

I'll go in public in underwear if I don't take off 35 pounds

All my New Year's resolutions are pretty much by the board now.

In fact, I actually put on weight instead of losing it, which I don't understand at all. I've weighed myself each morning since January 1 and I've put on 4.5 pounds. At that rate, I will put on about 300 pounds by the end of the year.

My scale is actually starting to complain to me. The screen flashes "lo" if I weigh myself too many times in a row, which I tend to do because I can't believe what I'm seeing. It might just be the battery, but it could also be a short form for "lower your weight, big fella, and get off of me."

People have a hard time believing how much I weigh, or at least they say so. "Oh, you don't look like you weigh that much." I don't know if people are just being polite, though, or if they really mean it.

So, what it means is that I can actually feel good about myself because I'm fatter than I look, if that makes any sense. I always say that muscle is heavier than fat. As if I actually believe that's the case with me. It used to be. At one time, I could sit on the bottom of a pool without using my arms to keep me from floating to the top. If you think that's easy, give it a try.

For the record, I weigh 264.5 pounds. If you'd like to tell me I don't look as if I weigh that much, please feel free to do so. If you do



On the loose

with MURRAY TOWNSEND

think I look as if I weigh that much, keep it to yourself.

My younger brother doesn't bother with any pleasantries or politeness. When he sees me he says, "How are you doing, fat boy?" It doesn't bother me because I have no sympathy for myself or other tubbies, unless there's nothing they can do about it.

It was worse when I was a kid. My mother used to tell me that if I didn't stop eating she was going to shop in the Husky Boy section for my clothes. That would have been a horror worse than death. I don't know that there really was a Husky Boy section, but I guarantee you I lived in fear of it most of my childhood.

Some people remember different traumatic events in their life, such as their 30th and 40th birthdays, but for me it's been my pants size. I was 32 in high school when I weighed 180 pounds and was active and athletic. In my early twenties, I went up to size 34 and then to 36 in my

early thirties. It was a terrible day in my mid-thirties when I had to take size 38s into the change room. Around about 40, I graduated to size 40, which made it a double whammy.

But, then I lost weight last year. Thirty-five pounds. And I went back down to a size 38, which felt fantastic. I didn't use any kind of diet, but I did exercise more. Mostly, I just ate less. It was as simple as that. And I found that the less I ate, the less I wanted. It worked well and I felt much better.

And then throughout this year I put back on every ounce and then some, without even knowing it.

We need incentives when trying to lose weight. For example, if you were to give me a million dollars if I lost 50 pounds by the end of the year then I guarantee you, I would lose it, and so would almost anybody.

If any billionaire wants to offer me that, I'd be glad to accept it, but failing that I'm going to have to provide my own incentive.

So here it is. If I don't lose 35 pounds and am not under 230 by the end of the year, I will walk down Main Street through downtown Milton in my underwear on New Year's Day. That's scary enough incentive for everybody to see me succeed, so please, "Don't feed the fat boy."

Got a hot scoop? We love to hear story ideas. Call 878-2341, ext. 234.

Don't Put It Off, TAKE IT OFF!



