

Outlook on Lifestyle



An enrolment ceremony was held recently to welcome new members of the Fourth Georgetown West Brownie Pack. Front row, from left, Erin Schultheiss, Kira Lawrence, Amaranth Day, and

Lindsay Talevski. Second row, Whitney Young, Cynthia Arnold, Jennifer Ying, and Megan McCracken. Third row, Kelly Forristal, Genevieve Day, Crystal Waterkamp, and Melanie Adams. (Photo submitted)

Record set for hydro consumption

A new record for electricity consumption was reached in December, 1988. At 5:30 p.m. on Monday, Dec. 12, peak demand for electricity reached 23,000 megawatts.

This record peak was 12 per cent higher than the highest demand recorded in December of 1987.

Two generating units returned to service last fall and contributed to meeting this record electricity requirement. Unit 2 at Pickering nuclear generating station is producing power again following replacement of its fuel-carrying pressure tubes. And oil-fired Lennox unit 4 began operation on Nov. 29. The unit had been mothballed in 1980.

Total generation of electricity in Ontario in December was 12.7 million megawatt-hours, seven per cent more than in December last year.

Power use grows by nearly six per cent

Ontario's electricity demand increased by 5.9 per cent in 1988 over 1987, according to Ontario Hydro's preliminary year-end figures.

Total electricity sales in Ontario in 1988 were 134.4 million megawatt-hours, almost six per cent more than the 128.5 million megawatt-hours recorded the year before. On average, provincial customers are using 860 megawatts of electricity more each day. That is enough electricity to serve a city the size of Hamilton. Much of this increase can be attributed to growth in residential and commercial sectors.

Ontario Hydro is working to curb the year-over-year increase in electricity demand through

various programs, among them: promoting energy efficiency on farms, in homes, and in business and industry; reducing electricity use at costly peak demand times.

Work has begun in numerous areas and the corporation hopes to see results throughout the 1990s.

Another Energy Centre Tenant Sunroot Energy Limited's plant is under construction at the Bruce Energy Centre, adjacent to the Bruce nuclear power development on Lake Huron.

The \$6 million facility, scheduled for completion by February of this year, will use almost one million bushels of locally grown corn annually to produce ethanol.

Sunroot is the third industry to locate at the Energy Centre. These industries receive cheaper rates

for steam and electricity, which come from the nearby nuclear development.

Darlington Construction

The reactor assembly for unit 4 at Darlington nuclear generating station was rolled into place in December, and preparations will begin for installation this year.

The assembly will be the centre of the nuclear unit. It stands 40 feet high, weighs approximately 600 tons, and will hold the channels containing the uranium fuel.

Unit 4 is the final unit under construction at Darlington and is to be operating in 1992.

Excess Electricity Earns Money

Last year Ontario Hydro sold almost 5 million megawatt-hours of electricity to United States utilities. These exports earned \$45 million in net revenues.

Leather coats taken

Police have the description of two shoppers who left Jager's Sheep Skin Fashions in Acton without paying for five leather coats Friday.

Police say a couple, the man aged 45 to 48 and the woman, aged 36 to 38 years, who both had Romanian accents, left the store

around noon.

Missing from the Mill Street, Acton store were four black waist-length leather jackets and one green waist-length leather jacket. The coats are valued at \$1,900.

Police continue to investigate the theft.

ASK KATHY

IS IT ALL IN THE FAMILY

Q: My grandmother is overweight; my mother is overweight. Sometimes, I feel I might as well reconcile myself to a life of obesity. Am I right?

A: While it is not absolutely certain whether obesity is hereditary or learned, it does seem to run in families. However, the most likely link between obesity and family heritage is the eating patterns we acquire. For instance, if our mothers prepare food high in cholesterol and fat, we are more likely to be overweight. On the other hand, if we are raised on garden fresh vegetables and fruits, lean meats and whole grains, we are likely to be slender and also healthier.

Therefore, when lifestyle changes are made, very few overweight people are unable



KATHY HAJAS
Diet Center Counselor

to lose weight. Important changes include eating nutritious foods, implementing an exercise program and practicing behavior modification skills that will help alter destructive eating habits and attitudes.

For more healthful tips to happy, healthful living, call your local Diet Center at

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