

Local artist sets out to lose weight while raising funds for Canadian Cancer Society

By **FANNIE SUNSHINE**
The Champion

Albert Casson's weight loss will be the Canadian Cancer Society's gain.

The Milton artist kicked off his solo fundraiser at Goodlife Fitness Centre Thursday.

In his quest to lose weight, Mr. Casson is hoping people will sponsor him for every pound lost or donate a flat amount.

"It's something I've been thinking about for a couple years now," the 397-pound, 52-year-old told The Champion during the kick-off.

"The idea of losing weight seemed meaningless to me because I always lose then gain. This time I'm doing it for a reason. I'm putting on my boxing gloves and coming out fighting."

Goodlife put Mr. Casson on the 'Six Week Fat Loss' program. The program, donated by the fitness club for the cause, combines weight training and cardiovascular activity three times a week, combined with healthy eating.

"For six weeks I'm going to work with a trainer, then I'm going to be on my own for the rest of the three months," he explained. "My three month goal is to lose 30 to 40 pounds. My ultimate goal is to lose 180. And if anyone wants to work out with me, they are more than welcome to."

He decided the Canadian Cancer Society would be the recipient of the funds raised for personal reasons.

Mr. Casson lost his first wife to ovarian cancer and he himself battled a bout of kidney cancer, which he won.

"I want to have a good life. I've battled with my weight my whole life. It's a total mental approach (to lose weight). I am ready."

Gennifer Van de Haar, owner of the fitness centre, said when Mr. Casson told her of his idea she was excited to be able to help. "Something like this is a great way to keep healthy and to help out the Cancer Society."

Mr. Casson's wife, Monica, said she believes what her husband is doing is purely amazing. "I think this is wonderful. I'm so proud of him."

Anyone wishing to donate can contact Ms Casson at Goodlife Fitness Centre at (905) 876-3488.

