

Self-improvement in 1980

# Winter courses available on wide range of topics

Herald readers who have followed the New Year's tradition of making resolutions in the name of self-improvement may find plenty of helpful information in these articles by staff writer Lori Taylor, who doesn't smoke and doesn't need to lose weight, but does have her eye on some of the night courses offered at a variety of local schools.

By LORI TAYLOR  
Herald staff writer

Looking for something to do on those cold winter evenings, or on those long winter weekends, something that won't cost an arm and a leg, and which will provide a sense of accomplishment?

Registration is open this week for enrollment in night courses and weekend activities organized by a number of local groups, including the Credit Valley Artisans, the Y, Sheridan College and Halton board of education night school.

The Y registration is ongoing although the organization prefers people to register for the courses before January 7. The Y is offering several courses this session, including dance, aerobics, teen cooking courses, and "You're Getting Better".

Dance is a course which teaches exercises in the form of dance routines. The course will be held at the Y on Monday evenings, and the instructor will be a professional dancer from Dancecyrise Incorporated in Toronto.

The teen cooking course will feature three afternoons devoted to health food cooking, gourmet cooking and international cuisine. The courses will run January 19 and February 2 and 16.

"You're Getting Better" is a course for women in fashion design and co-ordination, featuring lessons in hair-dressing and make-up as well. This course will be offered on Thursday evenings.

**BASKETBALL.**  
The Y will be organizing the YBA Youth Basketball league again this year, and is looking for young people to participate. Children from grades

three to ten are welcome to join. Last year, about 120 people registered for this program, and the Y is hoping for the same or better this year. They are particularly interested in seeing grade nine and ten students participating.

Information on the other courses sponsored by the Y is available by calling the Y at 877-6163 in the afternoons, or by consulting the recreation department's winter program book.

The Credit Valley Artisans are offering new courses this session in woodcarving and printmaking, in addition to courses in weaving, watercolor, silver-smithing and pottery making.

Registration for the courses begins tonight (Wednesday) and continues from 7:30 p.m. to 9:30 p.m. and January 12 in the mornings.

Therese Scholz, registrar for the artisans, said the group is hoping for higher enrollments in its weaving courses this year, and would like to encourage teenagers to register in the pottery course for teenagers.

Registration will be held at the cottage in Cedarvale Park, in the corner of Maple Avenue and Main Street south.

The Halton Hills recreation department is offering programs for children and adults in gymnastics, karate, learning to skate, power skating, ladies' fitness and swimming, mixed fitness and swimming, and jazz and tap. There are also a number of aquatic programs available.

Registration for the aquatic program is open now, and will continue until January 11. Registration for the other pro-

grams will conclude tomorrow (Thursday).

The Halton board of education is offering night school courses at both Acton and Georgetown District High

School's. Registration at Georgetown District High School can be done in person tomorrow (Thursday) from 7 to 9 p.m. and at Acton High School January 10 from 7 to 9

p.m.

**AUTO TO BRIDGE:**  
Courses at Georgetown high school include auto maintenance, bookkeeping, cake decorating, crocheting, French,

guitar, yoga, typing, photography and woodworking. Courses available in Acton are ballroom dancing, bookkeeping, cake decorating, disco, drawing and painting, sewing,

typing, woodworking and yoga.

Sheridan College is offering a full schedule of night courses beginning for the most part during the week of January 21. Registration can be done in person beginning today (Wednesday) between 9 and 5, and in the evenings from Monday to Thursday. Registration can also be completed by mail with forms included in the college's community services booklet, copies of which are available at the library.

The different courses being offered at the nine campuses of the college are too numerous to

list, but they fall into the categories of Liberal and general studies, applied arts, business administration, secretarial studies, commercial retraining, management studies, applied science and technology, English and media studies, visual and creative arts, athletics, instructional yoga, special interest courses and courses in selling real estate.

Further information on the college courses is available by contacting the community services division of the college, or by picking up a copy of the course outlines from the library.

## New eating habits often needed for significant weight losses

The holiday season is one of excess for many people, and around about January 2, they start eyeing their waistlines ruefully and embarking on crash diets to drop the extra five or ten pounds the season's bestowed on them.

But the only way to lose that weight and keep it off is to count calories, according to T.O.P.S., which stands for Take Off Pounds Sensibly.

The organization has three chapters, with about 200 members, in Georgetown. The chapters, which meet Monday and Wednesday, now hold their meetings at the Emmanuel Lutheran Church, and the Tuesday night chapter meets at George Kennedy Public School.

People who are looking to lose more than a few pounds

generally have to re-orient their eating habits, according to Catherine Tassone, a member of TOPS. Losing weight requires motivation, and determination, and the support of the other members of the group is very helpful, she said.

Each meeting begins with a private weigh-in for each member. The meetings will feature guest speakers, but the topics don't often include menus, or "tips" on how to lose weight, Mrs. Tassone said.

