

# Acton High grad wins award

Continued from Front Page heart failure," she says.

"I went in with my own ideas about obesity, but found out at the end of the article that I had progressed in my thinking," says Brillinger, 27. "I went in anti-surgery and came out more moderate."

She adds she now understands more about obesity, but there is not a clear-cut explanation as to what causes the problem.

"There are linkages to physiological, chemical, some psychological and behavioral problems, but they (the medical profession) don't know the roots of the causes,"

says Brillinger, a graduate of York University's four-year psychology and fine arts program.

"His (Grace's) points were well-made," she adds. "Obesity is not a sexy topic. People don't want to hear about it. They just say that obese people aren't motivated, but that's not true."

Brillinger spends her time now writing for Ontario Prevention Clearinghouse, a province-wide health organization based in Toronto. She freelanced for them before attending Western. Hence her interest in the medical industry and the article.

The article was published in the

Western News. During her 12-month Masters program she also wrote for the Western Gazette.

The Junior category was comprised of working journalists who had less than two years experience in the field.

So what excitement does Brillinger get as a journalist?

"I'm attracted to its lifestyle — meeting people, the diversity of tasks and the ability to investigate," she explains.

"It's a flexible profession — you can do freelance, travel and, essentially, make your own schedule. I also like the story-telling component, be it TV or print."

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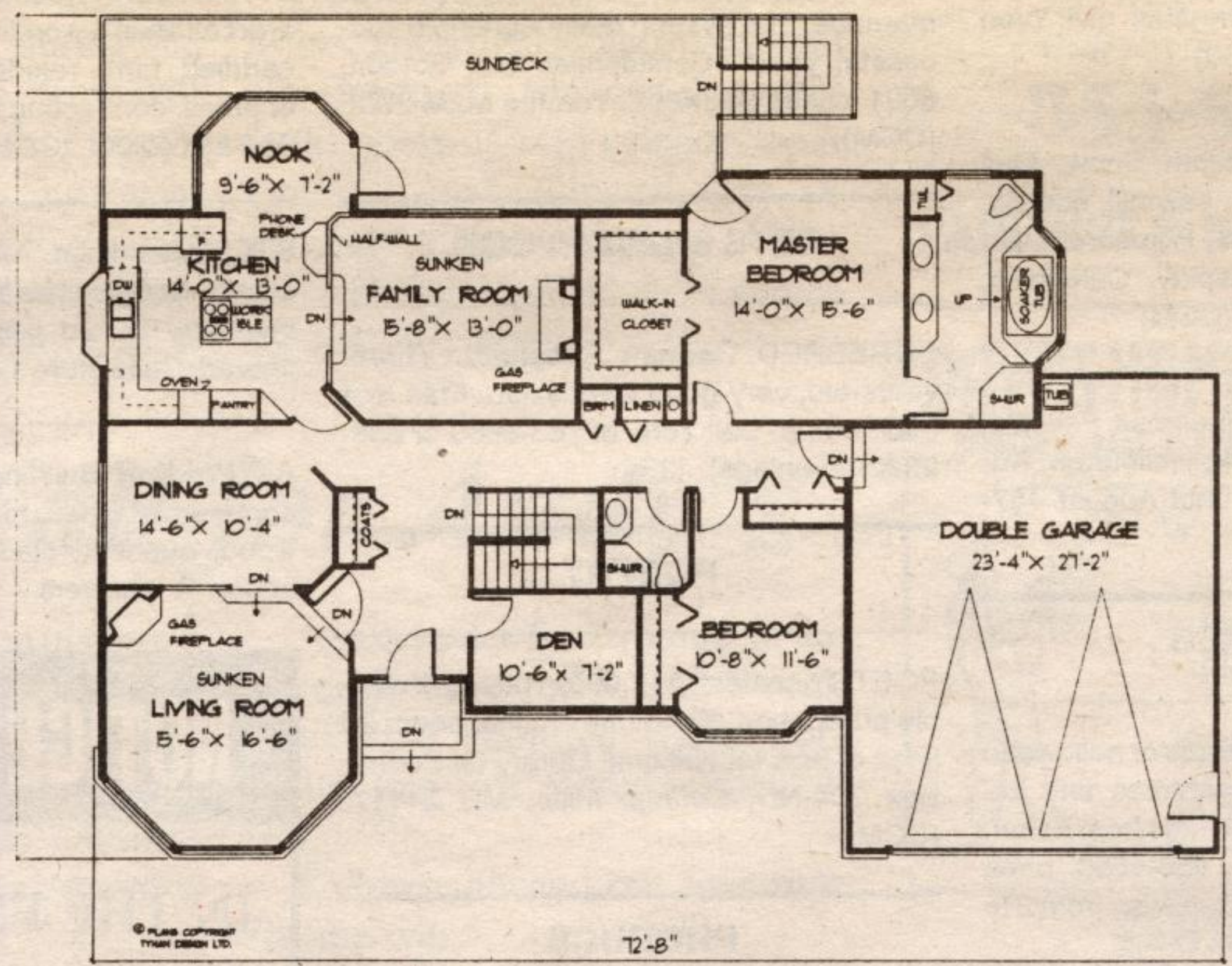
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