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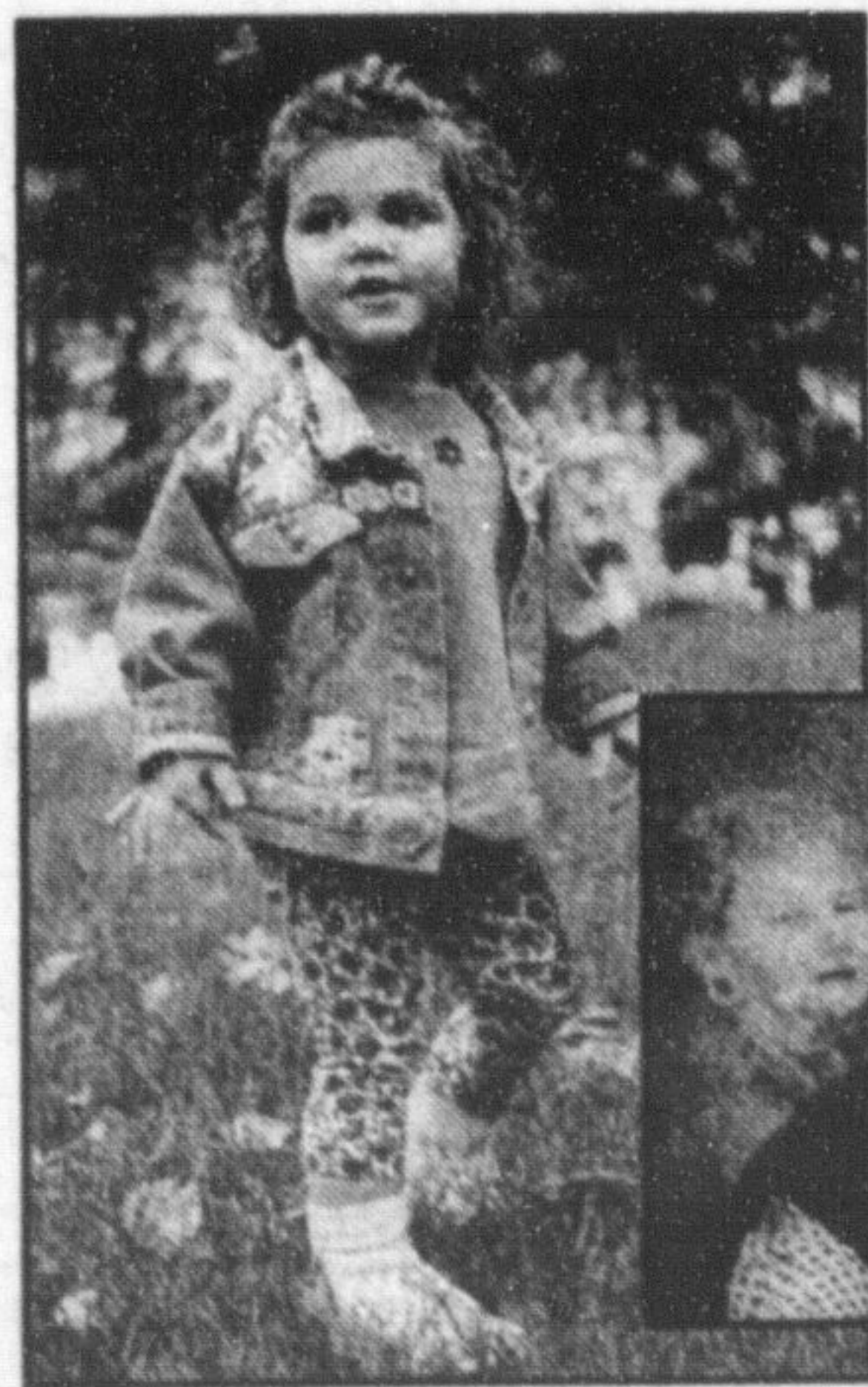


CCAC HALTON

Getting to know the Community Care Access Centre (CCAC) of Halton

• The Community Care Access Centre of Halton will help to find a home for your loved one when living independently is no longer a safe option. One alternative is placement in a Long-Term Care facility (nursing home). As you may already be aware, Halton currently has a limited number of Long-Term Care facilities. However, over the next few years, a number of new facilities are scheduled to open in Halton.

