



# The Tribune

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## Editorial

### Dulverton bears looking at

Although members of council are decrying the Ontario Municipal Board hearings into the Dulverton subdivision as a complete waste of money we are not so sure but that the hearings are a good idea.

We have no doubt that the next major development in Stouffville will be the Dulverton project, in spite of objections from other would-be developers. Dulverton, which stretches from the 9th to the 10th concessions and will house approximately 2,200 people, was being planned for as far back as 1963 when the property was designated residential in an amendment to the Official Plan.

We are not quibbling about the fact of Dulverton but we have some major reservations concerning the planning aspects of the subdivision.

The planned extension to the sewage plant, which Dulverton is to pay for, is projected to accommodate a minimum of 7,500, while the subdivision will bring the population of the town up to over 8,000. There is a possibility the plant will accommodate over 7,500 but this can only be determined by careful monitoring after the population has reached the 7,500 mark.

If no population can be accommodated after Dulverton then the next developers will have to pay to have a tertiary treatment system added to the plant.

The problem here arises in that council has been led to believe there would be capacity left in the plant for other developers. We have been told by Mayor Gordon Ratcliff that Dulverton was to provide extra capacity and the next lot of developers would not have to pay for sewage but instead would be asked to contribute towards much needed soft services.

These services could include a new arena, an indoor swimming pool, an addition to Latham Hall, an extension to the library or any other facility that was judged necessary at the time.

If these developers have to pay for hard services then the town will either not get more soft services or the money will come directly from the municipal taxpayers pockets - resulting in a horrendous increase in local tax bills.

There is no denying that more soft services will be required in town after the population has jumped by over one-third. This whole area of the agreement needs a second look.

Another problem we can foresee, also as a result of the sewage capacity, is that it will be at least five years before any apartments can be built in town as no apartments are included in Dulverton and nothing can be built until Dulverton has been completed. Rental accommodation is at an all time low in Stouffville and many of the rents here are higher than that charged for comparable accommodations in Toronto.

It is a fact of life these days that most young people are unable to afford to buy a house and we feel council is absolutely neglecting their responsibilities in not providing more apartments.

Dulverton is not a balanced development when out of 540 housing units not one single rental unit is provided. Our last complaint about Dulverton is that the town seems not to have taken into account the physical characteristics of the land, when allocating parkland and laying out streets.

A mature cedar bush stretches from the controversial Lehman's Pond directly north to the northern boundary of the subdivision.

During cross-examination regional planner Don Knight admitted that the bush is "a distinctive natural feature" of the area and yet the whole of the bush has been designated for R3 development.

Putting houses in there on 40 foot frontages would necessitate the bulldozing of the entire northern portion of the bush.

At the same time the town is allowing this bush to be destroyed they have accepted as "parkettes" several rinky-dink little corners of the subdivision too odd shaped to put houses on.

These parkettes, in our opinion are of little use. Children in the subdivision would have as much room to play in their own backyards and these barren little corners provide no real natural environment.

The entire bush area around the pond is about 15 acres in size and in our opinion is a priority to be saved.

Undoubtedly the hearings will cost the town a bundle so we as taxpayers should take advantage of the time to air our concerns regarding the subdivision. When the hearings reconvene in July time will be set aside to hear citizens' concerns and we should take full advantage of the opportunity - before it's too late.



### March Hare

Our search for the Easter Bunny turned up this frosty specimen in Gormley. The snow rabbit seems an appropriate symbol of such an early Easter, although, if the sunshine continues, he'll be 'hare' today but gone tomorrow. Annegret Lamure



LIVING naturally

## Relaxation is vital for health

By Kathleen O'Bannon

Relax, RELAX! How many times have you heard or said that? And how many times have you actually been able to relax or been able to help someone to relax?

Most people are so overcome by stress, real or imagined, that they are not able to relax at any time. Others can relax at will or when necessary. The idea is to deal with living and stress so that you never need to relax, so that you never allow stress to cause tension. Stress and tension can result in fatigue, quick temper, irritability, restlessness, anxiety, sleeplessness, vague pains that come and go, listlessness, confusion, seeing or hearing things that are not there.

