

THE HALTON HILLS **WEEKEND**

**KEN NUGENT**  
Publisher

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Staff Writers: Janet Baine, Lisa Tallyn

Photography: Ted Brown

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CIRCULATION/SUBSCRIPTIONS - 873-0301

Director of Distribution: Dave Coleman

Circulation Manager: Nancy Geissler

Mailing Address: 211 ARMSTRONG AVE. GEORGETOWN, ONT. L7G 4X5  
Telephone: 905-873-0301 Fax: 905-873-0398

# Adieu, Dave

It is with regret that we bid adieu to longtime Acton resident Dave Whiting. He was not just an ordinary citizen of this town, but one who endeavored throughout his years to make a difference in his community.

Long active in the political arena, Dave represented Acton as a Halton Hills councillor, and served both Acton and Esquesing constituents as regional councillor and Halton Board of Education trustee.

In the tradition of Halton Hills representatives, Whiting served as chair and vice chair of the public school board, and as a result, strengthened Halton Hills' voice around that table.

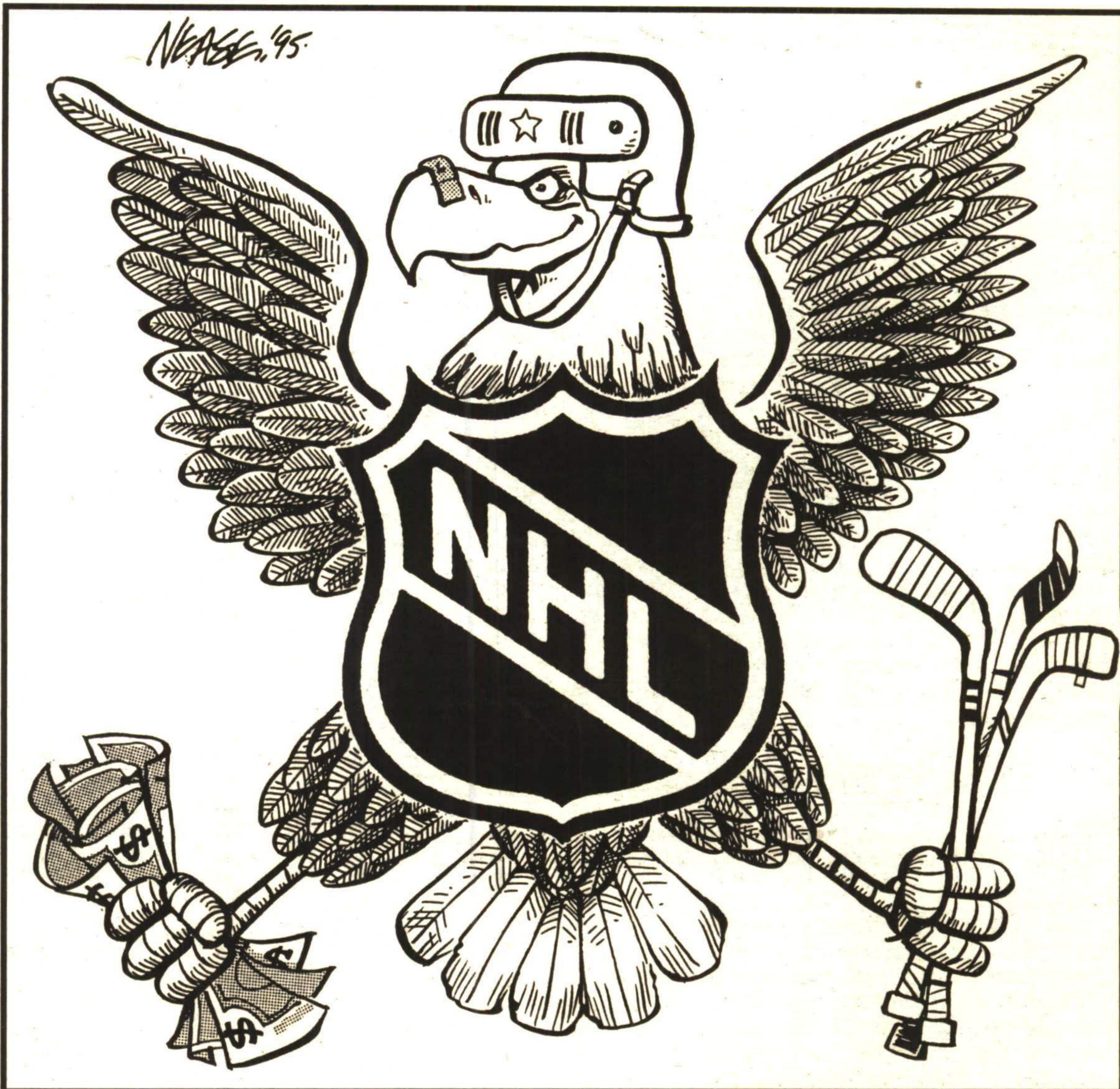
We wish Dave and his family success in their new hometown, Yarmouth, Nova Scotia.

