

# Lifestyle change for top weight watcher

## Acton woman loses 82 pounds

By BRIAN MacLEOD  
Herald Staff

Melanie Hardie has given herself a belated Christmas present. Weighing in at 244 pounds just before the season last year, Melanie decided to join the local Weight Watchers program in Acton.

Her goal, aside from losing the weight her doctor advised her to lose, was to get down to the weight she was some 12 years earlier.

Melanie started the Weight Watchers program Jan. 18.

She figured it would take at least a year.

Eight months later Melanie's five foot eleven inch frame neatly carries only 162 pounds.

In August, Melanie won the Mississauga area (covering Acton) Weight Watcher of the year award and she heads down to Mississauga Oct. 13 to try for the Ontario title.

Shedding 82 pounds has changed her life.

"I'm pleased to say, the least at what I've done," Melanie says.

"Before Christmas I looked at myself and I was very low and depressed. I had to make an effort to be happy. Now I don't."

"I used to bowl. I quit bowling. Now I'm back. I used to not attend office gatherings. I won't miss them now," the University of Guelph Alumni affairs and development clerk says.

The first night at Weight Watchers that January night in Acton Library, Melanie was given a goal weight (163) pounds.

She was also given a strict diet of about 1,000 calories to follow for a week.

"It's very rigid," Melanie recalls. But her efforts paid off. At the weigh-in the next Thursday night Melanie was down six pounds.

"I expected two, maybe three pounds (down)," she says.

As the weeks passed more calories and more varieties of food were added to her diet.

She took up walking as a form of exercise.

"As I lost weight I felt like increasing the amount of time walking," she said.

"It's a life saver. It's another way of getting your frustrations out."

"For me it was a great alternative to eating," she said.

The odd week, Melanie didn't lose weight at the Thursday night weigh-in. But she didn't let it phase her.

"What it tended to make me do is look at what I ate that week and decide where I went wrong or something that I omitted."



Before: Before Melanie went on her diet she weighed in at 244 pounds. She now eats about 1,300 calories a day. After her diet Melanie won the Weight Watchers member of the year for the Mississauga area and she is competing for the Ontario title next week.



After: Melanie Hardie is one of the local successes of the Acton Weight Watchers program. Melanie lost 82 pounds in the space of eight months. Here, she stands at a slim 162 pounds. (Herald photo)

During her term dieting, Melanie learned a fair bit about cooking. Different Weight Watchers books teach about how to handle yourself in certain situations, such as eating out at a Chinese restaurant or at a party, she says.

Books are given to members "when the counsellor feels that you are ready for them," Melanie says.

Counsellors are a vital part of the Weight Watchers program, Melanie says.

And her own counsellor, Pat Thompson, was crucial to her success, she said.

"All the counsellors at Weight Watchers have to have gone through the program themselves so they understand what each person has gone through," Melanie says.

At 162 pounds, Melanie now lives on between 1,300 and 1,400 calories a day.

"I eat pretty well everything" except I proportion it out," she says.

"I can even eat pizza."

Melanie now wants to stay at her goal weight so she can become a lifetime member of Weight Watchers and attend the meetings for free.

If you don't stay within a few pounds of your goal weight, you start paying for the meetings again, she says.

"It's a great incentive."

If Melanie wins the Ontario member of the year competition Oct. 13, she flies off on an all-expense paid trip to Vancouver in April for the Canadian competition.

The winner there sails off on a Caribbean cruise.

All she won for the Mississauga competition was "the glory of winning."

"I've done a 90 degree angle," Melanie says of herself. "I've had a turnaround of feelings for my job. (My counsellors) even tell me that they've seen more self-confidence in the way I approach my job."

The credit, Melanie says, lies with the Weight Watchers program.

"It can teach you that you can go out and have a good time and still lose weight."

**A - BYPASS**  
**B - ALTERNATIVE BYPASS**

**AN ACTON DETOUR?**  
...See Page A4 (Letters)

## How GDHS teachers spent their summer

By JULIE HOLMES  
Herald Special

A teacher's standard question to students at the beginning of each school year is, "What did you do on your summer vacation?" This year, local teachers at Georgetown District High School were asked how they spent their summer break.

Mr. A. Finlayson, Head of the Social Science Department, took a

course at a community college in Boston. The program was sponsored by a non-profit organization called "Facing History and Self." The course taught teachers how to inform students about racism, prejudice, and stereotyping in the classroom. "The course I've been teaching with has worked well, but, this course gave me new ideas," he said.

Mrs. Wilson is on deferred leave from September until February, which is the beginning of the school's second semester. She has travelled to England, and will soon be going to New England and Hawaii. She said that this trip, "is a wonderful experience for anyone who has worked for a long period of time. It gives you a whole new outlook on life." Mrs. Wilson had to apply for her deferred leave through the Halton Board of Education, and a portion of each salary was deducted and saved for two years to pay for this trip.

Miss Jesty is a biology and science teacher. She began a correspondence course in April through the University of Waterloo on Human Physiology, and wrote the exam in August. She explains, "Being more knowledgeable about this topic enables me to feed the natural curiosity of most students."

Mrs. Bentley teaches French and Latin. She has taken summer courses for the past three years, but her course for this summer was cancelled. She was kept busy though, with moving into her new home.

Mr. Peden is a typing and accounting teacher. He had, "an excellent time with friends from Dundee Scotland." Mr. Peden and his family also visited Niagara Falls, the Ontario Science Centre and Canada's Wonderland.

