

OP ED

"Op Ed" — old time newspaper term meaning the page opposite the editorial page. This page has traditionally been held open for opinion pieces, letters, and comment from various sources.

Activity Line Rules for losing weight

By Laurie Burns

1. Eat balanced meals, including all food groups. This is not something you do short-term, this is a lifestyle change.

2. Eat only from a plate. A small plate will give your meal the optical illusion of being piled high, rather than the image of sparsity that results when the same meal is spread out over a big plate.

3. Market the right snack foods to yourself; for example, have raw carrots sliced in a bowl of water at the front of the fridge, not in a bag in the drawer.

4. Sit down at the table. Eating while standing at the fridge or sink, or sitting in front of the TV, usually leads to absentminded overeating. At the table, your mind is not distracted from the food.

5. Never eat without witnesses;

in effect, don't eat behind everyone's back. Have you noticed how little most overweight people eat when having dinner at someone else's house? Thin people are seen to eat large meals, but that's probably all they eat. They likely are not sneak-snacking nearly as much as the overweight.

6. Beware of any drinks with calories. Remember to allow for them in your total calorie budget. Calories from drinks are just as fattening as calories from foods.

7. Find and correct the reasons that you overeat.

8. Develop alternative rewards for yourself, other than eating, especially in response stress.

9. Never shop for food when you are hungry. By the time you arrive home, your grocery bags may be nearly emptied by your



snacking.

10. Start today. Don't wait for an upcoming NEW YEAR's resolution, or for a sudden chest pain, to warn you of your impending ill health. The first serious warning that your body gives you could be your last breath. Consult your doctor for further advice.

For more information about exercise, feel free to contact Laurie Burns at 877-0771.

Parliament Hill report



**Garth Turner MP
Halton Peel**

Three weeks to go before the referendum, and the comment I hear most is this: I don't really know what this is all about, so how can I vote for it?

That's a fair question. And I accept that my role as MP should be to do all I can to help you know what you're being asked to pass judgement on. This is some of how I'm proposing to do that:

* Copies of the constitutional accord are available from my office in Georgetown at 27 Main Street South. Come and get one and read it. Decide for yourself. Or call, and I'll send you one - 873-4673 or toll-free 1-800-668-4322.

* Soon you'll be receiving a brochure which I wrote to summarize the agreement, provide its highlights, and give you information on public meetings you can attend.

* Those meetings are going to be as instructive as possible — not pep rallies for a "yes" vote but, I hope, solid discussions on the pros and cons of what's before us. While they last, I'll have copies of the Charlottetown agreement at each meeting. I hope you can participate in one — they all start at 7:30 p.m.

- Oct. 1, Alton Library
- Oct. 5, North Halton Golf Club, Georgetown
- Oct. 7, Live phone-in, Channel 23, Burlington
- Oct. 8, Bolton Community Centre
- Oct. 13, Inglewood Community Centre

- Oct. 15, St. Joseph's School, Acton

- Oct. 16, Palgrave Community Centre

- Oct. 19, Live phone-in, Channel 4, Halton Hills

* In addition, I'll be visiting all nine high schools in the riding of Halton-Peel, meeting with senior students and answering their questions about a future they have a great stake in. I suspect they may be among the toughest audiences.

* Finally, I'm offering to visit as many other groups as I can schedule in over the next few weeks. If you have a service club whose members have questions about the deal, then call me. If you are hosting a group of friends or neighbors to discuss Canada's situation, then I'd be happy to drop by. The same offer holds for church groups or congregations.

I promise to do all I can with the time and resources I've got to ensure everyone has a clear picture on Oct. 26 of what's proposed, and what's at stake with a vote that turns out to be "yes" or "no."

As I've stressed for some time — you have every right to vote as you see fit, and I won't be imposing my views on you. Just make sure you do these two things: (1) Go out and vote, and (2) know what you're voting on.

If we all do that, the future will surely unfold as it was destined to.

Copies of Constitutional deal now available to public

Halton-Peel MP Garth Turner is making a copy of the Charlottetown accord available to anyone who wishes to obtain one, on a first-come, first-served basis. The accord is the agreement on proposed changes to the Constitution reached between the federal government, provinces, territories and aboriginal leaders on August 28.

