Steven Grace for 50

- David Harley for 30

- Lauren Todd for 20

- Eric Beardmore, Ralph Fletcher, Heather McCanna, Robert Currie, Valerie Van Ryswicy, James Kerr for 10 donations

The next regular clinic for Georgetown will be Monday Feb. 8, 1993.

**Yours sincerely  
Flo Street  
Erica Thompson**

## For Pete's Sake



by Roe

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