



Whitchurch Highland P.S. came alive with sound last Friday night when student bands performed in "Grand Finale", a production that featured the school's rock bands. Here "R.B." Burrows, the music teacher and Black Diamond band member, cuts loose.

Retirement

THE FOURTH QUARTER

By LESLIE HOLBROOK

Stress and the senior years is a subject I've been meaning to get at. Right now seems a good time because I approach my typewriter full of frustration - two hours behind schedule. And as Montreal's Dr. Hans Selye tells us, frustration turns stress, which can be pleasant and healthy, into distress which is always harmful. My frustration of the moment involves a miserable vent on the laundry clothes dryer disconnected in the winter (to prevent

another frustration - freezing pipes) - the spring re-connection long overdue. Everything seemed to go wrong and after two hours I've given up - for today.

Let me see if a review of my 'Stress' file will calm me down a bit and, I hope, give you some tips on avoiding stressful situations while continuing to enjoy the natural stress of pleasing activities.

Dr. Selye says there is a close relationship between stress and aging because the way we are

today results from the sum of all the stresses to which our body has been exposed during all the years gone by.

He emphasized that as long as we live we are under some measure of stress (the alternative is death) but, although stress and aging are closely related, they are not identical.

It is unpleasant stress - the pains, worries and frustrations - that does the damage and leaves the serious scars.

Successful, pleasing activity, on the other

hand, leaves you with comparatively few such scars. "It causes stress but little, if any, distress," says the world-famous authority. "On the contrary, it provides you with the exhilarating feeling of youthful strength, even at a very advanced age."

So the truth seems to be a simple one. Seek out pursuits that please rather than provoke. Dr. Selye believes that you can live long and happily if you have found the proper things to do, for you, and are reasonably successful at them. (If golf results in a string of four-letter words and a drowning of sorrows at the 19th hole, perhaps fishing would be better for you.)

Another tip: Unless you are genuinely tired, switching from one activity to another is more relaxing than extra, unnecessary rest.

"Few things are as frustrating as complete inactivity," says Dr. Selye. "And, of course, activity is a biological necessity. Unused muscles, brains and other organs lose efficiency."

In case you are feeling guilty just sitting there, the good doctor recognized that "there are the beachcomber, the congenial pensioner and the person who feels happiest while passively enjoying the gifts of Nature of the creations of others."

"The degree to which various people get satisfaction from active or passive behaviour differs enormously," he notes, then says that you should lead the life that seems best for you.

But don't vegetate. Your delights can come from a simple lifestyle but simplicity is not synonymous with stagnation.

For most of us an active life is best. Writing is what I like to do - so you see, I feel better already!

Now to get that darned dryer vent! Send comments and question (long, stamped, addressed envelope for reply) to: *Stouffville Tribune*, c/o P.O. Box 1506, Guelph, Ontario, N1H 6N9.

More mail

Reject Maple dump

Dear Sir: It is most encouraging to read of the recommendation of the Environmental Assessment Board to reject the garbage dump planned for Maple. We, of the POWR group, urge the Ministry of Environment to accept this recommendation. We believe that people throughout the province, and especially in the Metro Toronto

area, must be brought to the realization that land fill sites are not an acceptable means of handling waste. Although the rejection of the Maple site, and the closing of the Beare Rd. site, means an increased pressure will exist for land fill sites we must realize that the answers for our waste problems lie in the areas of reduction, reusing, and recycling. We urge the Ministry

to do everything possible to bring this message to the people of Ontario and to actively pursue ways and means to reduce, reuse and recycle in Ontario. The permanent rejection of the Maple site would be a great step in the right direction.

Yours sincerely,
Jim Sanders

Student trip appreciated

Dear sir: Several mothers accompanied 100 grade 8 students and three teachers to Ottawa recently.

Appreciation for a well-organized trip should be given to David Payne, head of the elementary division, as well as a thank you to the students who made the trip so enjoyable for us.

The students were courteous and were in the right place at the right time and never kept the tour waiting.

Stouffville District Secondary School should be proud of its grade 8 classes! It was a privilege to accompany such a group of students and we thank you for the opportunity!

Yours truly
Anne Simons
Mill St.

Conservation area is closed for the year

TORONTO — The Metropolitan Toronto and Region Conservation Authority recently announced that the Milne Conservation Area, south of the Town of Markham will be closed during 1978.

The Authority, under agreement with the Ontario Ministry of the Environment, has restricted public use of the Milne Conservation Area in order to allow the completion of the York-Durham collector sewer system, presently under development, through the Conservation Area. The unexpected high water table is responsible for the delay in the construction of this section.

Barring any other unforeseen problems, The Metropolitan Toronto and Region Conservation Authority expects that the Milne Conservation Area will be open to the public in 1979.

For further information, contact Metro Region Conservation at 661-6600.

He's 80, not wife

Last week Mrs. Reg. Walker was incorrectly congratulated for an 80th birthday which belonged to her husband. Mrs. Walker won't even be 79 until June 30. Sorry about the mistake.

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