



YOUNG SALTS: Cameron Gee and Nick Martin set sail on Fairy Lake during Sailing Camp recently. Youngsters learned the rudiments of sailing at the camp. - Ellen Piehl photo

Emotional side of weight loss

Losing weight is often seen as a purely practical matter of improving habits and increasing one's level of exercise. But there's an emotional component as well.

As people experience success at losing weight, they can expect to pass through several emotional stages.

It's almost like going through various life stages, except the process is accelerated. You might zip through these phases in a few years or even a few months, depending on how much weight you have to lose.

Acton's TOPS (Take Off Pounds Sensibly) is dedicated to providing group support and information for individuals seeking to lose and control their weight in order to enhance their health and well-being through affordable membership.

Members of TOPS pass through the following stages:-

1 The shy or skeptical newcomer visits a chapter meeting thinking: "I've tried so many diets without success. How can this be any different?"

2 The successful loser feels happy (and sometimes surprised!) that the slow and sensible TOPS approach is actually working. The pounds are coming off - and this time they're not coming back.

3 The member who has actually reached goal is ecstatic. He or she did it! This sense of empowerment spreads into other areas of life, increasing self-confi-

dence and initiative.

4 The member who has maintained goal weight for months or years has matured into a new understanding of what's required for long-term good health. He or she credits its fellow TOPS members for providing the emotional sup-

port that's needed for weight maintenance, just as it's needed for the initial weight loss.

Weekly chapter meetings allow TOPS members to nurture one another through all the emotional side effects of a weight loss effort.

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It's almost skating time again!

