

# Comment

## The Canadian Champion

Box 248, 191 Main St. E.,  
Milton, Ont. L9T 4N9

(905) 878-2341

Editorial Fax: 905-878-4943

Advertising Fax: 905-876-2364

Classified: 905-875-3300

Circulation: 905-878-5947

**Ian Oliver** *Publisher*

**Neil Oliver** *Associate Publisher*

**Jill Davis** *Editor-in-Chief*

**Karen Smith** *Managing Editor*

**Wendy McNab** *Advertising Director*

**Tim Coles** *Production Manager*

**Charlene Hall** *Distribution Manager*

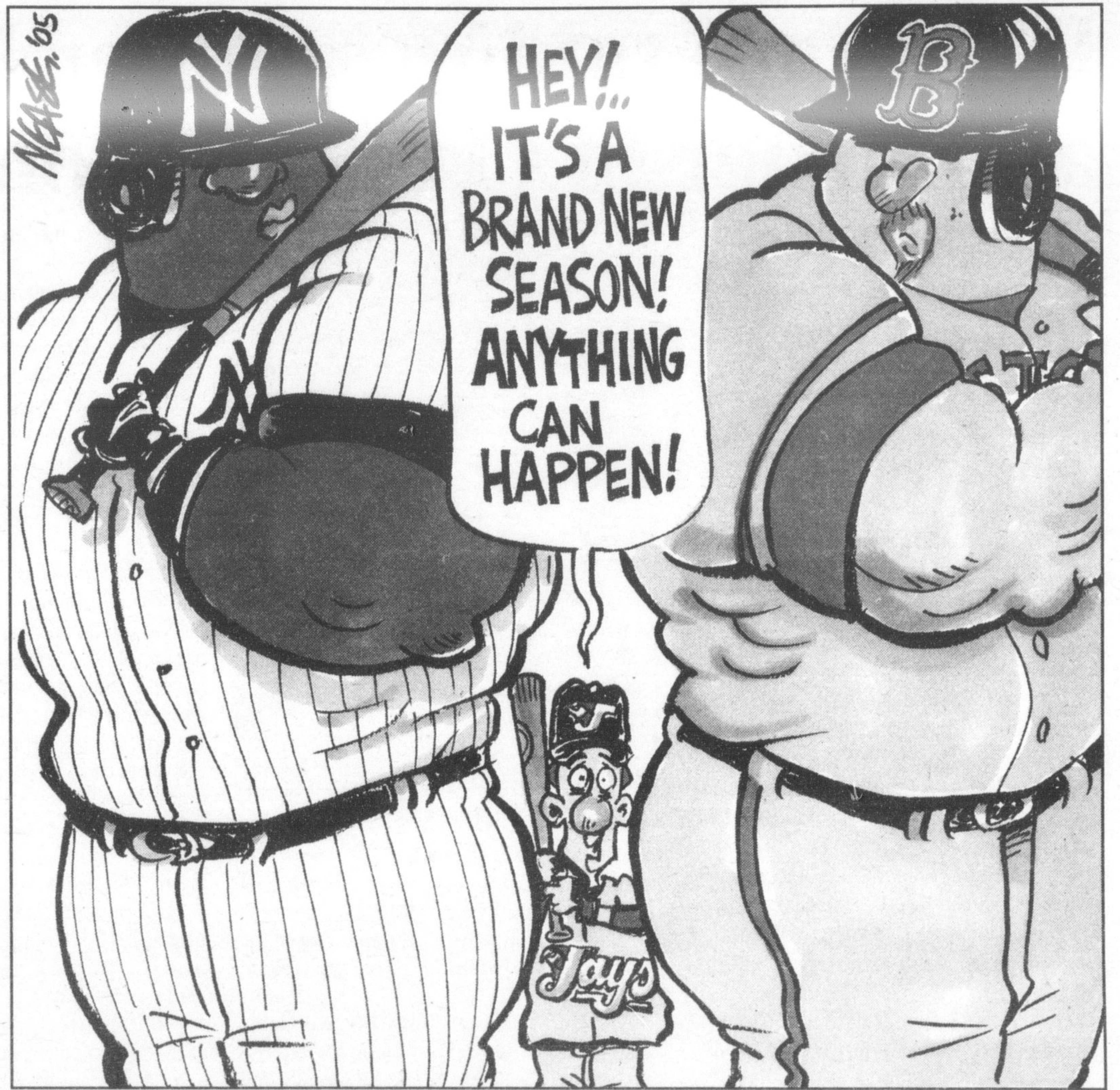
**Teri Casas** *Office Manager*

The Canadian Champion, published every Tuesday and Friday at 191 Main St. E., Milton, Ont., L9T 4N9 (Box 248), is one of The Metroland Printing, Publishing & Distributing Ltd. group of suburban companies which includes: Ajax/Pickering News Advertiser, Alliston Herald/Courier, Barrie Advance, Bolton Enterprise, Brampton Guardian, Burlington Post, Burlington Shopping News, City Parent, City of York Guardian, Collingwood/Wasaga Connection, East York Mirror, Erin Advocate/Country Routes, Etobicoke Guardian, Flamborough Review, Forever Young, Georgetown Independent/Acton Free Press, Halton Business Times, Huronia Business Times, Lindsay This Week, Markham Economist & Sun, Midland/Penetang-uishene Mirror, Milton Shopping News, Mississauga Business Times, Mississauga News, Napanee Guide, Nassagaweya News, Newmarket/Aurora Era-Banner, Northumberland News, North York Mirror, Oakville Beaver, Oakville Shopping News, Oldtimers Hockey News, Orangeville Banner, Orillia Today, Oshawa/Whitby/Clarington/Port Perry This Week, Peterborough This Week, Picton County Guide, Richmond Hill/Thornhill/Vaughan Liberal, Scarborough Mirror, Stouffville/Uxbridge Tribune.

Advertising is accepted on the condition that, in the event of a typographical error, that portion of the advertising space occupied by the erroneous item, together with a reasonable allowance for signature, will not be charged for, but the balance of the advertisement will be paid for at the applicable rate. The publisher reserves the right to categorize advertisements or decline.