## Play safe

On this holiday weekend, we once again remind our readers to play safe.

Handle fireworks with care, obey the rules of road when bicycling (and wear a helmet) and most importantly of all ... don't drink and drive.

Play safe, and we'll all enjoy this kickoff weekend to summer.



## An accident waiting to happen

As I pulled up to the traffic lights one drizzling morning earlier this week, I noticed a bizarre sight in the centre lane to my left.

A man in a small car flew up to the lights, jumped on the brakes as the car nose dived to a stop, and he grabbed a paper and started reading a document into a dictaphone microphone attached to his ear like a receptionist's telephone receiver.

Oblivious to me and all others around him, he continued recording the document until the light changed to green, then sped off like a madman through the raindrops and traffic to points unknown.

He was simply an accident waiting to happen.

Not only for the obvious traffic hazard he was creating dividing his attention between the road and his documents, but with the amount of stress he was putting himself through, he'll probably land in an intensive care unit with a stroke or heart attack within a few short years.

I could relate to his situation; I've felt a little overtaxed at times myself.

Stress is a real killer, and more deadly than we ever give it credit for.

I researched stress on the Internet recently, and accessed documents about the warning signs of stress and pointers on how to deal with it.

The first thing I learned; stress levels are continually rising as our life pace gets faster. And apparently, the

main reason for the increase is simply too much to do in too little time.

The warning signs of stress scared me.

Being impatient in traffic, trying to do two or more things at once, feeling continually pressured for time and eating rapidly are only a few of the warning signs that tell us we might be burning both ends of the candle at the same time.

And if you find it hard to concentrate, lose things on your desk or find yourself in a constant state of anxiety about job insecurity or work, chances are good you're

researchers are linking certain forms of cancer to stress.

Scary, isn't it? Okay, so we're stressed out. Now what can we do about it?

Apparently it's fairly easy. A well balanced diet and exercise are essential starting points and most of the reports I read suggest trying to take a few moments every day to manage our time and prioritize our duties. We must be realistic; not try to accomplish twice as much as is humanly possible in any given time frame.

Simple things like a five minute stretch at work, or telling a good joke can help. Laughter is great for breaking down a buildup of tension and relaxing us.

