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Region-wide non-smoking bylaw sought

BY MIKE ADLER
STAFF WRITER

If you want all of York Region to go smoke-free, you start with party rooms in municipal community centres.

And then, according to members of the region's newest anti-smoking initiative, you go on from there. Slowly.

In 1997, the goal was a region-wide bylaw that would make every public place free of smoke in 2000.

This time, the effort seems friendlier, asking merely for co-operation in each municipality, and the crusaders are willing to take more time.

"It's just another way to go at it," Cathy Jaynes, a health department worker involved in both campaigns, said.

Different smoking rules exist in York Region's nine communities, but a regional bylaw was never drafted because some weren't willing to give up their authority.

Next time, Richmond Hill, one of the holdouts, "may very well have to come in kicking and

screaming," said Joyce Frustaglio, a Vaughan regional councillor who heads the new anti-smoking group, a regional sub-committee.

She was confident, however, that an agreement could be found that Richmond Hill would find fair.

Markham Regional Councillor Ralph Aselin said there's still a lot of opposition to a regional bylaw, and no will among politicians to pass one.

Just mention a smoking bylaw at a council meeting, Aselin said, and "everybody gets a strange look on their face."

The last regional initiative tried to "ram it down people's throats," he said. "They lost ground because of it."

The new strategy is to encourage each place to adjust its own rules, starting with the municipal buildings. "We have to be able to get the municipalities that are behind to at least catch up," Aselin said.

He added he feels it's better "to work at getting to the bottom of smoking and how it starts" than to create bylaws anyway. "You can't always enforce the darn things."

SAVOUR

Miracle cures for weight loss questionable

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began as far back as the toddler years, making it tougher to turn a new corner.

The likelihood you will continue to follow more balanced eating habits is greater if you don't rule everything out at once.

And eliminating one food group entirely will only serve to wipe out essential nutrients vital to your day's energy needs.

"You're going to end up missing out on essential nutrients and end up hungrier and eventually over-eat," Logue said.

York Central Hospital dietitian Polly Simowibowo said too often people want immediate results which can lead to improper approaches to dieting.

"They step on the scale and want results right away but they don't realize that they want to lose body weight and not muscle or fluids. Stepping on the scale doesn't tell a person how much fat or fluid they have lost," she said.

Weight loss is related to long term lifestyle and eating habits. If changes are expected in the short term, people will only become frustrated.

"We try to tell people to eat healthy and the major thing is fat intake and the visible versus invisible fat," Simowibowo said. "People focus on the fat they can see, but often they might see a bran muffin and think it sounds healthy, but they don't know about all the oil used to cook them."

The same theory applies to sugars. Orange juice may seem harmless enough, but you shouldn't forget about the sugar content and the added calories involved.

Jumping on a diet or exercise kick too fast can also be dangerous to your overall health, family physician Dr. Nancy Merrow said.

She added many diets don't provide enough sustenance to provide an individual's daily needs and some can be too restrictive for certain age groups when combined with vigorous or even moderate exercise.

Other fad diets of years gone by have caused complications such as gall bladder disease. And any one food or diet that promotes a major cure or miracle weight loss should also be questioned.

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