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October opening planned

The official opening of the Hilton Falls gatehouse is planned for this fall and will include a variety of special activities in honor of the occasion.

The "special event" is proposed for Oct. 1 and will feature an introduction and preview of the Hilton Falls master plan.

The Halton Region Conservation Authority is also planning helicopter rides over the area to show the expanse of the conservation area and the nature of the landscape.

Wagon rides will also be offered and there will be a wildlife and forestry exhibit and demonstration by the Ontario Ministry of Natural Resources.

There will also be a tour of the Hilton Falls dam and reservoir and visitors can look forward to a variety of entertainment and food services.

The day's events will run from 10 a.m. to 4 p.m. and invited guests will include local provincial and municipal politicians, members of the Conservation Authority and Foundation, senior staff from the Ministry of Natural Resources.

Trevino to try again

Lee Trevino, three-time winner of the Canadian Open Golf Championship and the newly-crowned Canadian Professional Golfers Association champion, has confirmed his entry into the 1983 Canadian Open at Glen Abbey Golf Club July 25-31.

Trevino won the Canadian Open for the first time in 1971 at Richelieu Valley in Montreal. He also won the U.S. Open and British Open that year and collected the \$25,000 Peter Jackson Triple Crown Award for winning all three national championships.

He won the Canadian Open again in 1977, the first year the Canadian Open was held at Glen Abbey, and duplicated that feat two years later on the same course.

Tickets for the 1983 Canadian Open are on sale at all Toronto-area BASS outlets, through selected branches of the Toronto Dominion Bank or through the tournament office (416-844-1800).

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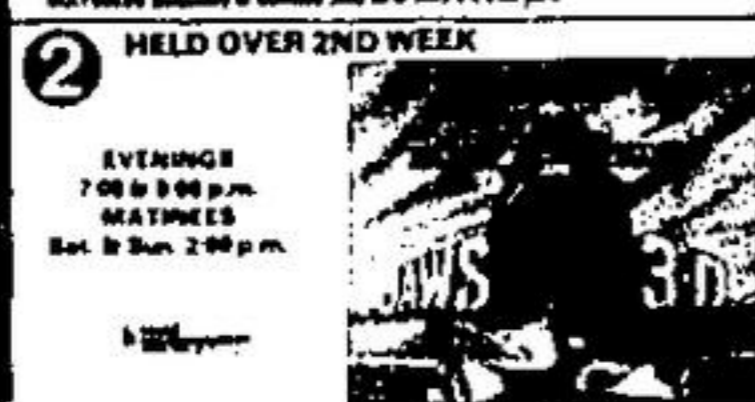
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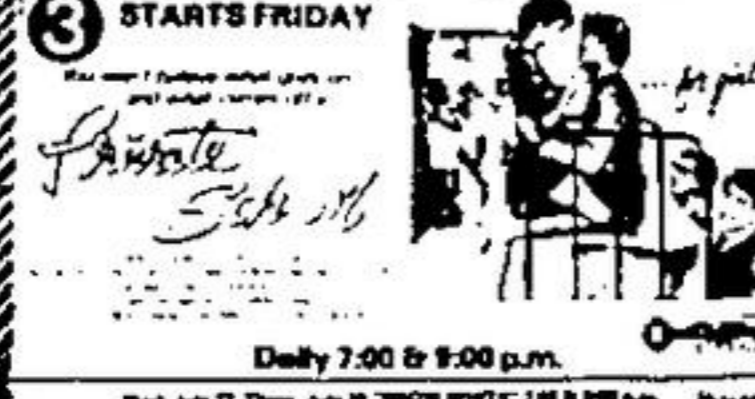
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3 STARTS FRIDAY



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Need is solved by nutritionist

By MARG LANGTON

Barbara Engle, recently-appointed community health nutritionist with the Halton Health Unit, feels no need to justify her position. The need and the interest are there, she points out: all that remains is putting it all together for the Region's 260,000 people.

