

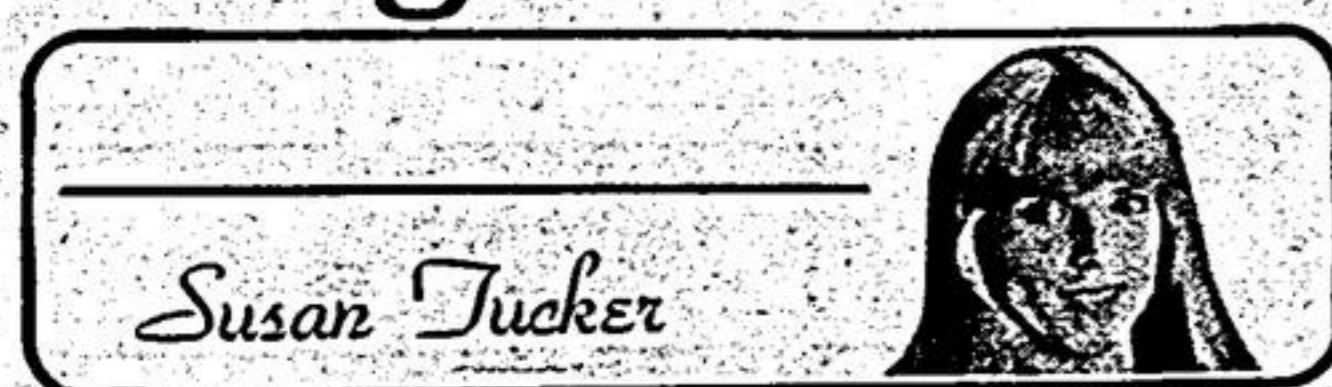
# DiETING can be beneficial

Hello there! This is the first in a series of articles about weight control. I'll be talking about issues involved in losing weight and maintaining that lost weight. I want the topics I discuss to be useful to you, so send in your questions and comments. I'll be pleased to answer all of them. I'll print those questions and answers that are pertinent to the next diet topic.

Do you dread the coming of bathing-suit season? Are you too embarrassed to ride a bike? Are simple physical tasks, such as walking, uncomfortable for you? Have you tried diet pills and almost every diet on the market?

Three years ago I could answer a re-sounding "yes" to all of the above questions. I want to keep my opening column on the bright side, so rather than focus on the negatives involved with feeling fat, I'll talk about the joys of being slim.

Let's start with dieting. What's in it for you? Everything! However, do expect to experi-



Susan Tucker

ence some tension. It's natural to feel a certain amount of anxiety when you alter your everyday eating patterns.

Take that anxiety (that excess energy) and re-channel it. Go to the bookstore and pick up an interesting book to take home. Buy your favorite magazine. Buy some pretty stationary and write thoughtful notes to those you care about.

Obtain a healthy diet from your doctor to begin. My new weight loss book contains a sensible diet format and diet recipes to help make the going easier.

However, it won't be printed until the latter part of May, so if you do not already have a sensible weight loss diet on hand, go to your doctor as your first step. He or she will most likely hand you a slightly altered Canada Food Guide-type

diet which is the best type for most people to follow. The task then lies in motivating your inner self to follow a set eating pattern for a lifetime.

Working toward and keeping a lithe and beautiful body does not mean that you are vain. Keeping slim means that you respect yourself, which enables you to love and respect others.

You'll feel wonderful as you near your ideal weight. All the little joys and happinesses become more and more a part of your life. You like yourself in the morning. You like yourself when you go to bed. All kinds of weather affects you positively.

The rain is cheerful. On cold winter nights it's fun to feel

warm and cozy at home sipping on soothing, steaming mint tea. On a warm sunny morning you can look forward to enjoying some of those rays while wearing a new summer outfit.

Becoming and staying trim and more youthful is not a form of being foolish about acting your age. It's a very

sensible approach to enjoying every day of your life.

**EDITOR'S NOTE:** Susan Tucker of Unionville writes from her own experience. She successfully lost 80 pounds and currently works as a behavior education counsellor at the Nutri/System outlet located near Steeles Avenue and Woodbine.

# MPP is deputy speaker

Don Cousens, MPP for York Centre, has been appointed for a third consecutive term as Deputy Speaker in the Ontario Legislature.

Roderick Lewis, who has been in the service of the Province of Ontario for 44 years and is currently in his 29th year as Clerk of the Legislature said, "This is the first time in recent years that a Member has been appointed for a third session. Knowledge of the rules of the House and the fair and equitable administration thereof make the role of Speaker and Deputy Speaker most important to the smooth functioning of the

Legislature." Mr. Cousens said, "I have enjoyed the responsibility and experience that this position has provided. A deputy speaker is very much like a referee where one has to make decisions quickly in the heat of battle. There is no time for a "replay" and one cannot be partisan or biased in his rulings. One can never relax in the Chair because anything can happen at any time. I am very complimented that all the Members of the Legislature supported my appointment. It confirms my own resolve to be fair to all parties and all Members."