## Bicycle auction

Halton Regional Police is putting up a number of items for sale at their auction in Milton Oct. 17 at 10 a.m. Viewing begins at 9 a.m. rain or shine at the District 1 building at 155 King St., Milton.

**BOOK EARLY FOR HALLOWEEN COSTUMES**

**OVER 700 COSTUMES AND ACCESSORIES TO RENT!**

360 Guelph St., Georgetown (By Penny Gas Bar)

**OPEN OCTOBER 5th**  
Monday-Friday - 1 p.m. - 8 p.m.  
Saturday - Noon - 8 p.m.

1-519-856-4395

## Mothers' morning group forming

If you're like most young mothers, you occasionally need some time to call your own.

The Georgetown Mothers' Morning Out program would like to help you find that time.

Starting Oct. 21, and continuing each Thursday thereafter from 9:30 to 11:30 a.m., Georgetown Mothers' Morning Out group will be meeting in a local downtown Church.

The program is designed to provide support and self-help information to mothers of pre-schoolers who wish to enhance their parenting skills or feel isolated because they are far from their family or friends.

The weekly "morning out" sessions provide an opportunity to listen to interesting speakers, participate in lively discussions, learn new skills and make new friends.

The free program also provides pre-schoolers with a chance to interact with other children and adults in a stimulating play environment. Activities include storytelling, dress-up and songs. Child care is provided by volunteer leaders.

Transportation is provided for those who require it.

For more information about the "Mothers' Morning Out" program or to enquire about becoming a volunteer, call Dianne Morrissey at 878-2375.

**Good driver? Good deal!**

Your good driving record may qualify you for Allstate's low Good Driver auto insurance rates. Call, or come in, and compare.

**Allstate**  
You're in good hands.  
Allstate Insurance Co. of Canada  
Allstate Insurance Company

116 Guelph Street  
Georgetown  
873-1643

**2ND WEEK GRAND OPENING**

**BULK KLUB FOODS**

CONVENIENCE GROCER

**BULK KLUB FOODS**

SPECIALS VALID WEDNESDAY, OCT. 7 TO SUNDAY, OCT. 11

**WATCH FOR MANY IN-STORE SPECIALS**

<p><b>CLIP AND SAVE</b></p> <p><b>GRANDE MOZZARELLA CHEESE</b></p> <p><b>\$1.99 LB.</b></p> <p>Limit: 1 coupon per family 5 lbs. cheese per coupon In-store price without coupon \$2.49 lb. OFFER EXPIRES OCT. 11/87</p>	<p><b>CLIP AND SAVE</b></p> <p><b>BULK GRANULATED WHITE SUGAR</b></p> <p><b>9¢ LB.</b></p> <p>Limit: 1 coupon per family 10 lbs. sugar per coupon In-store price without coupon 19¢ lb. OFFER EXPIRES OCT. 11/87</p>
<p><b>BULK RAW UNBLANCHED ALMONDS</b></p> <p><b>\$2.99 LB.</b></p>	<p><b>BULK NATURAL SMOOTH OR CRUNCHY PEANUT BUTTER</b></p> <p><b>99¢ LB.</b></p>
<p><b>BULK MONARCH ALL PURPOSE FLOUR</b></p> <p><b>29¢ LB.</b></p>	<p><b>BULK McCORMICKS JELLY BEANS</b></p> <p><b>99¢ LB.</b></p>
<p><b>BULK RED OR NATURAL PISTACHIOS</b></p> <p><b>\$3.99 LB.</b></p>	<p><b>BULK ROWNTREE SMARTIES</b></p> <p><b>\$3.99 LB.</b></p>
<p><b>BULK SWEET FLAKED OR SHREDED COCONUT</b></p> <p><b>\$1.49 LB.</b></p>	<p><b>BULK WHOLE AND BROKEN RED OR GREEN GLAZED CHERRIES</b></p> <p><b>\$2.99 LB.</b></p>
VISIT OUR 'DELI' FOR FRESH CHEESES AND MEATS	
<p><b>DELI CAN. GRADE "A" MILD OR MEDIUM CHEDDAR CHEESE</b></p> <p><b>\$2.79 LB.</b></p>	<p><b>DELI SLICED BACON</b></p> <p><b>\$1.99 LB.</b></p>
<p><b>DELI DELI-SLICED ROAST BEEF</b></p> <p><b>\$3.99 LB.</b></p>	<p><b>DELI-SLICED BLACK FOREST HAM</b></p> <p><b>\$3.99 LB.</b></p>
VISIT OUR LARGE SELECTION OF NATURAL PRODUCTS, VITAMINS AND CAKE DECORATIONS	
<p><b>BULK KLUB FOODS</b></p> <p>CONVENIENCE GROCER</p>	<p><b>HOURS</b></p> <p>Mon. 9-6 Tues. 9-6 Wed. 9-6 Thurs. 9-9 Fri. 9-9 Sat. 9-6 Sun. 10-5</p>
<p><b>BULK KLUB FOODS</b></p> <p>7 Mountainview Rd. N. Georgetown <b>873-2234</b> <b>OPEN SUNDAYS</b></p>	
<p>WE RESERVE THE RIGHT TO LIMIT QUANTITIES WHILE SUPPLIES LAST. ILLUSTRATION, UNINTENTIONAL ERRORS MAY OCCUR. WE RESERVE THE RIGHT TO CORRECT ANY ERRORS.</p>	