

# Irish dancing duo wins eastern championship

By IRENE GENTLE

The Champion

First the Eastern Canadian Championships. Tomorrow the Worlds.

That could be the rallying cry of Victoria DeBattista, 14, and Cian Gavin, 9.

The Irish dancing duo placed first in their age categories at the Niagara Falls competition that gathered up the best and brightest in the area to reel, slipjig and hornpipe their way into the judges' hearts.

For Victoria, the recent win is the triumph she has been working toward since slipping on her first pair of dance shoes at the age of four.

"My mom got me into it," she said. "I thought it was

fun. You meet a bunch of new people."

She began her training at the Graham School here in Milton, but eventually transferred to Brampton's Fearon School.

It was a good call, said mom Pat DeBattista.

"This teacher has taken her beyond our dreams," she said of Rose Fearon, and at least one judge she has spoken to agreed.

"They were saying she's (Ms Fearon) probably the best in the world. Per capita, she has more champions than anyone this judge has ever known."

Aside from great training, dedication, perseverance and good old-fashioned sweat are what it takes to separate the greats from the wanna-bes, said Victoria.

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Photo by GRAHAM PAINE

Irish dancers (left to right) Aoife Gavin, Patricia Finnegan, Kathryn DeBattista and Victoria DeBattista are off to the Worlds. Missing from the group is Fiona Lowe.

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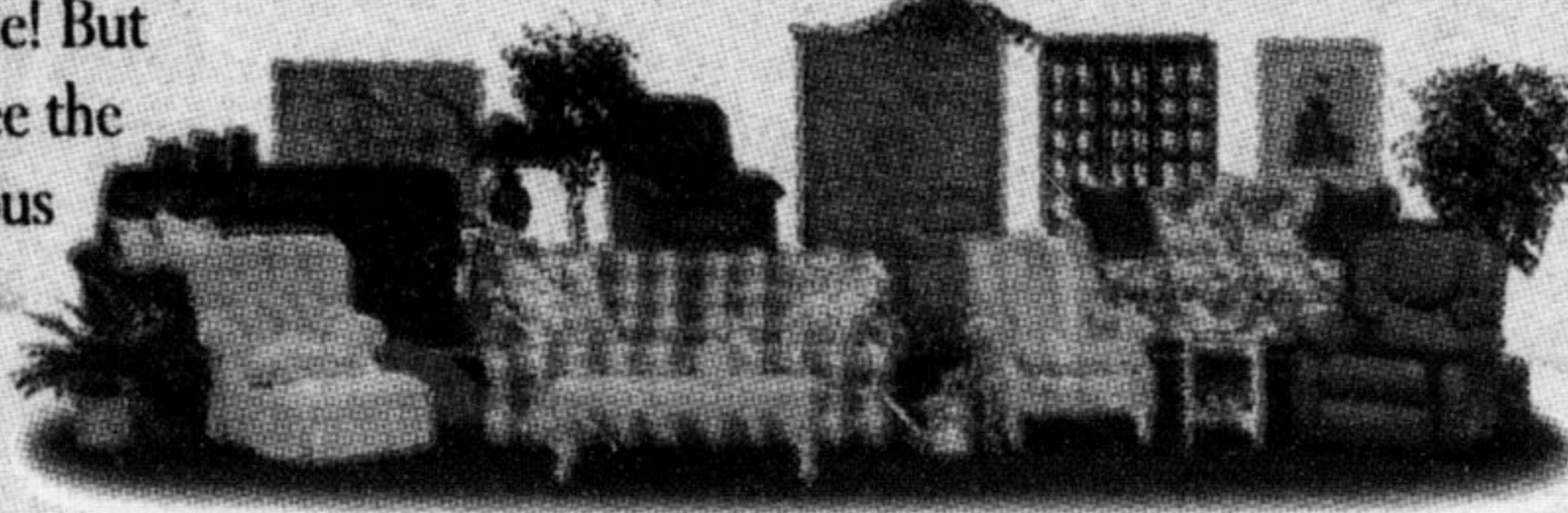
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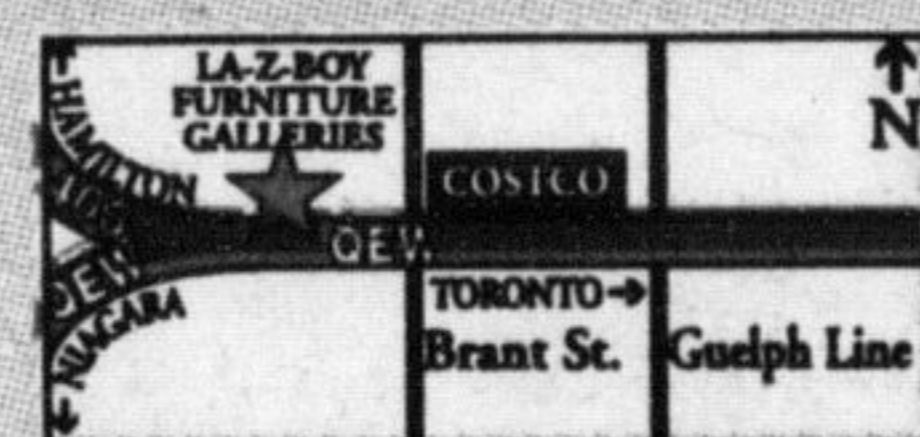