An increasing predisposition to take more responsibility for our own health is borne out by a recent ministry of health and welfare study of 400 Ontarians. Results show that 80 per cent consider proper nutrition important for feeling good and almost 50 per cent said they had made changes in their eating habits over the last year. These changes include: cutting down on fat and salt; cutting down on total food intake; and increasing consumption of fruit, vegetables and grains. A common response was the desire for more nutrition information.

As resident nutrition expert in the Health department, Ms. Engle will be a resource for other staff including 62 public health nurses and six dental staff. She will be responsible for in-service training and plans to develop a resource centre for staff and community professionals including teaching kits which nurses can use in the schools.

While the present focus on nutrition is positive, there is also a lot of misinformation for the public to contend with, Ms. Engle feels. Much of the confusion surrounds fad diets, an area where she sees people "easy prey to hucksters". Acquiring sensible eating habits to last a lifetime is a must for weight control, Ms. Engle says, not to be confused with a two-month "miracle" regime.

If a considerable weight loss is indicated, she recommends out-patient counselling from a dietitian or nutritionist. For small amounts, she advises reliable self-help groups.

Among Ms. Engle's credits is an Ontario Heart Foundation pamphlet she coauthored, Reshaping Fat-Making Habits. It is available free of charge from the hospital or by calling the Health Department at 827-2151.

The nutritionist sees one of her key functions as educating service providers in the community, including school boards, hospitals, the day care industry, physicians, the local office of the ministry of agriculture and food, and the media.

Priorities cover all age groups. Keeping seniors independent and healthy as long as possible is one of Engle's aims. One of her first programs began June 4 when the Senior Chef television series

premiered on CKCO-TV, Channel 13 at 10 a.m. The 13-week series, sponsored by the Health Department, features Bert Dodd, a 65-year-old amateur chef and charmer. Each week he demonstrates how to come up with a nutritious, balanced diet on a shoe-string budget and with limited cooking facilities. Instructions for obtaining the Senior Chef Cookbook are given during each program.

Since the family is a key source of nutrition information, Ms. Engle is committed to reaching parents as well as childless adults. Teenage eating habits deteriorate rapidly, he notes, particularly among girls who are prone to fad dieting. Teenage boys who on average eat more, are more likely to be including some nutritious elements in each day's intake.

Prenatal instruction is definitely an important area, Ms. Engle stresses, happy to note that these classes are now attracting both parents, thus doubling chances of establishing good eating habits for the whole family.

The debut a nutrition newsletter is planned for September, with circulation including the media, physicians, and key service providers.

Ms. Engle's professional experience covers both governmental and industry. She was a nutrition consultant with the ministry of health for the past three-and-a-half years and spent a year prior to that as public health nutritionist with the Haliburton, Kawartha, Pine Ridge Health Department. Five years with the Ontario Milk Marketing Board gave her exposure to program development for primary, junior and intermediate school teachers. She holds a B.A. in home economics from the University of Western Ontario and a graduate diploma in public health nutrition from the University of Toronto.

Dr. Cole, Halton's Medical Officer of Health, requested a nutritionist as soon as he arrived in January, '81. Approval came at the end of the '82 budget year, putting Halton among the 34 out of 43 health departments across the province providing this service.

The heightened awareness over the past five or six years in the areas of fitness and nutrition is very positive, Dr. Cole says, but he thinks behaviour has not changed accordingly. People need strategies, he believes, to help them get going in the right direction.

There are a lot of misconceptions about the cost of eating healthily, Dr. Cole points out, stressing that it is actually cheaper to eat nutritious food.

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Mr. and Mrs. Sidney Gray, of Streetsville, are pleased to announce the graduation of their daughter Jodi Louise from Trent University, Peterborough, Jodi a graduate of George Kennedy, Centennial and Acton High schools, received her B.A. in native studies. She returns to Trent to her honors year this fall.



Gail McCosh, daughter of Mr. and Mrs. David McCosh, graduated from the two-year Retail Management Arts program at Sheridan College, Oakville, June 10.

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