There are many things that you can do to gain relief from stress and anxiety. Following is a list. If you suffer from more than two of the above 'symptoms' try to do as many from the list as you can.

- 1) Eat three well balanced meals a day.
- 2) Drink three glasses of milk a day or the equivalent in yogurt or cheese.
- 3) Never go for more than three or four hours without eating or having a piece of fresh fruit, glass of milk, piece of cheese, plain yogurt, or sunflower seeds or unsalted nuts to avoid the stress of Low Blood Sugar.
- 4) Reduce your intake of salt. Never add salt

while cooking, especially meat. Use sea salt if you must eat salt.

5) Eat foods rich in potassium several times a day especially fish, watercress, green peppers, molasses, dry lima beans, olives, dried figs, currants, or raisins, almonds, and whole grains or wheat germ.

6) Eat foods rich in calcium such as milk, milk products, dark green leafy vegetables, or bone meal.

7) Eat foods rich in vitamin C such as oranges, lemons, rose hips, raw parsley, cabbage or green peppers.

8) Eat foods rich in B complex vitamins such as organ meats, liver, whole grains, wheat germ, or brewers yeast.

9) Never take mineral oil or laxatives.

10) Never, never take tranquilizers such as Valium, Librium, or diazepam. (Take calcium rich foods instead, with honey.)

11) Never eat refined foods such as white bread or pastry, white sugar, or instant anything.

12) Avoid stimulants such as tea, coffee, chocolate, pep, or antidepressant pills.

13) Avoid alcohol.

14) Exercise or play at a sport such as tennis, swimming, squash, badminton or volleyball to discharge muscle tension.

15) Learn relaxation techniques such as Yoga, meditation, T.M., self hypnosis, biofeedback, or Tai Chi, and practice them every day.

16) Take chiropractic treatments to re-align your body and free tension blockages.

17) Take time for yourself. Don't put yourself under stress to serve someone else while neglecting yourself and your health. Take a nap in the afternoon or do some relaxation technique to keep from pushing your body beyond its limit and creating further stress.

This week I set out to write this column on stress and anxiety so that I could give relaxation techniques and exercises. The more I thought about it, the more I realized that food and food habits play a large part in stress and anxiety syndromes. Sometimes the old sayings such as "a healthy body is a healthy mind," are wiser than we think, is no exception.

If your body is not healthy it can send messages to your brain, which interprets the message and produces one of the symptoms listed at the beginning of this article, hoping you will understand and relieve it in some way. If your body is tense and crying out for exercise or calcium and you take an aspirin to cover up the symptoms, you have compounded the problem. So it is obvious that you

must work toward being healthy before you can ever hope to find relaxation or relief from tension and stress. It took a long time to build up to the point of feeling tension or anxiety and it will take a slow gradual process toward health to be rid of it. Do not rush or overdo on these tension relievers or you may cause more stress.

Start slowly by eating three meals a day. Then begin to add the suggested foods. Carry sunflower seeds, almonds, and currants with you to nibble if you get very hungry or have to go without eating. Chew them up very fine before you swallow them.

Then begin to do tension reliever exercises such as the Yoga Rolls. These can be done almost anywhere and are a necessity for anyone who stands or sits in one place for more than 10 or 15 minutes at a time. This could be at a kitchen counter, store counter, desk, typewriter, sewing, production line, reading, or driving a car or truck, etc. Always try to move as many muscles as possible as often as possible. Humans were made to move to be efficient - sitting or standing decreases the efficiency of our muscles and reaction time.

Muscles need to be used to be kept elastic; they must be able to stretch and release. If they become tense, in order to release the tension, they must be stretched, gently, before they can return to a relaxed position. This is why Yoga or other types of stretching exercises are so effective in relieving tension.

Do each of the Yoga Rolls as many times a day as necessary to stretch and release the muscles involved. Doing each one twice or three times a day is more effective than doing each one 10 times once a day.