Editorial and advertising content of The Canadian Champion is protected by copyright. Unauthorized use is prohibited.

The Milton Canadian Champion is a Recyclable Product



## Bluff had no chance

There's little doubt the deal Ontario doctors struck with the provincial Liberal government last week will benefit patients in Ontario.

There's also no doubt in our minds that the Liberals had no way of winning the battle from the get-go — despite their intention to strong-arm the doctors.

When the Liberals presented the doctors with an offer in November it was turned down by 59 per cent of physicians.

Things then turned ugly when the Liberals threatened to impose the deal, a threat that seemed hollow at the time and proved to be just that.

In the end the government ponied up another \$120 million and removed billing caps on doctors, a move that will allow patients easier access to specialists who often hit the billing cap of \$455,000 well before the year's end.

Along with raises of 2.5 per cent for family doctors and 2 per cent for spe-

cialists, bonuses and the right for doctors to incorporate (thus reaping tax benefits) were other highlights of the deal.

With doctors leaving Ontario at alarming rates and the province in the midst of a doctor shortage, the McGuinty Liberals had no leverage to play hardball with Ontario's physicians, who weren't asking for the world.

Ontario health ministry officials use a ratio of one physician for every 1,380 residents.

At a time when communities are pulling out all the stops to attract new physicians, the provincial government wasn't exactly doing towns like Milton any favours.

The deal the Liberals made last week could have been done months ago without the acrimony that was raised early in negotiations.

Knowing when to pick your fights is a skill the Liberals apparently still haven't mastered.

