

# 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.

## Family violence Broken Trust hard to restore

it's philandering, business secrets or a little nonsensical vagueness, when the trust is broken can it ever be restored?

I thought I was taking a practical approach to my life and future relationships. Unlike lots of others, I've spent much time alone, pondered, analyzed and then evaluated what I liked and didn't like about my friends. I felt that would be a healthy way to begin again. I need to learn to trust again. Doesn't sound very romantic, does it? I know I want a relationship based on mutual caring, sharing, concern and giving — the romance will have to come afterward. I figure that finding the qualities that will make the relationship endure is rooted in my choice of quality long term friendships with others. What do I like about them? Why do I trust them?

Just when I think I'm ready to let myself loose in the world again — along comes a guy in my business life, who happens to be single, and throws me back into the memories of yesterday.

Through a series of events I began to distrust him — not so much because of his actions — but because of circumstances and my past history. I don't want to trust the wrong person again! What horror I felt as I realized my poor choices in men in my personal life might be extending to my professional life.

I shuddered at the thought so decided to confront him. I'm certain the poor guy must think I'm a totally crazy lady. I, in a round-about fashion, attacked his integrity and credibility. I can't believe I did it! I came away feeling I'd totally misjudged him. I'm certain I hurt him by my actions. How can I ever adequately explain it to him? Have I the courage to make amends? Thank God I don't have to continue to work with him! But I've now lost several night's sleep over the episode so will have to make a tele-

phone call to try to apologize for my actions. That will require another explanation.

Broken trust scars for a lifetime. A lifetime of garbage to eliminate — to rebuild — to restore. Think about it before you hurt someone by breaking their trust — whether it's in business or personal life. Not every man or woman who comes your way will treat you in the same way as someone in your past who has hurt you. I'm going to do better at being an optimist. If you expect the best, you may be pleasantly surprised at what you find.

**Feel free to contact Jacie in confidence by directing letters to her attention at Halton Hills This Week. All correspondence will remain confidential. Jacie can be reached in person through the Distress Centre at 877-1211. Leave a message and Jacie will get back to you. If you are in crisis, call the Distress Centre or 911.**



**HELP US  
HELP  
OURSELVES**

Sometimes I can't believe my actions! It's a rare occasion where I let my private and personal experiences influence or interfere with business. Recently I sure managed to make a fool of myself — in my own critical eyes, at least. A few weeks ago I was conducting business with a man. The first time I spoke with him I felt a quietness, a calm and a trust come over me. That warm and fuzzy feeling that I like to feel but don't experience often anymore. During our interactions it became clear to me that he was single. He was asking me questions I didn't like having to respond to — being reminded of the past is never easy. I was uncomfortable as we talked but even following that conversation I had much confidence in this person. Even then I realized I was uncomfortable simply because I'd found out he was single.

As I said, I don't have much trust — especially when it comes to single men. One bad experience can taint a woman! Over and over I'd experienced lies and had felt betrayed by a man and often over the silliest of issues. Secrets! I've seen the same pattern among some of my friends in their relationships with men. Many men have been hurt in relationships, too! Whether

## Activity Line: Exercise safely

By Laurie Burns

Whatever activity you choose, you need to do it safely.

Following the guidelines of the American College of Sports Medicine that if you have been inactive and healthy otherwise and are over the age of forty-five, you should see or talk to your physician prior to starting an activity program. A little guidance is also in order if you are over thirty-five and have a major risk factor for heart disease, such as cigarette smoking, high blood pressure, or elevated blood cholesterol.

Be sure to exercise in your target heart-rate zone. To determine your maximum heart rate, subtract your age from 220 heart beats per minute, then multiply it by 60 percent and 80 percent to get your range.

For example, a man or woman thirty-five years old would have a range of 111 to 148 (220-35=185; 185x.60=111; 185x.80=148)

While these numbers are helpful guidelines that should keep you in a safe range, you should at all

times monitor the way you feel. Some simple rules of thumb: The Talk Test, if you can't carry on a conversation, or feel any dizziness or shortness of breath while exercising or if you are very tired two hours after your workout, you are pushing too hard.

To monitor your progress as you start, I suggest taking your pulse every five minutes for ten seconds (multiply that number by 6 to get your pulse for one minute), take it immediately after you stop. If you are below your target heart rate, gradually increase your pace; if you are above your target, gradually decrease the intensity of your workout.

As you become more fit, you will have to increase your pace to reach your target heart-rate zone. Monitoring your heart rate each time you workout will ensure that your workouts are always beneficial.