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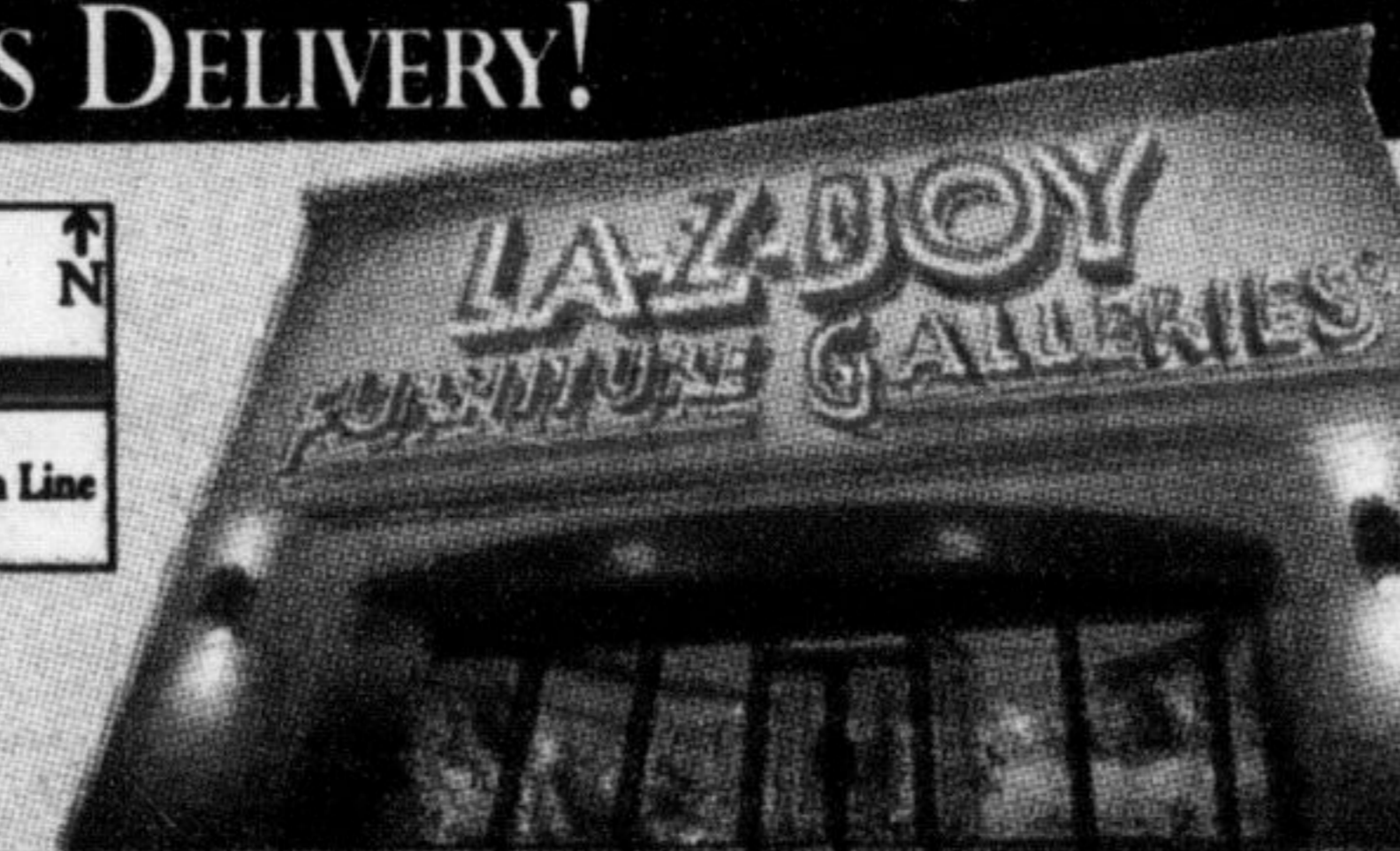
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Clients eat regular grocery store products, making selections from all four food groups in the Canada food guide. Working one-on-one with a counselor and under the supervision of a registered nutritional consultant, clients learn a healthy approach to food, are encouraged to exercise, and use a metabolic method - improving the rate at which your body burns fat - for weight management. A confidential case history is taken from every potential client during a free consultation. Whether you want to lose 10 or 100 pounds, the weight loss phase of the program is adjusted for each person to match their lifestyle, body type, and case history. They can actually develop a nutritional weight management program that fits you like a glove and individually pampers you throughout the process.

You'll receive all the support and encouragement you need while you are losing or maintaining your goal weight. Our trained counsellors are committed to successfully developing a healthy lifestyle for you and will guide you with understanding and

motivation. Once a goal weight is reached, the client begins a six week stabilization program then has the option to move on to a maintenance program. If at any time during the year of maintenance you gain back three to five pounds, you are invited to return to the clinic, free of charge.

The Beverly Hills Weight Management program was developed in the States about 20 years ago and was brought to Canada about five years later.

Marion Healy, Registered Nutritional Consulting Practitioner, has over 12 years experience in metabolic weight management.

She has helped hundreds of people to not only lose weight and keep it off but has given her clients an understanding of their individual nutritional needs.

Due to the high levels of safety and attention offered by this program, it is frequently recommended by health care providers to their patients who need help.

With this kind of support from the community, you can be assured that your weight control will be safe, effective and healthy.

The Milton centre has been open for one and a half years and has already impressed and improved the lives of many area residents.

They are located at 550 Ontario Street S. (Pizza Hut Plaza) and can be reached for a consultation at 875-2889.