## Our Readers Write

### Support for Fourth Line closure questionable

Dear Editor:

I'm writing in response to Katherine O'Hearn's recent letter in support of the closure of Fourth Line.

The problems associated with unsafe drivers are ones that aren't exclusive to Fourth Line by any means. People drive dangerously within my own subdivision constantly.

The letter mentioned that before the closure there was a danger that the younger children living on Fourth Line could wander into the street and be hit by a car. Again, this is a danger to all children on all streets — and remains a danger to the children living on the now closed Fourth Line.

The parents of the children on

Fourth Line were worried about their children's safety the same way we all worry about our children's safety on the roads in front of our homes.

My children play in the backyard. I'm not asking the Town to close my road so they can have free run of the street. Children need to learn the dangers of traffic, as it will always be a part of their lives — be it at school, at a friend's house, at the park or at the end of their own front lawn.

But the real statement that got me writing was what I found to be an insulting guilt-trip at the end of Ms O'Hearn's letter — comparing people's complaints of increased cab fair due to the detour to that of a child's life.

I'm forced to ask if the lives of the children who live on Fourth Line are more important than the ones who walk to school along the new detour route? Are they more important than the lives of the children who have the Fourth Line traffic now re-routed through their neighbourhoods?

In granting a small number of children the ability to 'play in snowbanks' and safely 'wander into the streets', the Region and Town have shut down a major route to a large population of taxpayers and voters.

Yes, there were issues with Fourth Line's safety, but there were also more realistic solutions.

**Daniella Moloney**  
Cooper Avenue

## So far so good, but I'm just starting to get into it

I started my formal training for the 2005 Ontario Women's Triathlon Series Tuesday.

For those who missed first column on the subject, you should know I've accepted a media challenge from the series organizers and will be taking part in the Milton triathlon September 11.

It consists of a 375m swim, 10 km bike and 2.5 km run.

I use the words 'taking part', not 'competing' because I'll really just be happy if I finish it. Of course, I want to do my best, but I feel I will only have failed if I quit part way through.

The goal from the series' perspective is to promote physical fitness for women.

My personal goal is to prove to myself that I can do it and hopefully get in pretty good shape in the process.

I also hope to show other women, who like myself don't consider themselves to be athletic,

that they indeed can do a triathlon if they set their minds — and bodies — to it.

So I have about five months to prepare to do this.

I'm being guided by series founder Tina Braam, who's providing the training and checking in from time to time to see how I'm doing.

On the first day of training Tuesday I biked for 25 minutes around my neighbourhood. In that time I did something called pick-ups.

When you do a pick-up you increase your intensity for 20 to 40 seconds and then go back to your normal speed for the remainder of three minutes. I did this three times.

Then I did 15 minutes of weight training.

On Wednesday, I swam at the Milton Leisure Centre for 18 minutes and did a 15-minute run on my tread mill at home. Soon I'll be hitting the streets, though.



*From the  
editor's desk*

with KAREN SMITH

Again, I did the pick-ups during the run.

At press time yesterday I was about to go home and bike for 25 minutes and lift weights for 15 minutes, just like Tuesday.

Today, I will repeat Wednesday's drill.

Over the weekend, however, I will be biking for 45 minutes Saturday and running for 30 minutes Sunday.

In my second week of training, the duration of workouts will increase a little. For example, the Tuesday bike rises to 30 minutes, the Wednesday swim goes up to 22 minutes and the Wednesday run increases to 18 minutes.

As you can see, the training gradually gets tougher as the week progresses with the weekend being the most challenging. Then Monday is a rest day.

Anyway, so far so good. I haven't found it too tough yet, but I'm only getting started.

If you see me running or cycling down the street, please beep and wave. I can use all the encouragement I can get.

If you would like more training information, go to the series' Web site at [www.womens-triathlon.com](http://www.womens-triathlon.com).

Karen Smith can be reached at [miltone@haltonsearch.com](mailto:miltone@haltonsearch.com).