

Lifestyles

Diets don't have to suffer during vacations

Summer time has delightfully descended upon us once more! Those hazy, lazy, crazy days of summer mean vacations are looming right around the corner - a time to rejuvenate our minds and bodies. For many people vacation time also brings a common concern of how to keep off unwanted pounds. How can they have fun, away from home and familiar daily routines, without adding inches to their waistlines?

Relaxation on vacation can also mean "relaxing" weight-loss efforts too. But with a little advance planning, people can stick with their dieting self-discipline in new surroundings.

Says Marie Ludwick, president of Weight Watchers for Southern Ontario and the Maritimes, "You can go on vacation and still return home slim and trim. Be positive. Develop a set of

strategies and pack them along with your favorite summer outfit before leaving for a well-deserved break from the hustle-bustle of everyday life."

Here are some other helpful hints from Weight Watchers you can use at holiday time:

- Exercise daily. Sorry, soaking up the sun doesn't count. Try walking, bicycling, tennis, canoeing, swimming or another favorite sport.

- To quench thirst, drink lots of water instead of sugary soft drinks or coolers.

- Pack low calorie items for your kitchen and picnic baskets: bring along low calorie tea and drink mixes, low calorie hot chocolate for cool summer nights and low calorie salad dressings.

- So you don't feel deprived, allow yourself a snack such as popcorn, crunchy vegetables or refreshing seasonal fruit.

- When dining out, be mindful of the choices you make from the menu. Choose light cuisine as opposed to heavy, rich entrees. Ask for grilled or baked items instead of deep fried or fried.

- Dress slim. Wear clothes that hug your waist attractively in-

stead of baggie outfits that can encourage overeating. It will keep your spirits up and influence how much you eat. It's good motivation especially when you look in the mirror!

- When visiting friends, bring along your own low calorie salads, fresh spring water and low calorie snacks so you're not tempted by rich foods which may await your palate.

Encourages Ludwick, "By having a positive attitude, being prepared and putting your ideas into action, you'll have a wonderful holiday and return home hap-

py and healthy!" Strategies to help you manage your weight over the holidays include the following:

- Challenge:** If you have always thought that gaining weight was inevitable on holidays, challenge yourself to change this type of thinking. Tell yourself this is not true, you can vacation and not gain weight this summer. It's all in your attitude.

- Decide:** Think about how good you feel when you look in the mirror. Decide before going on vacation how you want to look when you return - fitter, more relaxed

and even a bit more tanned! It's your choice to keep unwanted pounds off. Bear in mind that if you're determined to lose weight and/or maintain it, you will regardless of any circumstances which may make it more difficult.

- Be Prepared:** (just like the girl guides and boy scouts!) Anticipate some of the situations that may arise to test your willpower and how you will deal with them. By thinking things through beforehand, you'll be better prepared and not caught off guard.

- Be Flexible:** Remember to be kind to yourself. If you find it's too difficult to lose weight on vacation, give yourself permission to maintain your weight. When you get home, you can renew your weight-loss efforts.

OFFICE MAGIC

877-2300

FOR ALL YOUR OFFICE & STATIONERY NEEDS

265 Guelph St., Georgetown

MY GENERATION

50% OFF

All Summer Merchandise

DOWNTOWN GEORGETOWN
61 MAIN ST. S.
873-2851



INCREDIBLE SAVINGS

ON BRAND NAME FURNISHINGS AT WHOLESALE PRICES!

Ontario Chesterfield Wholesalers

Behind Guelph Auto Mall, Guelph
120-126 Malcolm Rd.
Free Delivery & Layaway (519) 763-4477

WE'RE YOUR INSURANCE BROKERS WE UNDERSTAND!