The national referendum on the accord, to be held Oct. 26, will ask Halton-Peel voters if they agree that the Constitution should be renewed on the basis of this accord.

Turner is asking every voter to read the agreement before voting.

"This is the people's constitution, and the people should decide on it in a free vote," Turner says. "I will personally be supporting the agreement, but not trying to tell others how to vote. Rather, I'd encourage everyone to learn about the issues, and then make up their own mind."

Copies of the accord are available as follows:

* Monday, October 5
North Halton Golf Club
Maple Ave. at Trafalgar Road
7:30 p.m. - during Town Hall meeting

* Or, by calling Garth Turner's office 873-4673 or 1-800-668-4322 Toll-free.

Bill 109: Why?

Dear Editor,

Why did the Government of Ontario introduce the Consent to Treatment Act (Bill 109), which allows a child under 16 to access the health care system without the knowledge of a parent?

Is it so that my 12 year old daughter can start a new life-style and have a chance to experiment with sex and drugs without the parent's knowledge?

Is it so that she will only be guided by peer pressure?

Is it so that the state can "take care" of her in hospitals, abortuaries and psychiatrists' clinics without the parents' knowledge and consent?

Since parents have no say in the matter, are they excused from paying taxes for teen-age health care?

Will Bob Rae and his caucus be prepared to pay for the costs of a ruined generation out of their own pockets?

**Giuseppe Gori
Deputy Leader
Family Coalition Party of
Ontario**

Reader surprised by column

Dear Editor,

I was amazed to see the article "Whatever Happened to Spelling" appear in Halton Hills This Week (or Georgetown This Week — as many of us in Acton call it).

I see approximately thirty publications a week through my work and personal reading. In my opinion, your newspaper takes the prize for spelling typos and grammatical errors. I was convinced your newspaper agreed with the inventive spelling concept.

I agree with the writer that young people have learned inventive spelling. The problem is, no

one is showing them the rest of the world does not spell it that way and the word is wrong.

I am appalled with the written work I see from university educated people who are at a Grade three level for spelling and grammar.

I am familiar with one youth publication that offers prizes if the reader spots errors, and informs the publication. Perhaps your newspaper could take this approach.

**Yours truly,
Carol Murphy
Acton**

Letters Welcomed

Halton Hills This Week welcomes your letters. Letters must be signed and include your full name and address. Names will be withheld on request.

Halton Hills This Week reserves the right to edit, revise, or reject any letters on the basis of factual

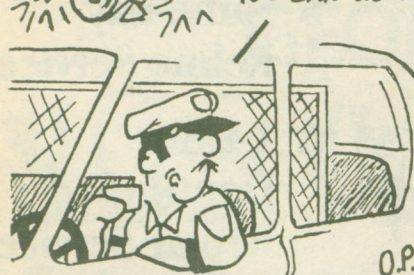
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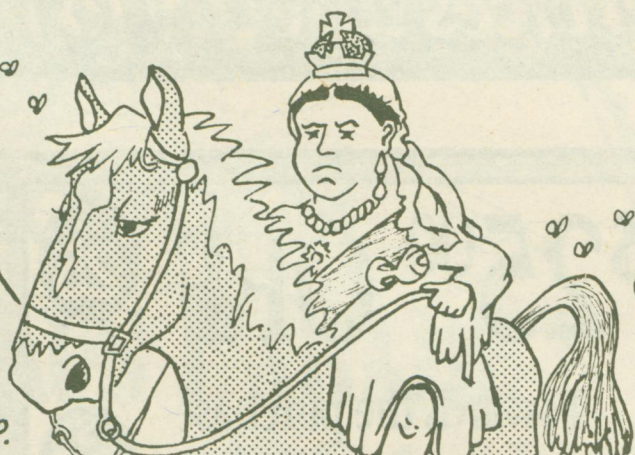
**The Editor
Halton Hills This Week
232 Guelph St., Unit 9
Georgetown, ON
L7G 4B1**

For Pete's Sake

ALL RIGHT, MISSUS.
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O.P.P.



9/30

by Roe



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