

ASK BARBARA

Dear Barbara

My job takes me away from home regularly. How do I manage to diet while eating at restaurants? Reply:

Restaurant food is notoriously high in fat. It can be extremely difficult to eat properly when dining out. Here are a few suggestions. Start by going through the salad bar (but watch out for those high-calorie dressings) and then order leaner cuts of meat that can be broiled. Avoid foods that are deep-fried or have heavy sauces.

At Diet Center, we teach you how to dine defensively. Dining out is a natural and enjoyable part of life; and when you learn how to



Diet Center Counselor

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New 'Waste Not' group spreading reuse philosophy

By NORMAN NELSON

A new Halton Hills environmental group is promising to put its money where its mouth is.

The group, called Waste Not, hopes to raise \$340,000 over the next three years — half from senior levels of government and half through its own fundraising initiatives — in order to operate what it has termed a waste reduction centre.

While one of its goals is to preach the environmental gospel throughout Halton, another ambitious plan. Unveiled at a regional planning and public works committee meeting last week, the plan is to open a store, patterned after the Salvation Army and Amity stores, where some people's unwanted second hand goods can become other people's treasures.

Items such as clothing, appliances and toys would be sold or donated depending on market conditions.

Group representative Diane Van De Valk said the organization, with more than 140 members already signed up, has been given the use of a building.

A little vague on when it hopes to begin operation, Ms Van De Valk would only say, "as soon as we can."

Halton Hills, because of its relatively small size, is the perfect place to start, she said. Once in operation, the project could then serve as a "framework for larger municipalities."

With the Blue Box recycling program achieving near maximum results in Halton, the group believes it's time to focus efforts on even better environmental initiatives — reduction and reuse.

She doesn't believe Waste Not's efforts will hurt similar initiatives such as Goodwill or the Salvation Army, which operate their own second hand stores.

"For instance, Goodwill is excellent at restoring used mattresses," she said. "Waste Not would certainly not try to do that."

She pointed out the overriding goal is waste diversion, and that they certainly don't want to hurt the efforts of other groups successfully accomplishing this task.

When the program gets underway, she said the group hopes to operate a couple of transfer stations for people to drop off items, and also hopes to tag along with Halton Hills municipal garbage crews on special pick-up days in order to salvage items that could be reused.

Halton council will decide next Wednesday whether to endorse the group's proposal.

Last week the regional planning and public works committee recommended council "encourage" the proposal after Halton Hills councillor Rick Bonnette suggested that the term 'endorse' might imply a financial commitment.

"I think it's really great," said committee chairman Marilyn Serjeantson of Halton Hills. "And they're not asking for money — just our support."

The group's three goals are to:

- Become self sustaining in three years;
- Develop outlets for all reusable and recyclable items generated in Halton Hills;
- Provide a variety of interesting educational opportunities in the areas of waste reduction and recycling.

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PUBLIC INFORMATION CENTRE
Public Information Centre Date: June 27, 1990
Response Deadline: July 13, 1990

The Regional Municipality of Halton is planning the above-mentioned project in accordance with the Class Environmental Assessment process for Municipal Sewage and Water Projects. The purpose of the project is to provide the capacity for the treatment of projected sewage volumes from the development proposed for Urban Phase 2 and the Shell Refinery Lands in the Town of Oakville. The Oakville Urban Phase 2 lands are bounded by Hwy. 5 to the north, Upper Middle Road to the south Hwy. 403 to the east, and Bronte Creek to the west. A Class Environmental Study Report (ESR) will be prepared. As part of this process, alternatives to the undertaking have been identified.

You are invited to attend a public information centre regarding the above mentioned project on Wednesday, June 27, 1990 from 5:00 p.m. to 9:00 p.m. at Abbey Lane Public School, 1160 Old Abbey Lane located north of the QEW east of Nottingham Gate. Representatives of the Region and their consultant will be present to answer your and receive your comments.

You are invited to provide written comments to the Regional Municipality of Halton at the address below by Friday, July 13, 1990. To view a copy of the Municipal Engineers Association Class Environmental Assessment document, or for further information, contact:

Mr. V. A. Suffoletta, P. Eng. Manager, Engineering Studies & Research Regional Municipality of Halton 2316 South Service Road West P.O. Box 7000 Oakville, Ontario, L6J 6E1 Tel. (416) 827-2151	Mr. Peter Laughton, P. Eng. Project Manager R.V. Anderson Associates Ltd. 1210 Sheppard Avenue East Suite 401 Willowdale, Ontario, M4P 1M9 (416) 497-8600
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The Environmental Study Report is expected to be completed in approximately 6 months. Further notification will be given when the ESR is completed and made available at the Municipal Office for 30 days for public review.

The Class Environmental Assessment process is designed to resolve any conflicts prior to construction. When significant conflicts have not been resolved, any person/party may make a request to the Minister of the Environment that the project be "bumped up" to an Individual Environmental Assessment. If there is no objections to the ESR, the project will proceed.