PAUL C. ARMSTRONG

INSURANCE BROKERS LTD.
143 MILL ST.
Halton Hills (Georgetown) Ontario
877-0133



COUNTRY SIDE BUTCHERING

- Custom Killing
- Cutting and Wrapping
- Government Inspected -

(416) 877-1194

Hours
Mon - Wed 8-5
Thurs - Fri 8-6
Sat 8-12 noon
RR 2, Georgetown, Ont
(Behind Alf's Custom Meats on Trafalgar Rd)

Community Service Bulletins

CSBs

If you are a non-profit organization, service club or charity or church group and would like us to publish your community service announcement of community interest, call us at 877-2201 during regular office hours. There is no charge for this service to Halton Hills community groups. The deadline for submissions is Friday at Noon for publication for the following Wednesday. Deadlines will not be extended. Although we will do our best to print all announcements, space is limited and there are no guarantees of insertion.

Happenings

Halton Hills Ambulance Service is willing to provide your school, club, business or group with short or long presentations on the nature and history of the Service. For more information call Phil at 877-1615 and leave a message.

Are you expecting a baby this Fall? Halton Regional Health Department offers a series for expectant parents! You will gain the most benefits by attending as early as possible. If your due date is in Oct./Nov./Dec./Jan. 92 - register now for the early series by calling Milton, 878-7261.

Tony Meers, The Making of a Working Artist, 1968 to 1991 in the Gallery of the Halton Hills Cultural Centre, Georgetown, from July 10th to August 10th. Exhibition and Sale sponsored by the Friends of the Halton Hills Libraries, Acton and Georgetown. All welcome. Free admission.

Want to go back to school? But you can't find child care? If you are a pregnant teen or young mother, then TEAM may be the program for you. Child care is provided while you work on your high school credits. Work at your own pace, with supportive staff to help you. Program to be offered in Georgetown this Fall. Phone Anne Day at 333-3499 or 878-1240.

Meetings

Pregnant Teens: Prenatal classes designed specifically for teens! Free of charge! Transportation provided! Pregnancy counselling available. Call Susan Stuart at 844-5502 or Public Health Department for more information.

Halton Hills British Canadian Club meetings are held informally on the 1st Thursday of each month in the lounge of the Royal Canadian Legion, Branch 120, Georgetown, at 8 p.m. For more information call Dave at 873-2934.

Beta Sigma Phi Chapters in Georgetown and Acton. For meeting times please contact City Council President Betty Jamieson at 873-2096

New Acton Al-Anon Group is meeting every Wednesday at Acton Baptist Church (side entrance), at 8 p.m. Everyone welcome. For further information contact Eleanor Patterson at 853-0331.

Maple Co-operative Nursery School, located in Cedarvale Park, has openings left for September. Half day programs, 3 or 5 days for either mornings or afternoons are available. For further information please phone Paula Baker at 877-4693.

Love In Christ Food Bank will be closed on Thursday nights only from July 4th to September 5th. Anyone needing a ride phone 877-5482.

Kiwanis Club of Georgetown meets Wednesdays at the Halton Golf and Country Club for a noon luncheon. For information contact John Schalljo at 877-5206.

The Halton Hills Community Chess Club meets every Wednesday from 7:10-30 p.m. in the Library of Georgetown District High School. Casual and tournament play available. For further information contact the school.

Halton Hills Toastmasters meet Mondays at 7:30 p.m. at Glen Williams Town Hall. For more information call Don at 873-3954 or Paul at 853-3712.

Kinsmen Club of Georgetown meet every other Wednesday at the McGibbon Hotel at 7 p.m. For more information call Ron Lefebvre at 877-2370.

Lion's Club of Georgetown meets every Tuesday at the Lion's Hall on Mill Street behind the Arena at 7 p.m. For more information call Bill Mason at 877-7901.

The Rotary Club of Acton meets Thursdays at 6 p.m. at the Wooden Hearth Restaurant. For more information call Brian Robertson at 853-1653

Georgetown Branch 120 Royal Canadian Legion monthly meeting at 8 p.m., 4th Thursday of each month at the Georgetown Legion Branch, 127 Mill Street, Georgetown. For more information call 877-4413.