**HEAD & NECK ROLLS** - sit or stand straight but relaxed. Relax shoulders and arms. Gently allow head to fall forward as far as possible, chin should rest on chest. Without moving shoulders or body, roll head to right so that right ear is over right shoulder, continue to allow head to roll freely toward back, and then roll so that left ear is over left shoulder and then continue to roll to the starting position. Always do several rolls to the right and then do several rolls to the left each time you do them. Keep the neck as relaxed as possible.

**SHOULDER ROLLS** - shrug shoulders up to the ears. Then roll together in a circle to the back, down, front, and end up near the ears. Reverse the direction and go toward (See Stretching page 13)

## Closed-minded are dangerous to youth

Dear Editor:

I have noticed, with growing alarm, correspondence printed in your paper in the last few weeks which I feel may be of serious danger to the young people in our community. I am, of course, referring to the recent prominence in The Tribune of the efforts of closed-minded letter-writers. Perhaps I should be more tactful, but as I have listened to rock music for most of my life, my soul is already damned and I have nothing more to lose by speaking my mind.

The writers of these letters will fill the minds of Canadian youth with absurd and unnecessary fears; they may experience great anxiety because they now believe that hell isn't half big enough for everyone who ever plugged in an amplifier. Worse still, our young ones may take the closed-minded letter-writers as their models, using stereotyped views and second-hand information to concoct theories that show they have little knowledge about the subjects they truly believe they know so well. Paralyzed by fear because of the warnings of these letter-

writers, our youth will be unable to concentrate their efforts on the facets of life which I consider to be most important: sex, drugs and rock music.

In all fairness, there is some truth to what these letter-writers are saying. I myself conducted an experiment proving a connection between rock music and rampant communism. Risking my own mental well-being, I chose the loudest album I could find, put on a set of headphones, turned the volume on my stereo up to "10", and played the record. After only 10 minutes, I felt like voting NDP.

But, by and large, the half-truths and plain nonsense put forth by the closed-minded letter-writers are pretty dangerous stuff. As such, until these letters stop appearing in The Tribune, it is the civic duty of every parent in Whitchurch-Stouffville to keep their children from reading your letters column. With their minds free of this poisonous influence, there may yet be hope for our great country.

Yours very truly,  
 DAVID HARRIS.



## No respect for editor's column

By John Montgomery

Contributors to The Tribune who have seen their work mercilessly edited can take comfort in knowing that even the editor is not immune from such crass treatment.

My column, which appeared on this page last week, was ruthlessly chopped by Keith and Annegret who carried out the final proofing of the paper in my absence as I was covering the Dulverton hearings.

You can imagine my surprise and chagrin when I realized my work had been drastically truncated. Of course, one of the first things a reporter learns is that if he is a prima donna he or she is in the wrong business.

So, instead of throwing a full scale tantrum I limited myself to abusive remarks aimed at my brash minions and sulkily threatened not to write any more columns. "So, don't," I was told sharply, bringing to an end my complaints. Several people (well at least one for sure) commented that my column ended rather abruptly and asked me to continue my remarks.

As I said last week Cuba has been communist for almost 20 years but capitalism still flourishes in Cuba and everywhere you go you are harassed to sell t-shirts, beach things, sunglasses and especially blue jeans.

was even an outside chance we would sell them our stuff. Dealing with black marketeers isn't very profitable even if you are offered 130 pesos (over \$150 Canadian) for your jeans. There is no profit in selling to these people because Cubans have a currency monitoring system which involves giving you a card every time you convert Canadian money to Cuban pesos. The card lists how much money you are supposed to have and every time you make a purchase the amount is deducted from the total. If you don't have a currency card it doesn't matter how much money you have they won't sell you anything in the stores.

The most chilling aspect of life in Cuba, at least to a born smart-ass like myself, is the emphasis on ideological conformity for anyone wishing to have a career.

We went skin and scuba diving while in Cuba and thereby got to know Mario, the head of all aquatic sports, fairly well.

A conversation on the beach one day got onto the topic of how lifeguards were hired.

Mario said all new lifeguards chosen "Must be revolutionaries." We asked how students for the lifeguard school were chosen and he candidly replied they were chosen only from members of the Communist Youth and added that the current lifeguards, whose revolutionary attitudes were suspect, were to be phased out.

