

ONE CUSTOMER IN EACH STORE WILL BE SELECTED AT CLOSING TIME
SATURDAY, MAY 6TH, 1978

Retirement

THE FOURTH QUARTER

By LESLIE HOLBROOK

As you age, adjust and adapt. That is a key factor for insuring satisfying senior years. Whether you are retired, expect to retire at 65 or plan to continue remunerative work past that age, you should change in sensible fashion as you move along life's continuum. I do not mean that, as the years mount up, you need to don sombre attire (there is nothing wrong with flamboyant, Gordon Sinclair haberdashery if that's your bag) or spend all your time in prayer and preparation for what may come later.

O'Bannon stretches common sense

Dear sir, Miss O'Bannon's view and teaching that "junk food" is the reason for man's deeper problems: problems such as "listlessness, confusion, and disrespect for authority and law and order" really cannot be taken seriously, not even with a grain of salt. Who would argue against the fact that we all can physically react to various kinds of food and drink, and often do? If I should drink five cups of coffee in a row it wouldn't be long before the caffeine in the coffee would stimulate and quicken the metabolism. Now that's common sense, but Miss O'Bannon stretches common sense into a realm which has no logical nor Biblical foundation to stand upon.

In one of her recent articles Miss O'Bannon mentioned she thought herself to be a Christian. Now a Christian by her definition is someone that has irrevocably chosen to pattern their life and teaching to the life and teaching of Jesus Christ. My concern, however, is that Kathleen's views on health through right eating and exercise is a popular Eastern philosophy and practise and is found especially obvious in such groups as the Hare Krishnas and various Buddhist sects but is never endorsed by the clear teachings of Christ on this subject which can be found in Matthew 15:10 and Mark 7:14-23 of the New Testament.

Miss O'Bannon's position is very familiar to me as I once managed a successful health food business in Toronto eight years ago. There came a time in my experience with dispensing health foods, vitamins, and most frequently advice, to the many who came seeking relief from their problem, when I began feeling hypocritical and could not shake this feeling of hypocrisy growing within me because it centered in my conscience and there was no way I was going to murder my conscience though, sorry to say, some have and try even today. I was feeling hypocritical because my service to these people amounted (really) to giving a bandaid to someone with a heart condition.

Jesus Christ taught that true purity and health begins in the heart, which is the seat of the thoughts and affections of a human being. Some are very good at polishing the outside of the cup so that it appears to be clean to everyone watching, but if the inside of that cup is still dirty then has that cup really changed?

Health foods, Yoga, fitness programs all have some benefit to the outside of a person's being — the physical may receive some benefit from these things — but please Miss O'Bannon don't feed us the untruth that inner purity of heart mind and character comes through eating "right foods".

Also because I frankly can't swallow that respectfully,
STOJAN NINKOVIC
Stouffville.

that's your bag) or spend all your time in prayer and preparation for what may come later. Away back in 1961, a U.S. conference on the aging set out the rights of senior citizens on the one hand and the obligations of the aging on the other. Today we hear much about the rights of seniors (freedom from want, affordable housing suited to the needs of later years, the right to live independently and to die with dignity) and this is all to the good.

Not so frequently do we consider the obligations of oldsters — and of those approaching senior status. That 1961 conference decided that these were our obligations:

Plan ahead for ultimate retirement but resolve to remain active, alert, capable, self-supporting and useful so long as health and circumstances permit;

Learn and apply sound principles of physical and mental health;

Seek and develop avenues of service in the years after retirement; Make available the benefits of your experience and knowledge; Make yourself adaptable to the changes added years will bring; Maintain relationships with family, neighbours and friends to make you a respected and valued counsellor throughout your life.

These obligations emphasize the need for and value of adapting to changing conditions, of striking a sane balance between what you used to do and what you are capable of accomplishing as you grow older. If you do not adapt as the years pass you are headed for a stressful time indeed. And stress can do terrible things to you. By adjusting in sensible fashion as birthdays go by you will avoid the damage that can be done to you, both physically and mentally, if you fight change. As you age, you must

adjust to people as well as to events and new situations. There is a tendency as we grow older to more readily take offence at what family, relatives or friends may do or say. If you feel you are slighted let it pass; your anger can be much more harmful to you than the slight or oversight that caused it. In Ohio they have an adult education course to teach older people to relax in this age of tension. The teacher says he is "semi-retired and a quasi-expert on doing nothing." I don't go for that "doing nothing" bit but learning to live with stressful situations is important.

Retirement itself is considered the tenth most stressful event in your life. Plan for it, if it still lies ahead; if you are already into it, roll with the punches but don't throw in the towel! Send your questions and comments to Stouffville Tribune, c/o P.O. Box 1506, Guelph, N1H 6N9.

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Doug Wilson

Regional councillor slams unwise project

Dear Sir: Granted your readers do not recognize the name Councillor Doug Wilson of Durham Region, but I still feel it imperative to communicate with the people in your area on matters which affect them. Nearly all the politicians at Regional level claim the Region has been a harmful experience for their particular section of the Region. It would seem our main concern must be — are we harming the individuals in the Region — more specifically, the homeowners?

A common practice at Regional Council is that a local representative will support expenditures for another area on the basis of being able to get support for similar undertakings in his own area. In many cases, some of these projects are not required, the cost should not be spent and the debt should not be incurred. These matters are quite often overlooked by the

politician in his endeavour to thump his chest and tell his constituents what he has done for his area. This form of disorganized and impractical spending is what has caused excess debt in Durham Region — in turn, it will in the future increase your taxes. A good indication of folly of this nature is the manner in which a nine million dollar water project (Grandview Reservoir) was forced into the Oshawa area and it is now found to be totally unnecessary. Again, an example, the 1.7 million dollar Works Depot for the Oshawa-Whitby area was also forced into this area. In both these cases, the Oshawa delegates and the Whitby delegates, with the exception of one in each case, voted against these projects. In effect, they were forced into the area by outside politicians who were not overly concerned with the pros and cons and the needs of the area.

The ultimate debt, however — over ten million dollars — must be paid by all citizens of Durham Region, yourselves included. This means your taxes are increased by over one million dollars per year for interest costs only. I think you will agree with me that this is extremely poor management, and we in the Oshawa area would ask for greater co-operation in the future to overcome this debting.

I write this letter as a means of urging you to prevail more strongly on your local representative at Durham Region to cut down spending in every way possible. I feel these are troubled times are, hardly the times to play political games at the expense of the taxpayers of Durham Region. I wish to thank you, Mr. Editor, for the opportunity of airing my views on this matter. Yours very truly,
DOUG WILSON
Durham Regional Councillor

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