Fire Calls

Party fire

Halton Hills firefighters were called to assist police in extinguishing a large bonfire at a party Saturday night at the 9th Line and 10 Sideroad. Police officers were concerned the fire could get out of control.

Faulty smoke detector

Residents and staff at the Bennett Health Care Centre in Georgetown were given a little bit of a fright when their fire alarm went off but Halton Hills firefighters arrived on the scene quickly and discovered a faulty smoke detector had caused the false alarm.

Acton Lions Club meet the 2nd and 4th Wednesday of the month at 8 p.m. at Legion Branch 197, Acton. For more information contact Dave Pyke at 853-3410.

Lioness Club of Georgetown meet at the members homes on the 1st and 3rd Wednesday of the month. For more information contact Louise Giffin at 877-8888.

Meetings of the Region of Peel VBAC Support Group held the 1st Tuesday of each month and offer post-caesarean support and discuss birth options. Call 826-9467 or 873-2779.

Living With Cancer Group meets every second Thursday at the Canadian Cancer Society, Milton Branch, 751 Main Street East at 7:30 p.m. For more information call 877-5228 or 878-1876.

La Leche League of Georgetown and Acton meet the 2nd Monday of each month at 7:30 p.m. to talk about breast feeding and parenting. Pregnant moms and nursing babies welcome. For more information call Sandra at 878-4732.

Volunteers

Georgetown Vintners are looking for amateur winemakers. For more information call 877-5302.

Red Cross Georgetown and District requires volunteers to assist in Finance and Publicity, driving and First Aid instructions. For more information call Bernice at 877-5233.

Alcoholic Anonymous can help. Call 877-1211 for more information.

Canadian Mental Health Association, Halton Region Branch, needs volunteers for recreation programs on Tuesday, Wednesday and Thursday evenings in Burlington, Oakville and Acton. For more information call Laura McCallum at 845-5044.

The Salvation Army will pick up appliances in working order. For more information call 853-3321.

Volunteer drivers for the Canadian Cancer Society, Georgetown Unit, needed to transport patients to and from the Princess Margaret Hospital in Toronto. Reimbursement for mileage will be paid. Please contact the Georgetown Unit's office at 164 Guelph St., Georgetown, between 1-4 p.m. daily, or call the cancer office at 877-1124.

Elizabeths Fashions
Bridal Boutique
77 Main Street South
Downtown Georgetown
873-1470

GEMINI
GLASS & MIRROR
• Mirrors & Glass Furniture
• Sliding Mirror Doors
• Custom Mirror Installation
• Glass Replacement
FREE IN-HOME CONSULTATION AND ESTIMATES
9 Carruthers Rd.
Georgetown 873-1230

The Reminiscence Way
CANADA
Passive Reducing Salon
10 + 2 FREE Suntan \$50 Sessions
FREE Eyebrow Wax with Full Leg & Bikini Wax \$40.00
873-4907
116 Guelph St.
(Rear Entrance)
Georgetown

877-0109 • 877-0109 • 877-0109
Simon Fraser
CHARTERED ACCOUNTANT

Phone:
(416) 877-0109
132 Main Street South
Georgetown, Ontario
L7G 3E6
877-0109 • 877-0109 • 877-0109

JAKE'S AUTO CLEAN
877-3802
DON'T FORGET OUR ADDRESS CHANGE!
265 GUELPH ST. SINCLAIR PLACE GEORGETOWN
Next to Belamy's
• Steam Cleaning
• Interior Shampoo
• Under Car Oiling
• Scotch Guard
• Fire Retardant
• Engine Shampoo
• Perma Sheen
• Paint Touch-Up

NELL'S DRIVING SCHOOL
NEXT COURSE
4 DAY "CRASH" COURSE
AUGUST 26 'til 29 - 9:30-3:30
For Information About Courses or Private Lessons
PHONE 877-2671