

Take control of situation

Remember those days that you felt on top of the world (or at least on top of your diet) and then all it took was one comment from someone to discourage you enough to send you on an eating binge? Well, you're not alone.

It happens to most dieters, and it happens often. Are dieters a breed apart? Are they weak in character? Absolutely not. Eating is a substitute fulfillment. When you don't get what you want, or if you don't work steadily toward what you want, then it becomes over-important for you to eat more than you want or need.

At times, over-eating seems akin to addiction, even though the body is not physically dependent on overeating. You don't want the excess fat, you don't want the psychological trauma of feeling self-conscious because of your overweight appearance, and you don't like the unhealthy aspects of eating too much of the wrong foods. On top of all of that, the food is not always a taste treat. Yet, you persist in overeating. Often you feel out of control when the psychological "need" to overeat is present.

It takes a giant realization to get you to accept that you need help for this "addiction". A weight loss group or other outside help (sometimes a heart-to-heart talk with someone who really cares about your well-being) can start you toward your goal of weight loss.

So, finally you begin a diet and actually stick to it until one fine day your spouse (or mother or friend) belittles your efforts or tells you the "right" way to diet, or criticizes your lack of willpower, or simply nags you about staying on your diet 100 per cent of the time.

Suddenly you have a strong desire to eat the wrong foods. Stop! Do you feel anger at their outbursts? Do you feel frustrated and tight inside over their lack of understanding? Use that anger this time and every time. Use it to strengthen your resolve to stay on your diet. Do not let them unintentionally (or otherwise) push you right off your diet.

Instead, quickly do something for you. Go upstairs and run the hot water for a warm, soothing bath. If that's not your style, change into a sweatsuit and jog until your anger subsides. Do something, and do it quickly.

All that is necessary for a successful diet is controlling or channeling your actions this minute. Tomorrow takes care of itself because you will be in control then, too.

Pumpkins get 'surgery' at hospital

By STUART McCARTHY

One hospital director thought there were 35 extra mouths to feed, and others were amazed at their life-like qualities as professional staff at Richmond Hill's York Central Hospital let their hair down recently for a pumpkin carving contest.

This is the first year such a contest has been held at the hospital and according to the hospital's manager of

food services, the response was fantastic.

"We bought 30 pumpkins and somehow received 35 entries," said Muriel Van Vugt.

All the different wards and services at the hospital were invited to participate and had one weekend to prepare their entries.

The food services department provided the pumpkins to those who asked

and the latecomers provided their own. All pumpkins supplied by the hospital were bought locally said Van Vugt.

The winning carver was 35-year-old Tudor Randell, a senior radiological technologist who said he had no choice.

"I was the guy that got stuck with it," said Randell, claiming the other radiology staff told him "you do it."

For creating Pump Radkin, whose I.D. card stated he (it?) was "known to

have been irradiated at an early age," Randell won the first prize of a gold plated serving set.

All entries were based on the actual carving of the pumpkin, although this did not stop the many departments from elaborately adorning their creations.

Van Vugt is confident that, after this year's success, the hospital will hold another contest next Hallowe'en.

ANNOUNCEMENT



WILLIAM WINE

Bud Patton, Manager of Wood Gundy's Markham office is pleased to welcome William Wine as Account Executive.

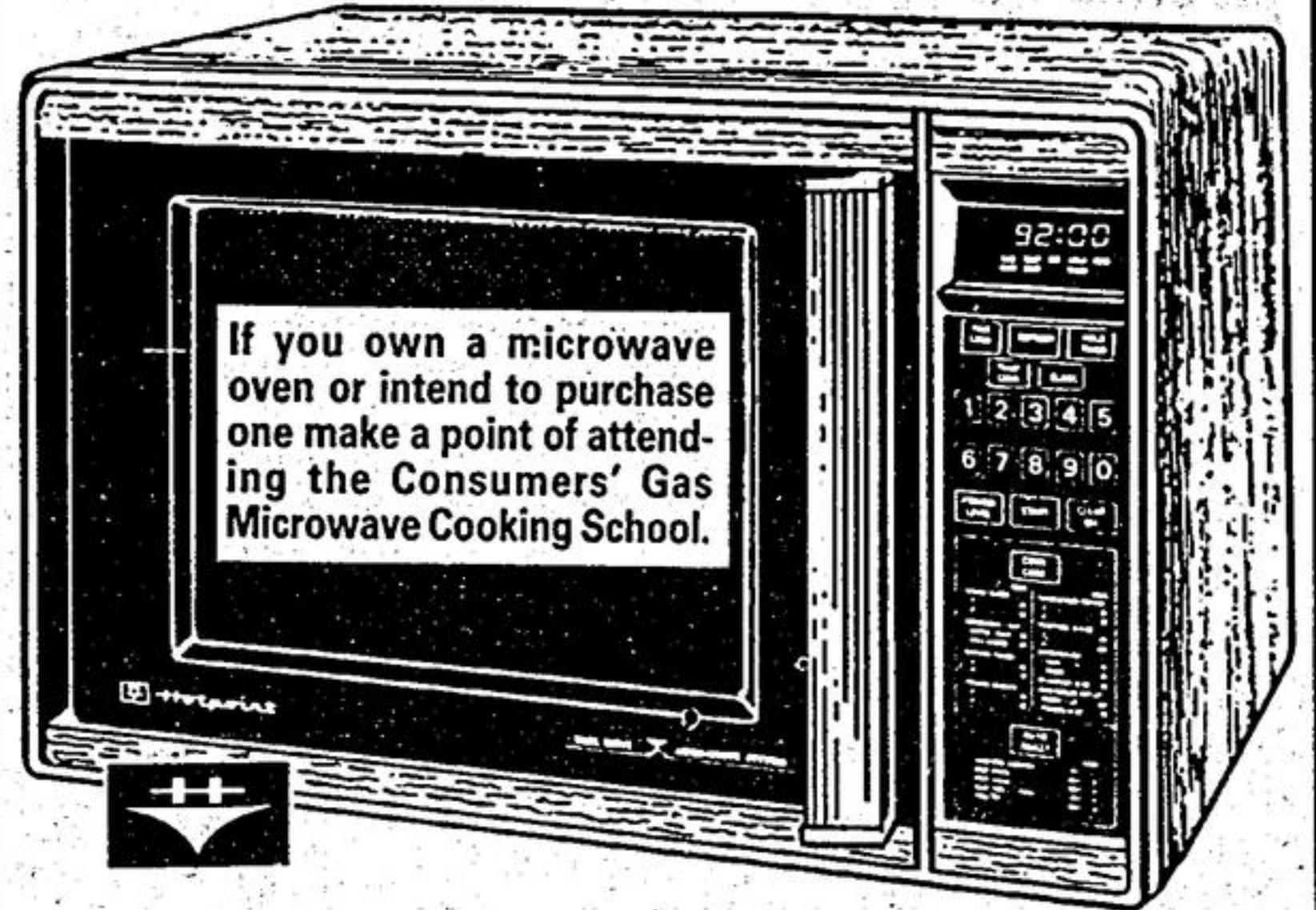
Mr. Wine comes to us from another firm in the industry and previous to that was with Superex Canada Ltd. as Vice President, Finance and Administration for 15 years.

He is also an 11 year resident of Thornhill.



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