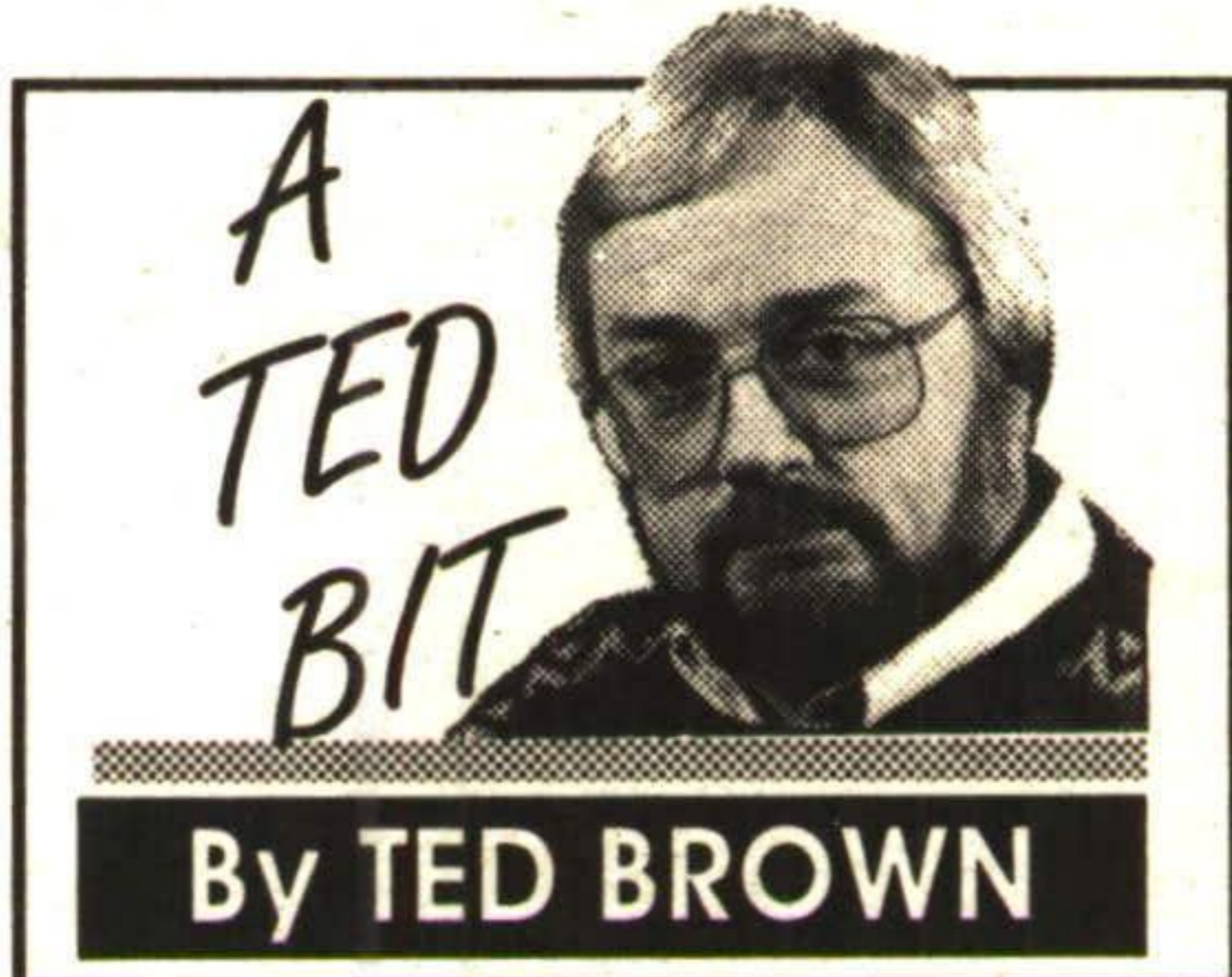
Another point the report stressed; don't take your work home with you. Leave it at work. (That one hit home with me.)

Music is another great way to relax. Putting on a favorite tape in the car and taking the scenic route home is suggested, as it gives us time to be alone with our thoughts, and clear our minds. It might take a few minutes longer to get home, but the results are well worth it.


After all this research, I'm ready to alleviate that demon stress and live life a bit more.

So if you want to contact me, I'll get back to you. I'll probably be on the veranda, with a good book and cold Sleeman's nearby.

And a lot healthier for it.



**Did you know?**



May is Rabies Awareness Month in Ontario. More than 1,000 human deaths are due to rabies annually worldwide. The last human rabies death in Canada occurred in 1985. Ontario has the highest incidence of rabies in Canada. In 1994, the Ontario government dropped by airplane more than 1.5 million rabies vaccine baits. As a result only 606 positive rabies cases were reported last year, which is the lowest total since 1961.

—Agriculture Canada

If you take the middle of the road, just like politicians you'll get run down.