**For more information about exercise, feel free to contact Laurie Burns at Work That Body Inc. 877-0771.**

## Queen's Park Report

By Noel Duignan, MPP  
Halton North

You may have read or heard the media reports about the event at the Regional Administration Building last month announcing that Halton Region has been chosen as the area "broker" for the jobsOntario Training Fund. Brokers act as local coordinators for the program and provide — directly or indirectly — a number of services within the community. These services include the following:

- outreach to employers, labour, employer and industry associations
- outreach to participants in the community
- liaison with existing training, education and social service stakeholders to ensure high levels of cooperation
- job referrals

- follow-up and support to employers and participants

- creation and enhancement of community networks to facilitate the administration of all program components

The jobsOntario Training Fund is a three year program designed with five goals in mind:

- to work with employers and trainers to develop a skilled labour force that can compete for high-wage, value-added jobs requiring technical expertise and offering greater chances of advancement in return

- to begin by helping those hurt by the recession — the long-term unemployed, specifically those receiving social assistance, who are ineligible for unemployment insurance, or whose unemployment benefits have expired

- to help employers create a significant number of higher grade jobs to overcome the impact of the current recession

- to remove barriers to employment such as a lack of access to affordable child care

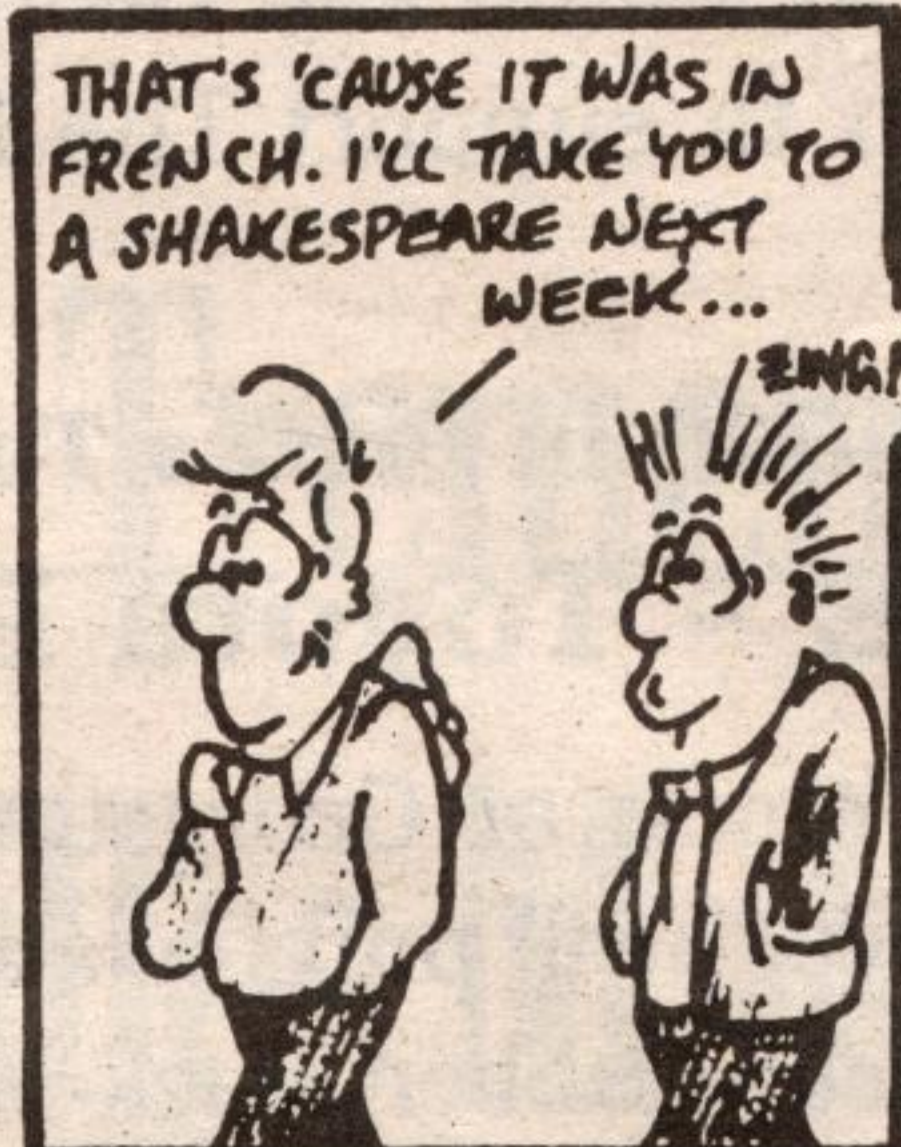
- to enhance the job-generating capacity of specific industry sectors and geographic regions

The fund includes a pre-employment training component to provide participants with the skills needed for job readiness — computer and communication skills, upgrading of basic literacy and numeric skills, and basic language skills enrichment. Not only are these skills the key to survival in virtually any workplace — they are also the passport to the more specialized knowledge needed in the increasingly sophisticated workplace.

The program will also provide funds for additional subsidized child care spaces by assuming the full cost of any expansion for spaces for program participants instead of the usual 80% funding for fee subsidies. And to help participants re-enter the labour force, limited allowances will be available to cover employment-related costs such as the purchase of work clothes or assistance with transportation costs.

The information above gives you an overview of the jobsOntario Training Fund. Halton Region has already begun to set the local program in motion. To get involved please call the Region at 878-8113 and ask for the jobsOntario line (extension 7145). Good luck.

### For Pete's Sake



by Roe

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