



Boy, are they losers! Margaret Douglas, Tell Connolly and Pearl Wilson have found their lives changed after joining TOPS, an organization geared towards a sensible weight loss program.

TOPS helps with battle of the bulge

by Helen Murray
It's called the battle of the bulge, and even though it has nothing to do with World War II, winning it sometimes takes just as long.

Those flabby thighs, the spare tire around the waist, even the spreading caboose just seem to creep up, without warning, and with no invitation. And whether the victim is five pounds or 50 pounds overweight, it is a hard struggle to reach that goal.

That's where TOPS comes in. TOPS is an internationally wide organization designed to help the overweight help themselves in their quest for a slimmer figure. The goal of TOPS is to Take Off Pounds Sensibly, and for thousands of men and women across North America the strategy seems to work very well.

The Acton chapter of TOPS meets every Tuesday evening at Trinity United Church. The meetings start with a weigh in, with the weekly weight being recorded in a "bank book". There are withdrawals (losses) and deposits (gains). Only the weight recorder, Linda DeForest, need know a person's weight. Each member keeps a record of everything she or he has

eaten that week, an excellent way of illustrating where one went right—or wrong.

The incentives to lose weight start at the weigh in. As each person is weighed they contribute 25 cents to a kitty. The person who loses the most weight since the week before receives all the money in the kitty.

The actual meetings are varied. Talking about problems is encouraged, as one person's troubles may be the same as another's. To know one isn't alone is half the battle. Those who lose significantly are cheered, while those who gain are encouraged to keep fighting the battle. The successful share their secrets with others—they all have the same goal.

Nutritionists are invited to the meetings, as are many other guest speakers, not just those pretending to lose weight. Members tend to get tired of hearing about diets all the time, says leader Pearl Wilson. Games are played, and contests held, all part of the incentive programs.

Some of the 30 members are unable to attend the Tuesday night meetings, but drop in for a few minutes to be weighed. Knowing they must be weighed at a certain time and place is also a great incentive, even if they don't stay for the

meetings. Even for those unable to stay, there is a camaraderie which seems contagious. The executive play an important part in the success of the club. They are Leader Pearl Wilson; Secretary Tell Connolly; Treasurer Brenda Peavoy; weight recorder Linda DeForest.

Members must have a doctor's certificate telling how much weight they are allowed to lose.

There are even provisions for pregnancy, with the doctor determining just how much weight can be gained over the nine months.

And a slimmer figure is not the only reward after the dieting and exercise. The individual clubs present TOPS charms as awards for weight losses and members from different chapters gather for days of recognition at the area, provincial and international levels.

And the members aren't banished from the club when they reach their ideal weight. In fact, they are encouraged to stay with the organization to show others it can be done, and also to help run things.

These people join KOPS, Keep off Pounds Sensibly, and provide an example to all.

One KOPS member recalls the difficult times she had becoming a KOPS, but through determination, and a lot of help from other TOPS members, she reached her goal.

She remembers joining TOPS expecting an instant weight loss, without working at it. After only losing a few pounds, she left the club, only to rejoin two years later, with a totally different outlook. She knew any weight loss required a lot of dedication on her part.

"So, with my new TOPS friends, I worked hard at shedding 18 excess pounds," she says. "My fellow members provided the encouragement and praise I needed to succeed. Also, there were many shoulders to cry on when I slipped up, with many hands extended to immediately help me up again."

It took her about five months to lose the weight, through exercising, 1,000 calorie a day diet and attending the meetings, or at least the weigh-ins.

"I'm proud to say it has been three years since I've been carrying those pounds around."

The Acton Free Press



A Metroland Community Newspaper

One Hundred and Seventh Year — Issue 34

ACTON, ONTARIO, WEDNESDAY, MARCH 3, 1982

14 Pages — Thirty Cents

Average region taxes up as much as \$24

If the preliminary budget was approved without any cuts the average Halton taxpayer could expect to pay about \$24 more in taxes this year to Halton region.

There is no break-down of figures for Acton or Esquering's potential regional tax increase yet.

After reviewing the preliminary region budget, Councillor Dave Whiting says, region taxes could go up from an average of \$126 last year to \$150 in 1982 across Halton, an increase of 19.1 per cent.

Last year the average regional tax in Acton was \$102.46 in Acton and \$102.49 in Esquering.

Spending by the region alone, excluding the police, conservation authorities and agencies like Children's Aid, will go up only seven per cent according to the preliminary budget. However, spending by bodies not under direct region control will go up about 20 per cent.

In 1982 planning and public works is proposing to spend \$4.088 million, up \$815,000 from last year.

Health and social service has budgeted to spend \$3.559 million, an increase of \$623,000.

"Because there are no deficits for the region from 1981 finance and administration spending will actually drop by \$618,000 to \$4.814 million.

CVCA won't fill or drain pond where boy drowned

Credit Valley Conservation Authority has rejected two of three recommendations made by a coroner's inquest jury into the drowning death of three-year-old Derek Jones. Derek died after falling into a pond on the Campbell property behind Kingham Hill area homes last fall.

Last week CVCA executive committee received the report from the coroner's inquest, and then rejected filling in or draining of the pond area.

A staff report supported one of the jury's recommendations that a fence be built between the townhouse and semi-detached homes and the Campbell property.

The inquest into the drowning death October 20 of the Jones boy was held December 1.

The jury noted Ronald Campbell, 202 Main St. South, didn't object to the pond being filled in and suggested the CVCA support this recommendation

if there wouldn't be "environmental problems."

The third recommendation stated if the CVCA objected to filling in the pond then the authority should "ensure that the pond and swamp area are properly drained by maintaining proper ditches and culverts. (Also making a gradual slope to the pond.)"

