

# 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

### Back in control

By Laurie Burns

An estimated 80% of adults will experience back pain at least once in their life. People who have had one episode of back pain are four times more likely to have another, i.e., back pain is of a recurrent nature.

Back pain is the number two reason for lost time at work - the number one reason is the common cold!

A large number of treatments are available but the best solution seems to be a disciplined approach involving physical activity and attitude.

#### Wellness

Our physical and mental wellness will enable us to prevent and treat back pain.

By reducing stress, eating properly and exercising regularly we will be more in control of our health.

#### Physical Conditioning

1. Full spinal mobility (flexibility)
2. Full hip and shoulder mobility
3. Good trunk muscle strength and endurance
4. Good hip and shoulder muscle strength and endurance
5. Proper posture
6. Proper body mechanics

#### Get "Back in Control"

1. Learn proper posture
2. Learn proper body mechanics. Learn to perform tasks with spine in neutral
3. Improve your level of fitness: this will reduce your risk of injury and your rehabilitation time.

#### Back in Control is Attitude

You will get better faster if you know you are fit

You will get better faster if you understand the cause of your back pain

You will get better faster if you maintain a positive attitude.



#### Back in Control is Physical Activity

People who retain a good level of fitness practice proper posture and body mechanics and are at a much lower risk of back pain or recurrence of back pain.

Get your back under control, don't let back pain take control of your life.

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.**

## From Mayor to Minister

**Ed. Note:** Halton Hills Mayor Russ Miller sent a letter to Ontario Environment Minister Ruth Grier Jan. 15.

While it is unusual for a newspaper to run a letter sent from a mayor to a member of the provincial legislature -- especially a member with a portfolio, we believe the letter very succinctly outlines the town's concerns with the Environment Ministry's approach to the RSI proposal to landfill a portion of the Acton dump.

Here is that letter in its entirety.

**Dear Madam Minister:**

**Re: RSI Proposed Landfill - Acton Quarry**

Once again, I find myself writing to you to express our concern with your apparent attempts to assist RSI win approval for the Acton Quarry Landfill proposal notwithstanding the opposition to it from numerous public agencies including your Environmental Assessment Branch and this Town.

In that regard, I must inform you that your failure to comply with your duties and responsibilities under the Environmental Assessment Act has resulted, last year, in the Town spending upwards of three percent of the taxes raised for general Town purposes opposing the RSI proposal.

During a time of fiscal restraint, your decision to require the Town to defend itself against this landfill proposal is irresponsible.

You recently told the public that you and your Ministry supported the Joint Board's decision with respect to RSI.

I have attached a copy of the transcript of proceedings before the Legislative Assembly of Ontario on October 28, 1992.

In response to a question from Noel Duignan, the Member from our area, you stated: "my ministry is satisfied that the result of the board's decision with respect to the RSI proposal is reasonable. We are also satisfied that this ruling will not jeopardize the continuation of other hearings that are already in

process."

In a recent Joint Board matter involving Ontario Hydro, Ms. Stella Couban, the lawyer speaking on behalf of the Ministry of the Environment, stated that if the Joint Board followed the RSI decision, the Ministry of the Environment would have concerns about the ability of the Consolidated Hearings Act to function.

Later in that same hearing, Ms. Couban stated that the Ministry of the interpretation of the Consolidated Hearings Act as set out in the RSI decision. She further suggested that court action would follow should that Joint Board follow the RSI decision.

These submissions formed the basis of the Ministry of the Environment's request that the court be asked to overrule the RSI decision.

In these times of fiscal restraint, I find it extraordinary that five Government agencies, including your Ministry, the IWA and OWMC, should now be attempting to overturn the RSI decision.

Once again, the Town of Halton Hills has no choice but to spend its scarce resources to protect its interest, despite your Ministry. Under the circumstances, I have no alternative but to advise the taxpayers of this Municipality that this money is being spent as a result of your actions.

Madam Minister, you have broken your word to this Town and to Ontarians. It appears that the faith and trust the Town placed in you, your Ministry and the government was sadly mistaken.

If your lawyers are acting without your consent, I hope you will bring them into line quickly. If they are acting with your concurrence, I trust you will have changed your mind with respect to further landfill activities in the Region of Halton.

**Yours very truly,  
Russell T. Miller,  
Mayor**

**Halton Hills  
c.c. Premier Robert Rae**

## Readers' writes

### Canada is not for sale

Dear editor:

In 1984 the greatest transaction in any real estate deal in history has been fraudulently manipulated by the government of Canada on its people.

The Mulroney Group with sales staff under the C.E.O. Simon Reisman, John Crosbie, Gordon Ritchie and Michael Wilson and including consultant Thomas D'Aquino should shortly declare bankruptcy because of the 30 mil-

lion or more deficit that they have saddled the people with.

Statistics Canada, merchandise trade in the first 3 years of the F.T.A. fell by 8 billion and trade balance with the U.S.A. declined almost 23 billion.

Employment in manufacturing decreased by 400,000 jobs and now stands at more than 1.5 million.

Our present minister for

### Abortion services controversial

The following letter was recently sent to Ontario Premier Bob Rae. A copy was filed with Halton Hills This Week for publication.

Dear Premier:

By following the recommendations of the government-appointed task force on abortion "services", in the name of "freedom of choice", your government would be asking doctors, hospitals and communities to provide these "services" often against their will and moral values.

You know that the subject is controversial, and you know that we, on the pro-life side are often accused of "imposing our morals on everyone else".

It seems to me that by following the line proposed by this task force your government would make exactly that mistake.

I await your response.

**Sincerely,  
Giuseppe Gori  
Deputy Leader  
Family Coalition Party of  
Ontario**

employment says even the unemployed should help with the deficit by reducing their unemployment cheques, at the same time one Mulroney stalwart received a \$200 thousand salary from less than \$100 thousand in a different job, another received a \$400 thousand salary from one that paid less than \$200 thousand.

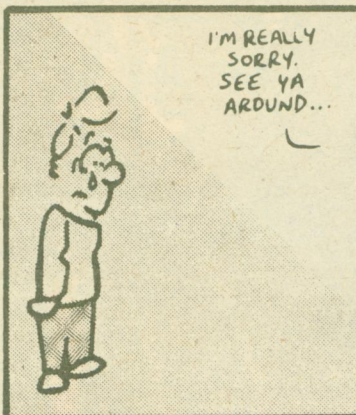
With leaders like these, who needs enemies?

I don't want this letter to be interpreted as an attack on our neighbours to the south, they have the same problems affecting them.

When politicians become dictators and the followers of that leader have no mind of their own, regardless of the consequences and Canada unfortunately is the low man on the totem pole, and has been left with no say, no rules.

**M.J. Ferri  
Norval**

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