

Heritage train ready to roll this weekend

The York-Durham Heritage Railway will be back on track from May 17, riding the rails between Stouffville and Uxbridge, on weekends and holidays until mid-October.

This year will be the first full operating season for the tourist train, which

had its inaugural run last September along one of the most scenic routes in Ontario. Trains will run from Uxbridge at 9 a.m., noon and 3 p.m. and from Stouffville at 10:35 a.m., 1:35

p.m. and 4:35 p.m. Passengers wishing to alight at Goodwood are welcome to do so.

Round-trip tickets, which can be purchased at Stouffville and Uxbridge stations, are \$15

for adults, \$10 for seniors and \$8 for children aged 4 to 12, with children three and under travelling free. For more information please call 905-852-3696.

Holistic nutritionist now in area

After building up a successful practice in Toronto, Jennifer Hough moved to Claremont several months ago. As a holistic nutritionist and lifestyle counsellor, one of the most common problems she encounters among her clients is stress, both at home and at work. "That has a big impact on a person's life and one of the best things I could do was to offer clients a calming place outside the hustle and bustle of the city," she explained.

She became interested in the holistic approach as a result of her own health problems. "I used to get migraines and skin rashes and I was tired a lot of the time. I began to think this was normal, but because I was a yoga instructor and fitness teacher and personal trainer, I knew there were physical and spiritual things I could do."

By using natural methods, she began to see a major improvement in her well-being and five years ago, she established her own business to help other people. Her qualifications include RNC (Registered Nutritionist), Reiki practitioner, certified personal trainer and self-expression and leadership coach.

"Wellness coaching is something that is on the leading edge of complementary care," she observed. The holistic approach takes into account the whole person - body, mind and spirit - rather than isolating one particular aspect. "My training is in all three areas because I believe that by addressing all three, healing is more complete. We all know how attitude and past traumas affect how we feel about ourselves and how we feel physically. Conversely, physical well-being can also have a powerful influence over your attitude and mental capabilities."

Hough works with clients to create a wellness summary, which indicates the individual's physical, emotional and spiritual state and provides the basis for a step-by-step plan for optimum health. She will also provide referrals to other health professionals where necessary.

She has appeared on TV Ontario and is a regular contributor to CFRB's Nightside. In recent years, public and professional attitudes to holistic practitioners have undergone a dramatic shift, she said. "I hear more and more doctors saying that there's a place for both approaches and I work with medical doctors and dentists." Hough also conducts wellness seminars on a wide variety of topics including PMS, menopause, candida, allergies and heart disease.

For more information call 649-5737.

~ Kate Gilderdale

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50% off

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- Secret hosiery

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- Previously reduced Flowers & Pots Garden Shop
- Classic Wool yarn
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FOR MEN:

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