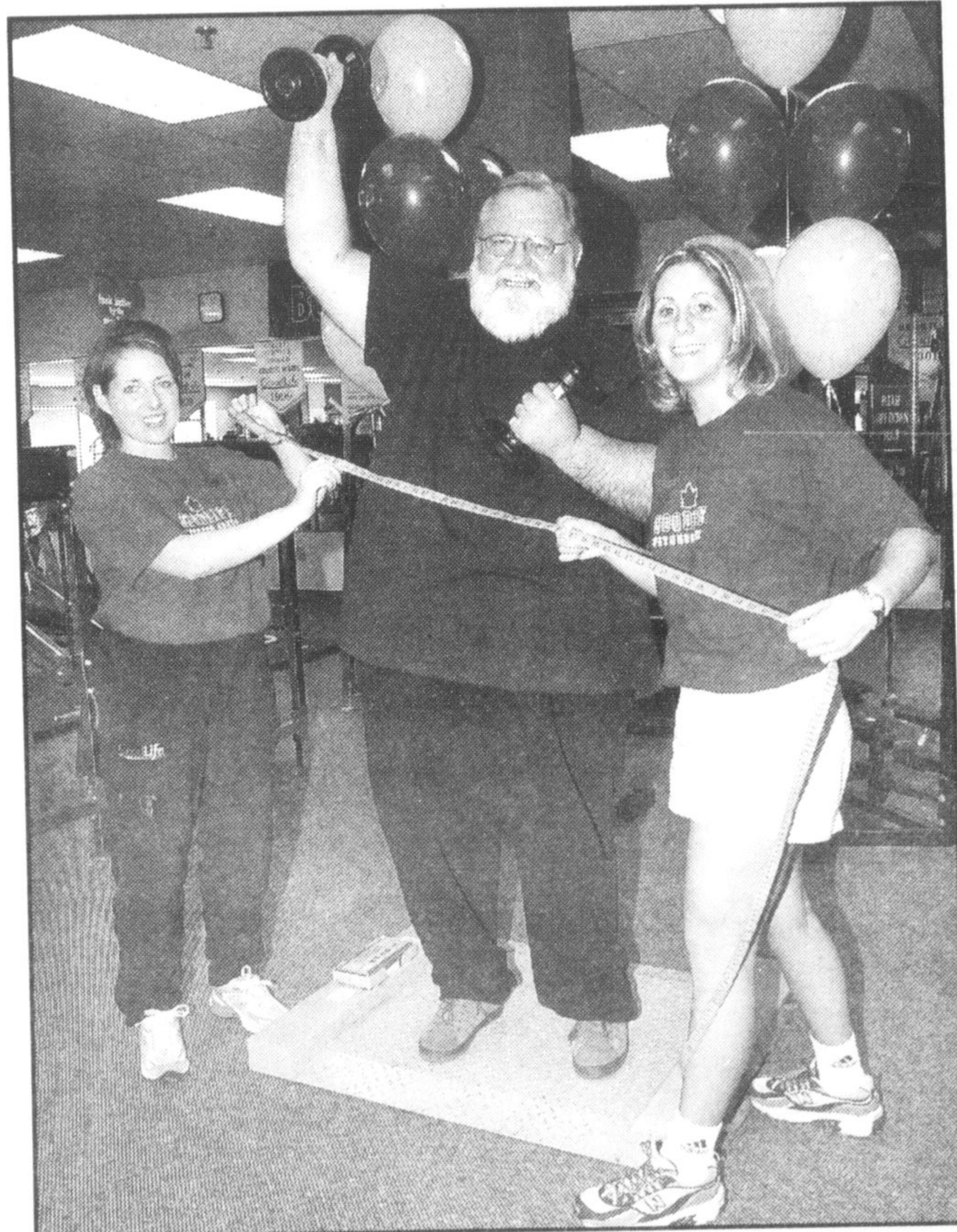


Photo by GRAHAM PAINE

GoodLife Fitness owner Gennifer Van de Haar (left) and personal trainer Stephanie Kaplan helps measure Albert Casson.

June Specials!

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Teachers to be honoured

Local educators will be among those honoured during the 16th annual Halton Catholic District School Board's staff recognition night Friday.

A trio of Milton teachers is slated to receive the spotlight after having contributed 25 years of service to the board. Recipients will include Luisa St. John of Bishop Reding Secondary School, along with Noelle Stutt and Nancy Whaley of Our Lady of Victory School.

Also being honoured are five local teachers set to retire at the end of the year: Marcelle Lambert and Sue Luciani of Holy Rosary School, as well as Gail Featherstone, Joe Golini and Robert Shurge of Bishop Reding.

The event will take place at the Burlington Convention Centre.

You are cordially invited to an interactive talk show
HOT TOPICS in Multiple Sclerosis
with **Ms. Dini Petty**

featuring
Marcelo Kremenchutzky, MD
Neurologist, London MS Clinic
John Lamont, MD, Ob-Gyn, Hamilton
Louise Girouz, M.A. Adlerian Psychotherapist
& her husband **Melvin Chelsky, C.A.**

Saturday June 8, 2002
9:30 a.m. - 12:00 p.m.

Hamilton Convention Centre
2nd floor - Albion Room
1 Summerslane, Hamilton

RSVP: Complete Medical Communications
by calling **1-800-913-0039**

Refreshments will be available
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TENDER OPPORTUNITY
Main Street Hanging Flower Baskets

As part of the BIA beautification program, hanging flower baskets are being introduced as a NEW feature along Main Street between Commercial and James Streets. The baskets have been purchased by the BIA and are black wrought iron. The baskets will hang on either side of the new lamp standards at curb side, parallel with the road. **82-18" baskets** will adorn the 41 lamp standards. As the primary focus of the Downtown these baskets must be **SPECTACULAR**. They must be filled with varieties that are showy and colourful.

Some specific varieties include

Ivy geraniums	Sweet potato vine
Portulaca	Vinca
Bacopa	Swedish Ivy
Bidens	With a moss liner
Petunias	

The plants must be warranted until the end of the 2002 season. Any dead plants must be replaced within 3 days of the vendor being notified.

Interested parties may respond with quotes to e-mail address:
info@miltontbia.com
Or call the BIA Office at **905-876-2773**.

The deadline for tender submissions is:
Monday, June 10 2002.