

Stouffville Tribune

A Metroland community newspaper
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Views ON THE News

A FORUM FOR PUBLIC OPINION

Q: How do you plan to keep active this winter now that the cold weather is finally here?

I can't wait for Mount Joy pond to go into a deep freeze so that I can start working on my hockey shot.

TOM DIEL

Our family is big into skiing at this time of year. Our winter weekends are usually spent up in Collingwood.

MILLIE SPRINGER

Keeping active during the winter? What's that?

CLARENCE RUSSELL

We'll be keeping busy bowling. It's a good indoor sport during the winter, despite the shoes.

SYLVAN BERNIER

I'm staying inside and I'm staying warm this winter. I'll be at home watching *Baywatch* reruns on television.

PAT KINNEAR

Shopping is my winter activity.

DEBBIE MORRISON

I play oldtimer's hockey twice a week, not well mind you, but at least I get out with the guys and get some exercise.

STEW TANNER

My winter activity, so far, has been shovelling all this snow.

GEORGE FITZGERALD

THIS WEEK'S QUESTION

Do you believe the province's Special Investigations Unit is capable of a fair and speedy investigation into the Dec. 29 police shooting of a Sunderland area man?

Submit contributions to Views on the News, fax: (905) 640-5477
E-mail: thetrib@istar.ca

OPINION



LETTERS TO THE EDITOR

TV ad irresponsible

I think an ad which appears on TV is one of the worst and most dangerous ads televised today.

It shows a woman who drives her car up a steep hill, apparently puts on the brakes in front of her house, gets out of the car, goes to the front of it and gives it a kick. It starts to roll down the hill.

This is unthinkable. One does not send a car rolling down a hill, with the damage it would do besides hitting people and injuring or even killing them.

This ad should be banned from TV.

FRED MANNING
MARKHAM

Storm uncovers Samaritan

Sometimes disasters are sent to make us aware of the kindness of people who are strangers to us.

I wish to express my gratitude to a good samaritan who shoveled the snow from my car, which was buried in the snow from the snow plough.

I live in a seniors' apartment in Markham and took one look at this car thinking where do I start. I was trying to take a very dear friend back to the hospital; he had been out on pass.

While I stood there with the shovel in hand, a voice said, "I can help you with that." He picked up my shovel and started to dig me out.

I asked him where he worked, and he laughed. Then he said his children always ask him when is going to get a real job, so I asked what he did. He replied that he is with the Salvation

Army, and said his name was Owen.

So thank you, Owen. And to his children, even without a "real" job you have a father to be proud of.

KATHY MACKENZIE
MARKHAM

Good wins out over bad during Christmas season

Since I am unemployed, I took the opportunity to help out at the Salvation Army for a while with their Christmas hamper program.

I saw just how generous the community really is, pitching in with donations of food, toys and clothing which seemed at times like an avalanche.

Lots of volunteer time was also donated, along with the free use of vehicles for pick-ups from schools, churches, fire halls and parties.

As always, I got back a lot more than I gave.

One day, a woman came in to pick up her hamper and toys for her children. She was in tears. Some low life had broken into her garage and stolen her tree, all the presents and some personal belongings. She went around hugging everyone, saying, "Thank you, thank you. Now my kids will have a Christmas after all." It was worth the effort, just to experience that moment of gratitude.

I have seen the best and the worst of the season, and this time the good won out. Let's all be grateful and proud that we live in a community that really cares.

PHIL PENFOLD
MARKHAM



Dave Teetzel

Burn fat using stress in new fidget regimen

I have decided it's time for me to become a fitness guru.

We've already seen the workout tape turf, staked out by Kathy Smith and Richard Simmons, overrun by every supermodel and actorexic who can find a camera and a few square feet of beach.

But they have nothing on my exercise program, Dave's Fidget Your Way to Fitness.

My inspiration is a study by Dr. Michael Jensen of the Mayo Clinic, who fed 16 volunteers 1,000 extra calories a day and found some people gained up to 16 pounds, while others gained as little as two.

The difference was what Jensen called the "fidget factor". The people who squirmed and fiddled and fidgeted gained less weight.

This explains a lot. Women lament they need only think about food and they put on weight while men eat like pigs without worry. Health studies have also shown that married men live longer.

Now we know why.

Before we go out for a big dinner, we have to wait for our wives to get ready — which means a good hour or two of pacing, fidgeting, watch-checking, nail-biting (nails are low in saturated fat) and climbing two steps to holler, "How much longer, dear?"

All women need to do is apply the same healthy regimen at home — which is where my workout tape comes in.

My 20-minute workout begins with the announcement that there are two minutes left to play in a football game. The women can then pace and fidget through interminable time-outs, player substitutions and commercial breaks that stretch a few seconds of sports into a gut-wrenching, mind-numbing, dinner-delaying ordeal.

I'll show you how to warm up with a few easy thumb-twiddles before moving on to the heavy cardio foot-tapping and seat-squirming.

I'll demonstrate how you can avoid dehydration by swigging black coffee while you work out. And, in lieu of a cool-down relaxation session, I'll offer a rundown of your financial obligations, crime statistics and the probability of Y2K apocalypse.

You may be a neurotic basketcase, but at least you'll be thin.

Unfortunately, my concept has already been taken — they call it *Ally McBeal*.

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