Good jobs in all sectors of the economy go, apparently, to party members only. The state, not you, decides whether you will work in a factory or go to university, whether you will become an artist or a fieldworker. It doesn't seem that Cubans can even be spare time artists as everything is tightly rationed and it is doubtful that materials are available.

Evidence of Russian and Eastern European involvement is everywhere but at the same time people try to copy western styles and fashions, often unsuccessfully. We were amazed to see so many Cuban women using generous quantities of blue eye-shadow and wearing mini-skirts - at least 10 years behind western fashions.

There is still a strong American influence in Cuba - not political but social. Public places almost invariably have television sets that are mounted prominently and play free for the general public.

We would check to see what was playing and invariably it would be an old American movie - often in English with subtitles.

It was really disorienting to come from the sweltering 300 year old Spanish - Colonial streets of Old Havana into the central train station and be confronted by a 1930's Humphrey Bogart gangster film being watched on T. V. in the lounge.

Cubans, as you can imagine, have a strange

view of the United States and Canada.

They know about blue jeans, mirror sunglasses and many of them can listen to Florida rock n roll radio stations. One Canadian who spoke Spanish got into a conversation with a young Cuban and the Cuban could match old Hollywood actors name for name, but of American movies of the past 20 years his knowledge was scarce, to say the least.

"You could tell the Russians because they wore their shoes on the beach, right?" joked a friend of mine after our return home.

"No," I replied, "But their idea of dressing informally was to not wear a tie with their 1930's style shapeless business suits." Although they did keep the top buttons of their shirts securely fastened.

The Russians presented an amazing contrast to the jeans and t-shirt of the young tourists and the stylish "leisure wear" of the more conservative visitors.

The Cubans have a warm and open style. People, often of mixed races, would embrace publicly if they chanced to meet on a crowded local bus or on the street.

In temperament I think they identify much more strongly with the free-wheeling North American style than they do with the cold and supercilious stodginess of the Russians.

usual, a lot of the small talk amongst us

Canadians revolved around how obnoxious the American tourists were. We entertained each other with stories of boorish statements and actions perpetrated by the Americans.

This all came rather uncomfortably to mind when we took a bus tour of Havana with a group of Canadians. Although I normally avoid these tours like the plague it was cheap and we felt it would help us to get oriented to the layout of Havana.

I found myself sitting on the bus next to a woman from Chatham who was promptly nicknamed "Tugboat Annie" because of her gravel voice, which was heard interminably.

She started off, of course, by directing all her conversation at me, in a tone that ensured that everybody else on the bus overheard.

She had obviously been hitting the bottle and she confirmed this when we passed the former Bacardi Rum factory. The tour guide announced from the front of the bus and with the aid of a loudspeaker that it is now closed and Tugboat replied, from the back of the bus and with only the aid of her God-given lungs, "Yeah, we drank it all."

After the first stop we made a point of getting a seat at the front - in fact there was a real rush for seats at the front.

Later on we stopped at the governor's home, built when Cuba was a colony of Spain and the

jumping off point for much of the conquest of Central and South America by the Spanish.

The house had a beautiful central courtyard with a statue. Christopher Columbus "discovered" Cuba for Spain so naturally the statue was of him. We had seen one other statue of Columbus, but it was only a bust located in a discreet corner.

Tugboat, barged up to the tour guide and demanded to know who the statue was of. On being told she bawled, "Not another statue of Christopher Columbus, Yuuch!"

Tugboat was the worst but unfortunately she was not alone. We were walking down a narrow street that was at least two hundred years old when one tourist bleated, loudly, of course, "Why do they make the streets so narrow?"

He just couldn't understand how anybody could be so stupid as to design a street that wouldn't allow for two full-size North American cars to pass.

Walking down another street a hotel where Ernest Hemingway and other Bohemians used to hang around was pointed out.

"Who?" inquired one of the tourists.

"Ernest Hemingway," replied the guide. "The author of For Whom the Bell Tolls, The Sun Also Rises - " he continued, spilling out a few more names.

"Never heard of him," concluded the tourist.