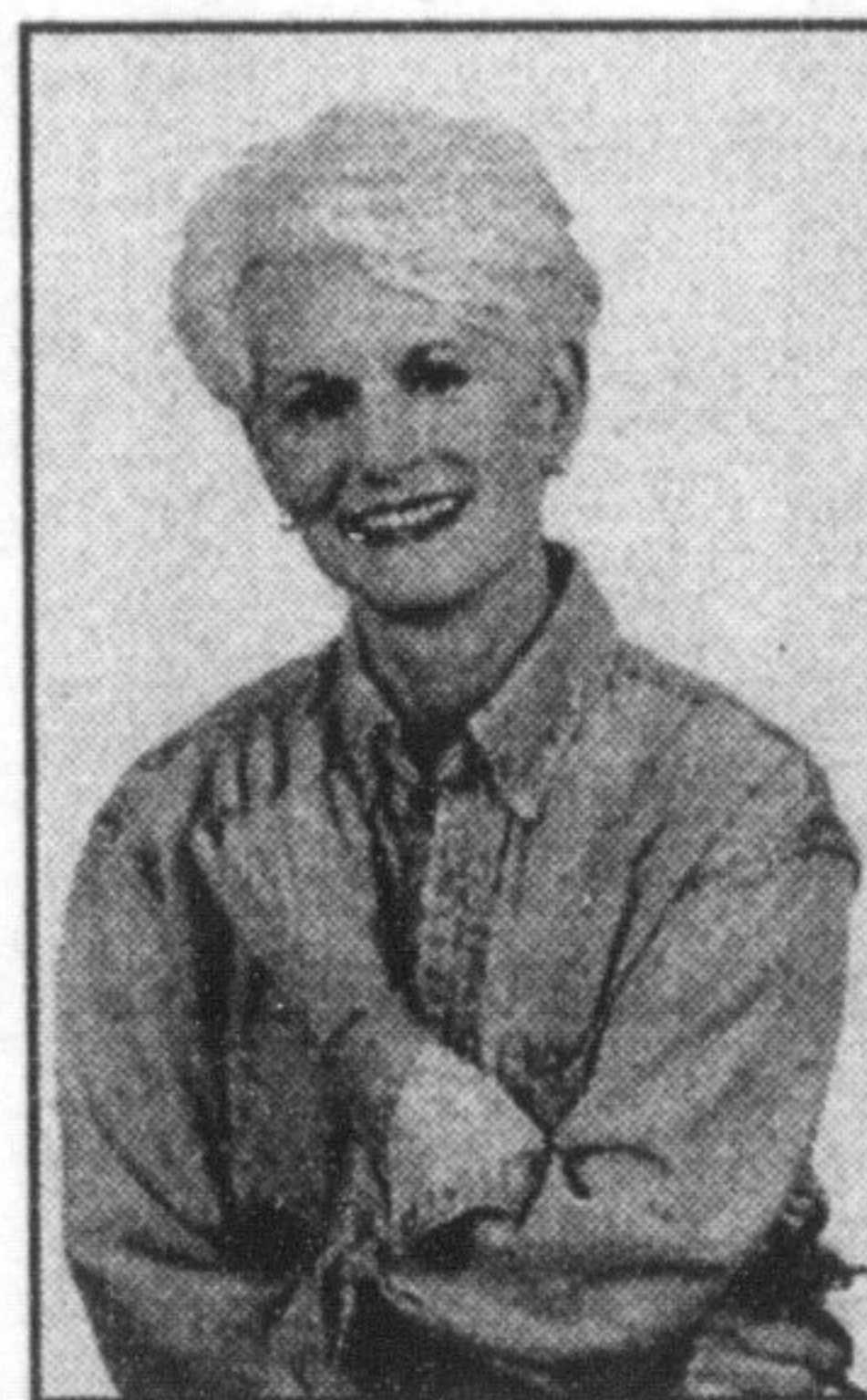
• Prior to the opening of a new facility, ads will appear in the local newspaper regarding the facility and application process. This will allow those people not currently on our Long-Term Care wait list to apply for placement in the new facility. If you require any assistance with this process, please contact the CCAC of Halton.



• At the same time, those people currently on our waiting list for a bed in a Long-Term Care facility will receive a letter, indicating that they should let us know if they wish to have their name added to the wait list of the new facility.



• The Community Care Access Centre of Halton is easy to contact. If you, a family member or friend needs home care services, personal support, or placement into a Long-Term Care facility, you can reach us, 7 days a week, 8:30 a.m. to 10:00 p.m. by calling (905) 639-5228 or, toll free at 1-800-810-0000. There is no cost to the client for direct services provided by the CCAC. Services are funded through the Ministry of Health and Long-Term Care.



CLIP AND SAVE

Upcoming Board Meeting Dates

- ➔ January 17, 2001; 6:30 p.m.
CCAC of Halton,
440 Elizabeth Street, 4th Floor,
Burlington
- ➔ February 21, 2001; 6:30 p.m.
Central Public Library, Auditorium
120 Navy Street,
Oakville
- ➔ March 21, 2001; 6:30 p.m.
CCAC of Halton,
440 Elizabeth Street, 4th Floor,
Burlington
- ➔ April 18, 2001; 6:30 p.m.
CCAC of Halton,
440 Elizabeth Street, 4th Floor,
Burlington

For further information regarding Board meetings, please contact Barbara Bailey Marshall at: (905) 639-5228, ext. 8921 or call toll free 1-800-810-0000

How to contact us:

Phone Numbers: 440 Elizabeth St., 4th Floor, Burlington
(905) 639-5228
or toll free: Visit our website:
1-800-810-0000 www.ccac-halton.on.ca

Telephone Inquiries: 8:30 a.m. - 10:00 p.m. daily
Office Hours (open to the public): 8:30 a.m. - 4:30 p.m. (Monday - Friday)