TOPS is mainly for people whose doctor says they need to go on a diet, and the doctor will set the goal he wants the person to reach, Mrs. Tassone said. The doctor will assist with making sure the person eats properly while dieting. "You have to have the desire to lose weight," she said.

"Otherwise you aren't going to get there."

Mrs. Tassone said counting calories can get boring at times, "but it's up to you to do it, or you're not going to lose any weight." She said after practice, it gets easy to look at a serving of any dish and calculate the number of calories in it from the size of the portion and the way in which it was cooked.

It also becomes easier to balance eating habits by telling yourself that if you eat something with 200 calories now, you'll have to drop something else out later, Mrs. Tassone said.

One of the functions of TOPS is to provide support from other people who are going through the same problems, she said. Part of this support

comes from recognition. TOPS has an award of recognition which is presented in each chapter, area and province, and internationally as well. The chapter chooses a Queen of the Year, and a King if there is a man eligible for the award, in recognition of a large weight loss.

"The recognition is a positive reinforcement," Mrs. Tassone said. "It shows the member the work she or he has done during the year, and shows how proud the other members are. It makes a real family feeling."

Anyone wishing to join TOPS can contact a member or a chapter leader, or attend a meeting as the guest of a member. For more information on the organization, contact Catherine Tassone at 877-4426.

**BRAMPTON-GEORGETOWN FEDERAL PROGRESSIVE CONSERVATIVE ASSOCIATION**

**NOMINATING CONVENTION**

January 10th, 1980 at 8 P.M.

CENTRAL PEEL SECONDARY SCHOOL

Kennedy Rd. N. Brampton

GUEST SPEAKER

**Hon. Walter Baker**

P.C., Q.C., M.P.

Deputy Prime Minister

## Smoking habit hard to break, smokers find

As people become more health-conscious, and more conscious of the on-going expense of cigarette-smoking, they become motivated to quit. But it isn't easy.

Joyce Armour of the Halton Lung Association says quitting smoking is "the hardest thing you'll ever do", and it takes a lot of will power and support to keep going. But it's still one of those promises that makes it to the top of many lists of New Year's resolutions.

Mrs. Armour is responsible for organizing the Lung Asso-

ciation's clinics to assist people who want to quit. The clinics, which are held in different areas of the region, are on a five-day plan, with a month-long follow-up.

Those who want to attend a clinic should plan on spending five nights in a row at the clinic. Pre-registration is required. Those enrolling in the clinic are asked to fill out a score sheet accounting for each cigarette they smoke for two days, so that the person's

(Continued on page 19)



**JOSEPH'S**  
MEN'S HAIRSTYLIST  
IS FOR EVERYONE!

Long & Short  
Haircuts Toot

ASK AROUND! JOSEPH'S OFFERS  
THE FINE ART OF HAIR SHAPING

Professionally Done Modern  
Styles At Reasonable Prices

877-0322  
MOORE PARK PLAZA

Tues. - Wed. 9:00 - 8:00 Thurs. 9:00 - 7:00 Fri. 9:00 - 8:00  
Saturdays. 8:30 - 6:00 CLOSED MONDAYS

WE'VE ALWAYS BEEN GOOD...NOW WE'RE

**SUPERIOR!**

ANNOUNCING A NEW SERVICE AT...  
**RICH'S SERVICE CENTRE LTD.**

**LIFETIME GUARANTEE**  
(FULL LIFETIME WARRANTY)  
on the muffler tailpipe exhaust pipe and labor!  
(for as long as you own your car)

No Wait! Your muffler and tailpipe is always in stock  
and ready for immediate installation!

Complete muffler  
systems guaranteed  
backed by the  
best quality pipe  
of the business  
in writing!  
At a Price  
you won't resist!

**Superior Muffler**

CUSTOM  
PIPE  
BENDING  
AVAILABLE  
- Over 100 different  
- Headers

Hwy. 7 East of Acton 853-2940

## RYDER'S TV

### Wishes To Thank Our Customers For Their Ever Increasing Support. With Your Help We Have In 1979-

- Held prices of T.V. & Stereo steady with little or no increase, some decreases.
- Increased our service made possible by training programs in past years.
- Increased our Canadian content with most of our speakers Canadian made.
- Increased the quality of our products, dropping one line and concentrating on the two best.
- Increased our warranties, Quasar now 36 months, Toshiba T.V. 50 months, Toshiba Stereo 30 months.

## WE PREDICT IN 1980

- Adding another stereo line to Toshiba, possibly Quasar.
- Increasing Canadian content if more Canadian goods become available.
- Holding the prices on T.V. & Stereo again to about near zero average increase.
- The combination of advancing technology to a high level, of competition afforded by your support of the independant retailer keeps inflation in check. It always has, we think it always will, and in the case of Ryder T.V. and Stereo it surely does.

**RYDER'S TV & STEREO**

Moore Park Plaza  
Georgetown — 877-9796