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3 bedroom greenpark home backing onto parkland, circular stair 1-2-3 yr. lease. References. June 1st occupancy. Call now Pam Doyle 294-0690

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3 bedroom, 2 storey all brick 1 year old - garage paved drive, main floor family room with fireplace and walk-out to yard. Hurry call Pam Doyle 294-0690

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## THIS WEEK'S PARADE OF HOMES

**SOLD**

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**OPEN HOUSES**

29 BRIARWOOD RD  
UNIONVILLE  
SUN 1 - 4  
A "10"

9 SARAH JANE CRT.  
SUN 2 - 4 PM  
June Williamson

33 ROSEWAY  
SUN 2 - 4  
Pool & Ritzy Interior. Call Sue Meadows.

34 HAMILTON HALL  
SUN MAY 1ST.  
2:00 - 5:00  
Spotless. Dennis Cribari

20 BRIARWOOD RD.  
UNIONVILLE  
MAY 1ST 2 - 4 PM  
Priced to sell! Verna Hallworth

**JUST LISTED**

**BACKSPLIT!!**  
Large lot, 4 bedrooms, \$110,800  
"A 15" Wow! Jennie/Don

**AFFORDABLE**  
2 bedroom bungalow, fully finished basement. Glensys.

**A GEM**  
Immaculate 3 bedroom + bungalow. Large lot. \$139,900. Glensys

**UNIONVILLE**  
Exquisite "Wycliffe" 125' lot. \$188,000. Sylvia.

**"EXQUISITE" LOT 142'**  
Greenhouse kitchen. Broadloom -- "A Dream". Sylvia

**2 ACRES - COUNTRY**  
Ceramics - 2 walk-outs. Nearly new. Jennie

**40 ACRES**  
New bungalow, 200 ft. Steel Barn. Norma.

**\$109,800**  
4 bedrooms, huge lot. Fireplace. Sylvia Houghton.

**A CHALLENGE!**  
Huge 2 family home, mature double lot. Lynda

**\$89,900.00!**  
3 bedroom link, 149' lot. Cute! Lynda F.

**\$86,900.00**  
3 bedroom link, nice + neutral. Lynda F.

**140' LOT**  
1 year old fabulous. C.A.C. C.V.A.C. deck. Susan.

**MARKHAM**  
Reduced, 1 1/2 acre, all upgraded. Expensive extras. Bill Talbot.

**MAIN ST. UNIONVILLE**  
Comm. for restaurant or retail. Large lot. Bill Talbot.

**TEMPTATION!**  
Executive home 4 bedrooms. Great area. Anne Ratz

**\$93,800**  
2 Yrs. New! Eat-in kitchen. Walk-out Bargooni! Barb.

**ELEGANT**  
Marble fireplace. Main family room. 4bedrooms. Barbara.

**132' lot, 3 bedrooms, VTB 11%.**  
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**CLASSIC BEAUTY**  
2 acres, pool, quality home. Sue Meadows.

**GARDEN + LOT!**  
150' lot gorgeous 3 bedrooms. Must see. Jennie/Don.

**GOTTA GO!**  
4 bedrooms, family room, walk-out. Large yard. "pretty" Jennie/Don.

**\$97,000**  
4 bedrooms. Huge rec. room. "a showpiece". Sylvia.

**9 ACRES**  
Well planned home. Ideal for children. Norma.

**"ELEGANCE"**  
Wycliffe in Unionville. Prime Crt. Sylvia.

**4 bedroom, family with fireplace.**  
Sylvia.

**\$179,900**  
"Manning - 3,000" Den. 4 bedrooms, 4 baths. Sylvia

**PERFECTION**  
2 acres & superb bungalow. \$105,900. Jennie

**GOTTA GO!**  
4 bedroom townhome, 2 full baths. New carpet. June Williamson

**ONE OF A KIND**  
Huge lot pine rec. room. 2 walk-outs. Anne Ratz

**156' LOT**  
2 fireplaces, rec. room. 3 bedrooms, beautiful Barb.

**BARGOONI!**  
5 bedrooms, 3 baths, ceramics, gotta go! Sue Meadows.

**"CONSERVATION"**  
Greenhouse kitchen. Court \$169,000. Sylvia.

**HURRY!**  
3 bedroom townhome, finished rec. room. Garage. June Williamson.

**BUILDING IN YOUR FUTURE?**  
Lot - serviced - vendor will hold mortgage. Asking \$42,000. Susan

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