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Casson has dropped three belt holes in weight-loss fundraiser

By **FANNIE SUNSHINE**
The Champion

It's been a rough ride, but Albert Casson is fighting his way toward a healthier lifestyle.

Since the Milton artist began his weight loss fundraiser program at Goodlife Fitness Centre in May, he's lost 21 pounds and dropped three belt loops.

At his program's kick-off, Mr. Casson

tipped the scale at 397 pounds.

So far, he's collected close to \$1,000 for the Canadian Cancer Society, the sole recipient of his fundraiser.

"The hardest thing I'm finding is getting the public to react," he said. "I thought I would get more of a reaction. I haven't raised nearly as much as I had hoped for."

Individuals who drop off donations at the soon-to-open women's only Goodlife fitness club on Main Street will receive a free print of his artwork, he continued.

The decision to donate the funds raised to the Canadian Cancer Society was one that hit close to home.

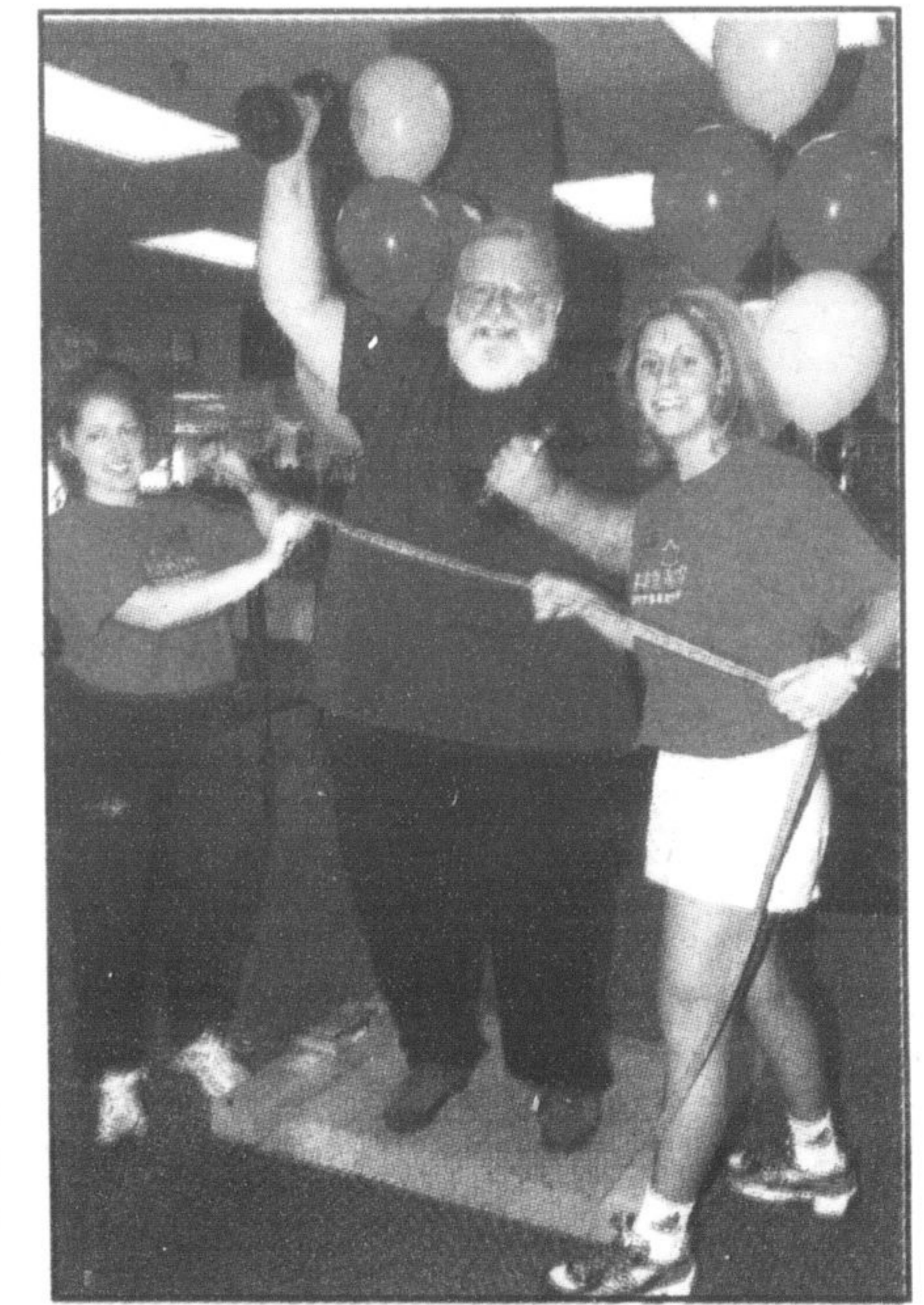
Mr. Casson lost his first wife to ovarian cancer and battled a bout of kidney cancer himself, which he beat.

