

# I apologize for losing my normally humble attitude

Holy chow! If I read Tuesday's articles on The Champion's Weight Loss Challenge, Murray Townsend would be the last person I'd be cheering for.

Nobody likes a swaggering braggart — even if they weigh 21 pounds less than they did a month ago.

Now, as editor Karen Smith informed me from the start, it's not a competition among the four of us. It's more of a competition within ourselves to meet our own goals.

Still, the competitive attitude creeps in there, and I'm not taking all the blame for that. Whenever people would ask how much weight I had lost, they would also wonder how much the others had lost. "It's not a competition," I told them.

Whatever, so how much have the others lost?

Somewhere along the line, I lost my normally humble attitude (cough, cough) and became more concerned about beating the others. At first, for example, I was disappointed for Karen that she wasn't losing the weight as much as she liked, although as it points out in the article, other good things are happening. And then afterward, I was thinking, "Well, I got her beat."

Now, after reading the story, I feel a little badly about being so happy for myself. And you, the readers, are going to want to cheer more for them than me. I'd be last if a popularity poll were taken among the



## On the loose

with MURRAY TOWNSEND

four of us, so I have to try and redeem myself and see if I can't get more popular support to swing my way.

I mean people always love an underdog, or somebody who has battled their way back from a drug addiction or some other terrible thing that has happened to them.

What if I were to tell you about my cat Fluffy? Fluffy disappeared, supposedly hit by a car, when I was a little boy.

Ever since, I've had to live with the consequences of what happened to Fluffy. Every cat I see: "Fluffy, is that you?"

At night I drive through my old neighbourhood with the window open, calling: "Fluffy, Fluffy, Fluffy where are you?"

I've had to overcome her loss while at the same time trying to lose weight. Hard to imagine, isn't it?

What about when I was a kid and broke both my arms at the same time, right in the middle of baseball season? Not many people can come back from a traumatic experience such as that and still lose 21 pounds.

Still not crying? Well, what about the time I scored six goals in one hockey game? I was never able to live up to that, so I've had to carry the stigma with me ever since. At least until I entered The Champion's Weight Loss Challenge — my only chance to feel good about myself again.

And what about the other day when my 90-year-old father beat me three times in a

row at backgammon, and then would have beaten me in an arm wrestle if I had accepted.

See the hardships I've had to endure? How could you not cheer for me now?

I really do hope that Karen, Wendy and Lea Ann do well. Honestly. And they have, and I'm proud of them.

But, let's face it. They don't have to deal with hair loss, or more importantly, overcome the loss of little Fluffy.

### HYPOTHERMIA

What Should You Do?

**DO...**

- ☑ Keep the person warm by wrapping her/him in blankets and moving her/him to a warm place. Remember to be very gentle in handling the person.
- ☑ Put hot water bottles, heating pads (if the person is dry), or other heat sources on the body, keeping a blanket, towel or clothing between the heat source and the skin to avoid burns.
- ☑ Give warm liquids to drink, if the person is awake.

**DON'T...**

- ☒ Do not warm the person too quickly by immersing him or her in warm water. Rapid rewarming can cause heart problems.
- ☒ Never rub the surface of the person's body, this could cause further damage if they are also suffering from frostbite.
- ☒ Avoid giving alcohol and caffeine to drink, it can hinder the body's heat producing mechanisms.

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## MILTON HYDRO Issues Phase 2 Rebates

Customers of Milton Hydro will receive their phase 2 rebates on their next bill (mailed after March 1<sup>st</sup>).

### Who is entitled to a Phase 2 Rebate?

Low volume (less than 150,000 kWh's annually) and designated consumers with an active account on November 25, 2002.

### How much is the Rebate?

The total rebate owing is the difference between what was paid for the commodity portion of your bill between May 1, 2002 and November 30, 2002 and what would have been paid at 4.3 cents per kilowatt hour. This amount is then adjusted by your previous rebate.

If your actual rebate owing is less than the amount previously rebated, you will only receive a rebate for the GST on your phase 1 rebate.

### What if I have moved since May 1st?

- a. **Moved within Milton between May 1, 2002 and February 28, 2003 and you remain a customer of Milton Hydro** – Milton Hydro will refund the rebate you earned on your final billed account, along with your current account's rebate, to your current bill.
- b. **Moved outside of Milton between May 1, 2002 and November 25, 2002** – you will receive a letter from Milton Hydro which includes the calculation for your rebate entitlement, which should then be taken to your current utility who will calculate your total phase 2 rebate.
- c. **Moved outside of Milton between May 1, 2002 and November 25, 2002, however you are currently not responsible for utilities** – you will receive a letter from Milton Hydro which includes the calculation for your rebate entitlement, however regulations are forthcoming from the Ministry of Energy.
- d. **Moved outside of Milton after November 25, 2002** – Milton Hydro will be issuing a refund cheque, by March 31, 2003, for any eligible further rebate.
- e. **Moved from another utility between May 1, 2002 and November 25, 2002 and was a Milton Hydro customer on November 25, 2002** – Provide Milton Hydro with correspondence (bills/letters) from your former utility and we will credit your account for any eligible rebate.

*For questions concerning your rebate, contact Milton Hydro at (905)876-4611*

*Questions concerning Bill 210 can be directed to the Ministry of Energy, Science and Technology at 1-888-668-4636 or visit their web site at [www.est.gov.on.ca](http://www.est.gov.on.ca)*