CVCA staff noted both Halton region and the Authority's own report of 1978 calls the Campbell pond area "environmentally sensitive" and a "potential environmentally significant area."

"The filling of the pond and/or the drainage of the area through culvert and ditching works would result in further disruption of the natural features and processes of the marsh."

The report says the fence "would provide an adequate safety barrier from the pond for young children."



The annual Scout and Guide parade winds its way through downtown to Trinity United Church.

Group home prepares to fight threats of closure

The owner of a group home for troubled children is in danger of losing his license, unless he can disprove allegations brought against him by the Ministry of Community and Social Services.

Olga Danylak, program supervisor for the Ministry said David Stanley, of D and G Care Ltd., has been served with a notice of intent to revoke the home's license which was acquired in November.

Danylak would not reveal why the notice was served, nor would she say what was in the report from an investigation into the home. She did however, say it was information compiled during the investigation which led to the notice of intent.

The home has 15 days from the day the notice was served (last Tuesday) to appeal. If no appeal is made in that time Danylak explains, the home will be closed.

In the meantime, Stanley has appealed the notice, and a hearing will be held by the Children's Services

Review Board. The home may remain open until the hearing is over.

Stanley says the notice has listed allegations of child abuse, provision of insufficient food for the children in his care and the contention that he is an "unfit personality to care for children." He also pointed out the notice says he has "vicious guard dogs" on his Highway 25 property, just south of Acton.

Danylak pointed out, should the group home be closed, it would not affect the remaining children in Stanley's own Milton home, but merely those living at the group home.

Ron Childs, area manager of the Children's Services Branch of the Ministry contends, "The alleged incidence of child abuse is only a part of the total concern we have about that operation."

There has been no date set for the hearing.

Four Acton men arrested for selling grass, cannabis resin

Four Acton men were among 23 Halton residents arrested in the past week by the RCMP for trafficking in four drugs putting a definite dent in the drug scene in Halton. Police seized marijuana, hashish, hash oil and LSD with a total street value of about \$50,000.

A three-and-a-half-month undercover operation by the RCMP, in conjunction with the Halton Regional Police, led to the arrest of Glen Joque, 22, of RR 4, Acton, Samuel Herbert Mills 29, of Poplar Ave., Stephen Leslie McGilloway 22, of Churchill Rd., and David Lawrence Dunn 22, of Ransom St. Dunn surrendered himself to the police Monday.

The first three men arrested appeared in Provincial Court, Oakville, Thursday for a bail hearing. Joque and McGilloway were released on their own recognizance and Mills was released on surety (security against failure to appear). Dunn was also released on bail, but the RCMP did not know the terms when contacted by this newspaper.

Joque faces one count of trafficking in cannabis resin while Mills is charged with one count of trafficking in cannabis resin. McGilloway is charged with two counts of trafficking in marijuana, and Dunn is charged with one count of trafficking in marijuana. They make their first appearance in Provincial Court Milton on May 10.

Corporal Les Polehoykie, of the RCMP Drug Squad, revealed Thursday an undercover officer frequented various Halton taverns and residences making contacts with known drug users, purchasing narcotics. The officer, RCMP say, started at the bottom of the drug trafficking ladder and worked his way up.

Although this was a major undercover operation,

Polehoykie says, it was not a mass drug ring. A few of those arrested may have been connected, but all were individual operations.

Last week's busts "were probably the best in terms of yield and quality of the type of individual caught," Polehoykie pointed out. The arrests made, he said, will have a "major impact across the region."

RCMP pointed out some of the people arrested in Georgetown were major traffickers in the area. They in turn would have received their drugs from contacts in Toronto and Mississauga who were not included in this particular investigation.

About five-and-a-half pounds of hash oil were seized during the investigation, police say, worth between \$3,600 and \$4,000 a pound, depending on de-

mand. The narcotic is usually sold in five gram vials, which in turn sell on the streets for \$60 to \$80 a vial.

Police also seized about 36 hits of LSD which sell for \$5 a hit. Hashish was purchased in lots of eight grams to almost one pound to total two pounds. Some 56 ounces of marijuana were bought in ounce, quarter pound, half pound and pound quantities.

Police concentrated their investigation on individuals they felt were capable of dealing in such large quantities.

Arrests were made Tuesday, Wednesday and Thursday at homes in every urban centre in Halton, including Kildee. All taken into custody were men, aged 17 to 29. Warrants for seven other suspects are outstanding.

Mick Holmes hands in pager



Mick Holmes

Halton Hills Fire Chief Mick Holmes is handing in his pager after 34 years of fighting fires.

Holmes announced his retirement Monday evening during an in-camera portion of Halton Hills council meeting. His last day on the job will be July 3.

Holmes was working for McKenzie Lumber in 1947 when his boss, Ken McKenzie, asked him to replace him on the Acton volunteer brigade. McKenzie handed over his hat, coat and boots, and Holmes has been with the department ever since.

Fred Dawkins was his first fire chief, and later Jack Newton, whom Holmes was to replace in 1961. At that time, the position was still a volunteer job.

In 1972, Holmes recalls, the town of Acton hired him as the municipality's first full-time fire chief, and he had his own office in the municipal offices on Mill Street.

With the formation of Halton Hills in 1974, town fathers decided to have two fire chiefs, one in Acton

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The combined forces of the RCMP and the Halton Regional Police netted \$50,000 in drugs and 23 arrests in region-wide busts last week and one this week. Halton Regional Drug Squad Inspector Jim Currie, RCMP Drug Squad Corporal Les Polehoykie and RCMP Sergeant Wayne Graham look over a sampling of the drugs seized.