

Halton weight program will be renewed

Based on the success of the Halton Regional Health Department's 'Healthy Weight Program' for women between the ages of 25 and 55, who are chronic dieters, binge eaters or practice yo-yo dieting, which ran this summer in Milton and Oakville, the health department will be putting on the program again starting in October.

The program's objective is to teach women to have a positive body image of themselves, said Jessica MacKay, a Nutrition Educator with the Regional Health Department.

The upcoming eight week program which is to be held in Oakville is already full but Ms. MacKay expects a future program to be established in Halton Hills. She couldn't give a date when this would happen.

There are over 6,000 women in Halton Hills concerned about their body weight and approximately 3,500 who are actively dieting, and almost 1,400 who are chronic dieters, according to a health department report that will go before Regional council today (Wednesday). In comparison the report shows that in Milton, just

over 5,000 women were concerned about their body weight, almost 3,000 are actively dieting and just over 1,100 are chronic dieters.

When asked if these statistics are surprising, Ms. MacKay said no because "I think most women are unhappy about their weight."

The program is aimed at women obsessed with weight and food but not to the extent that they need psychological counselling, explained Ms. MacKay. In other words the program is not for people with anorexia or bulimia - an insatiable appetite - she said.

Ms. MacKay explained preoccupation with weight, which takes the form of chronic dieting, binge eating or going on and off diets can contribute to nutrient deficiencies, menstrual irregularities, chronic fatigue and elevated cholesterol levels.

Using speakers and learning techniques such as role-playing, the group participants are taught,

explained Ms. MacKay, there is no perfect weight for a certain size. Instead, there is a range of healthy weights.

During the role playing, the participants act out how family and friends hassle them about their weight, said Ms. MacKay. The participants learn how to deal with pressure to either lose or gain weight, she explained.

As well, the group talks about healthy eating practices. Chronic dieters tend to lose sight of what is a healthy diet, she said.

According to Ms. MacKay, healthy diet is three square meals and the odd snack.

The only time, said Ms. MacKay, the group talks about diets is to discuss their negative aspects.

They are taught that the metabolism slows down once a diet begins so that when the person goes off the diet the weight originally lost is gained quickly, she explained.

Rehearsals begin for Globe production

Rehearsals began this week for Globe Theatre's Fall Production of "Guys and Dolls."

Most roles for the musical have been filled but producer Etta Mills is still looking for younger men to round out the cast. The show opens Nov. 15th for 12 performances. Rehearsals are Tuesday and Friday evenings and Sunday afternoons. Anyone interested in joining the production should contact Etta evenings at 877-8847 or Maureen Walker at 877-4323.

Georgetown artisans receive grant

The local Heritage Handweavers Club that works out of the Credit Valley Artisans cottage located in Cedarvale Park in Georgetown, was one of several arts organizations that received a grant from the province's Ministry of Culture and Communications.

The Heritage Handweavers are to receive \$526, the ministry announced Monday.

Else Nielsen, the group's past president, said the money will go towards the purchasing of a \$1,052 serger. A serger is used in the finishing of woven articles, especially clothing, explained Ms. Nielsen. The group is holding a lottery to raise the remaining funds necessary to buy the weaving machine.

The 20-year-old group meets once a month and weaves a variety of items including table cloths, place mats and wall hangings. The group's goal is to use traditional weaving patterns while at the same time modernizing them, said Ms. Nielsen. Some of the patterns are 100-years-old, she said. To modernize a pattern, the group, for example, may use colors that reflect today's fashions, explained Ms. Nielsen.

There are 20 members in the group but "we're always looking for new members," said Ms. Nielsen.

Those interested in joining the club or buying a lottery ticket should contact Ms. Nielsen at 877-7042.

The province gave out a total of \$476,246 to groups involved in artistic endeavours.

Halton police name media officer

Sergeant Carey Smith, a 13-year member of the Halton Regional Police, will be leaving the Forensic Identification Bureau to meet the press.

As of Sept. 10, Sgt. Smith, 33, started his new position as the Halton police media relations officer replacing Sgt. Paul Welsh who was a successful candidate for a sexual investigation co-ordinator position in Toronto.

Monday, the first day on the job, Sgt. Smith was confronted by inquiries about a Halton police officer charged with obstructing justice and theft under \$1,000. However, he said the cleared charges of a Burlington officer, involved in an accident resulting in the death of two children, made the first day a little more positive.

Spending the majority of seven years at crime scenes, accidents and in the forensic lab is a completely opposite job from a media relations position, admits Sgt. Smith.

Although his job involved minimal contact outside the force, Sgt. Smith said he prepared himself for the media position by taking public speaking courses. "I've always wanted the job," he said, describing himself as an



Sgt. Carey Smith

outgoing person. Sgt. Smith said he stayed in the forensic bureau for about seven years because when an officer has specialized skill the force wants them to be used.

While working in the forensic bureau, Sgt. Smith won an award for law enforcement photography - the Tiller Award. He currently teaches a forensics course at Sheridan College.

Sgt. Smith has worked in Burlington and Oakville but he said he would like to get more involved in the North Halton areas, especially Halton Hills.



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