Goodlife put Mr. Casson on the Six Week Fat Loss Program, which combines weight training and cardiovascular activity three times a week with healthy eating.

For the first six weeks, he worked out with a trainer, but has been working out on his own for the past few weeks.

Mr. Casson will continue his program until the end of the month.

"Like anything in life, you have to make up your mind to change," he said, when asked if sticking to a healthy lifestyle has



File photo by GRAHAM PAINE

Albert Casson has lost 21 pounds since this photo was taken in May.

been challenging.

He's almost made it to his three-month goal of losing between 30 and 40 pounds. His overall goal is to lose 180 pounds.

Halton Region

A Partnership That Works!

REQUEST FOR PROPOSAL

Bid documents for the service listed below, addressed to the Manager of Purchasing, 1151 BRONTE ROAD, OAKVILLE, ON L6M 3L1 will be received until 2:00 p.m. Oakville time on the specified closing date. Bid documents can be seen or obtained through the Purchasing Division of the Corporate Services Department, same address as above, telephone 905-825-6000, extension 7031. If long distance charges apply, dial toll free 1-866-4HALTON (1-866-442-5866).

Documents will be available for pick up on and after Tuesday, August 6, 2002. There is a non-refundable deposit of \$26.75 (includes GST). Bidders who request documents to be shipped from Purchasing must include a handling fee of \$10.70 (includes G.S.T.) for this service. Please be advised that this particular bid document is also available for purchase and download from the Region website at www.region.halton.on.ca/bids.

A certified cheque or bank draft made payable to the Regional Municipality of Halton in the amount of \$5,000 must accompany each proposal.

Under no circumstances will facsimile or late bids be accepted or considered. Lowest or any bid not necessarily accepted.

Halton Region relies on this advertisement to provide public notice of this business opportunity and is not obligated to notify any potential bidders in any other manner.

02-P-026

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www.region.halton.on.ca/bids
www.etnbids.com



Joyce Soare
Halton Regional Chairman

With recent coverage about West Nile Virus (WNV) in the United States and Canada, it seems timely to remind you that there are steps you can take to protect yourself and your families against this virus. To protect yourself you should wear long-sleeved shirts, long pants, socks and shoes when outdoors in the evening or early morning. Wearing a mosquito repellent that contains DEET can also provide protection. **Do not use DEET on infants younger than six months.** It is also important to reduce mosquito breeding areas around your home. Turn over or throw out containers that hold water and change water in bird baths daily.

We are continuing to monitor for West Nile Virus in our Region. Visit the Health Department page on the Region's Web site at www.region.halton.on.ca/health or call the West Nile Virus information line at: 905-825-6187 (Toll free: 1-866-4HALTON) for more information.

Give gift of blood at clinic

It's time to roll up your sleeve to donate. Canadian Blood Services will hold a blood donor clinic Thursday at the Milton Seniors' Activity Centre, 500 Childs Dr.

The clinic will operate from 1:30 to 8 p.m.

To book an appointment or for more information, call 1-888-2-DONATE.

The Canadian Champion



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