Register for HHSA's BLADE BASICS Learn-to-Skate Program

10 week session
beginning
October 5th, 1999



Tuesdays 7:00 pm to 8:00 pm
or
Thursdays 5:30 pm to 6:30 pm

Acton Arena Leisure Pad

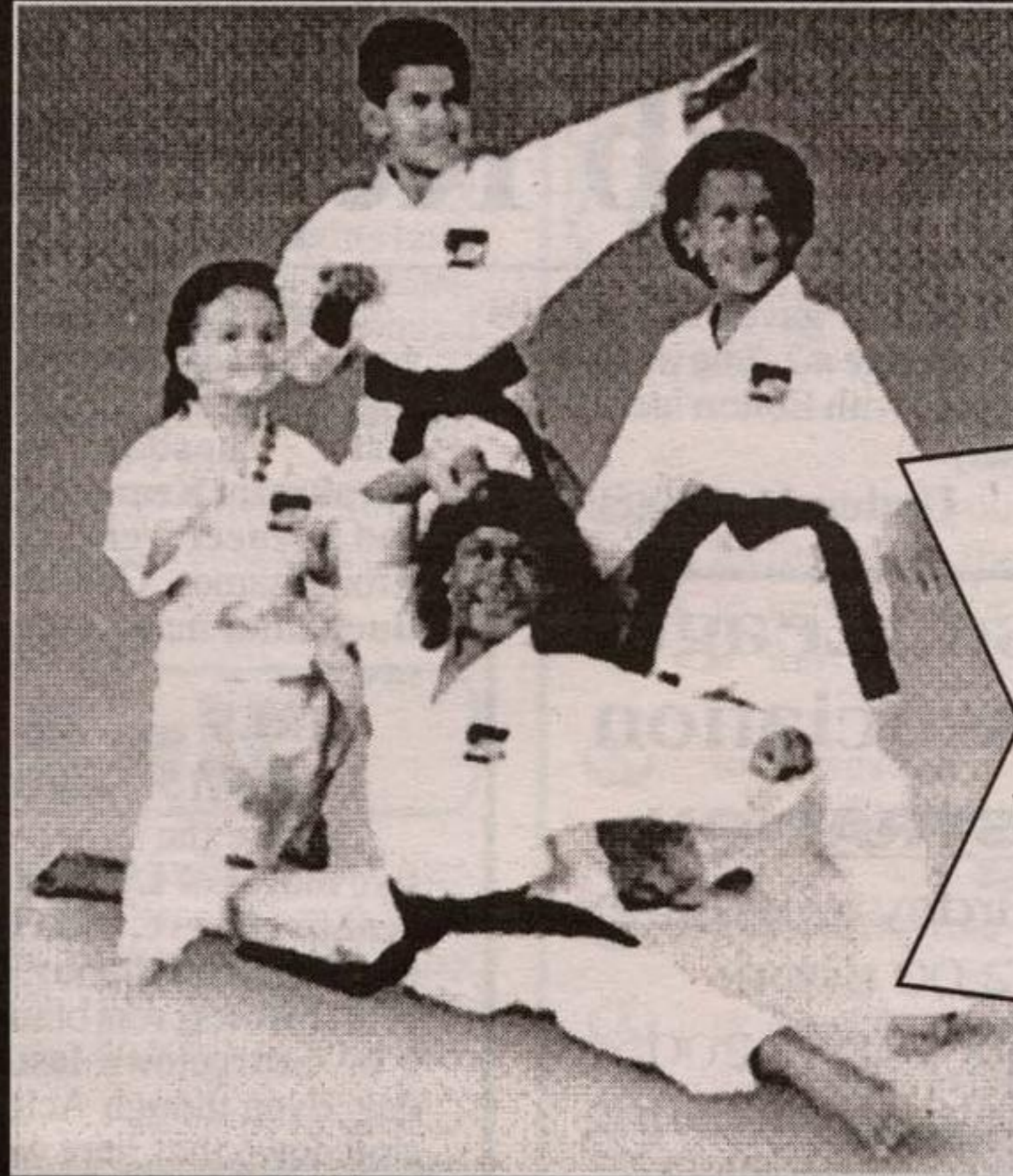


Class size limited
to 20 skaters

Ages: 3 and up
Fee: \$90.00

For information contact Barb at
853-0382 or Brenda at 853-3682

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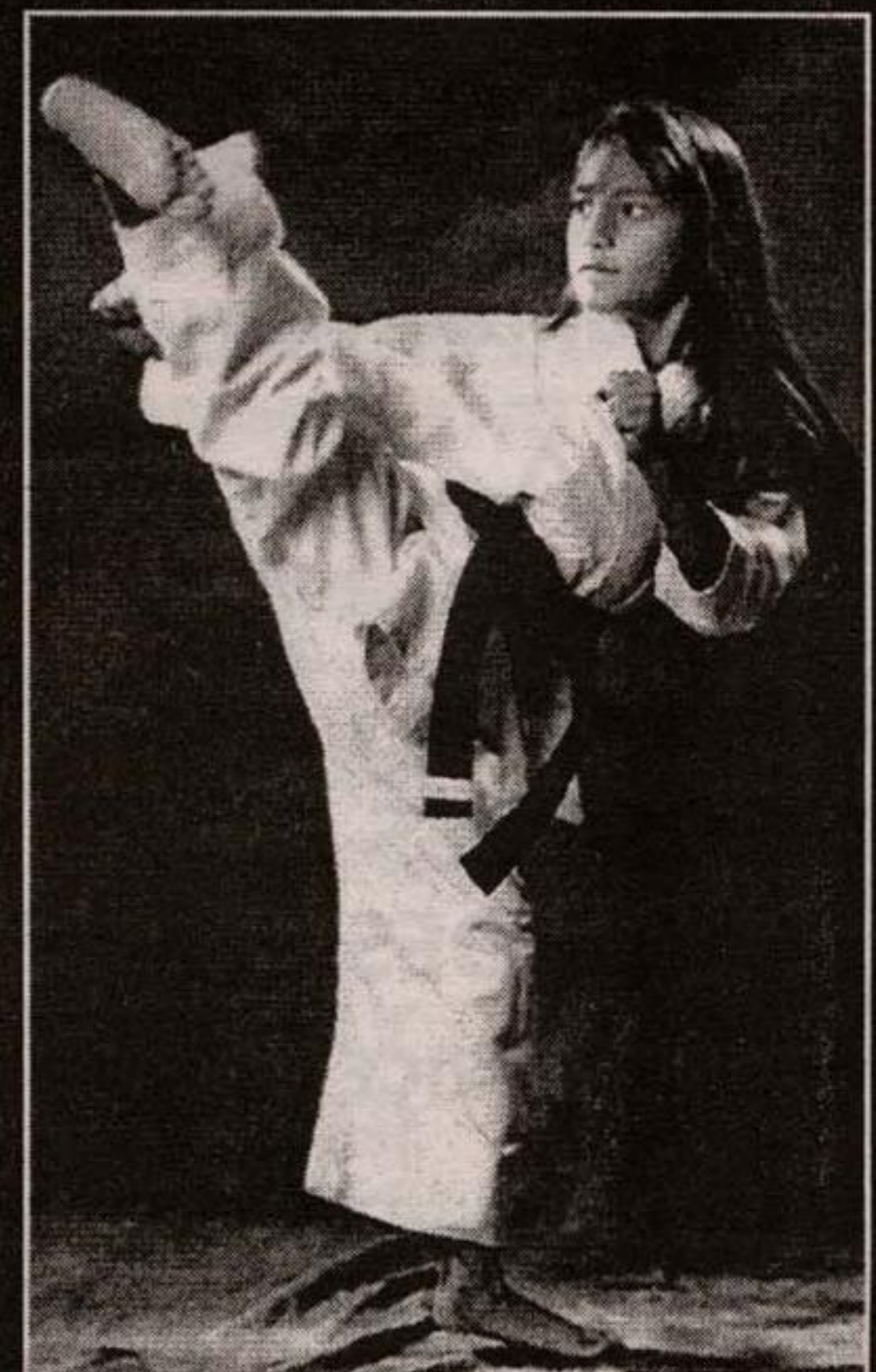
Limited Time Offer
Register Now!

MASTERS TAE KWON DO

ACTON ARENA &
COMMUNITY CENTRE

(519) 853-4392

Head Office / Main School
35 Van Kirk Drive, Brampton
(905) 456-KICK



TRYOUTS

The tryouts for the 1999-2000
season will be held at the Acton Arena

August 31 and September 3, 7-10, 14-17, 21-24, 1999

Ice times for the first week only are as follows:

NOVICE	6:00 PM
ATOM	7:00 PM
PEEWEE	8:00 PM
BANTAM	9:00 PM
MIDGET	10:00 PM



The cost is \$10 per tryout. Ice times for subsequent weeks will be announced at the tryout on September 3.

Please note: Due to insurance regulations, players must be registered in order to try out.

Please ensure in that your child is registered or he/she will not be allowed on the ice.

If you have any questions please call Steve Prentice @ 853-0779

**P.S. Don't forget the Acton Minor Hockey Golf
Tournament September 25 at Acton Meadows!!**