

Help pack Santa's suitcase

TRAVEL staff in Middleton are looking for hundreds of helpers to spread joy to local children this Christmas.

Employees at The Co-operative Travel in Middleton Gardens are appealing for Christmas gifts or toys to help fill Santa's Suitcase, which will be donated to Barnardos children's charity.

The Co-operative Travel is hoping that donations from customers, the general public and other local businesses will help to fill the suitcase, which will be

on display at the travel branch until 6 December.

Branch manager Donna Dodd said: "Christmas is a time for celebration and spreading joy."

"We hope customers and members of the local community will help us bring a smile to deserving local children and families this festive season."

The Co-operative Travel is asking for unwrapped gifts so they can be checked for suitability and age range.

For more information call the branch on 0161 655 4111.

Super slimmer 10st loss target

by Helen Clifton

AFTER losing a massive eight and a half stone since February, mum-of-three Jane Longhurst passionately believes that anyone who is overweight should take the opportunity to change their lives.

She has lost an amazing 15 inches off her chest and dropped seven dress sizes since she was referred to Langley Weight Watchers by her GP.

"I know where people are coming from," she says. "But if you are in a rut and you feel there is no help, go to your doctors."

Jane, 41, of Langley, has three children, Steve, 17, Melissa, 14, and Holly, 7. She initially visited the doctor because of high blood pressure - and was then put onto the GP referral scheme, run by Heywood, Rochdale and Middleton Primary Care Trust (HMRPCT).

It pays for people like Jane to go to Weight Watchers or Slimming World, and is free for 12 weeks - and if you lose weight, the next 12 weeks are free. After that, it costs £5.50 a week.

Under the Weight Watchers plan, each food item has a certain amount of points. You work out how many points you can eat according to your weight and gender.

The group is hugely popular, with 80 regular attendees - and Jane helps out group leader Sam, supporting new arrivals.

She says: "It is frightening at first, but if anyone is feeling shy, they can ask for Sam. If they don't want to be weighed, they can be weighed after. Whatever they want, Sam will do."

"I was worried that they were going to weigh me in front of everybody. But they didn't."

"We have a real laugh. I say to the girls that this isn't Weight Watchers - it's fat club! It's a really relaxed atmosphere. Sam is



I couldn't have done it without you, Jane tells Sam
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absolutely fantastic, she's just one of us. She's not pretending to be one of us - she is one of us. She makes it so easy."

Jane says that having



three kids and an injured knee made it easy to pile on the weight.

"I just didn't eat at all during the day. I ate at night, and then it was the wrong type of stuff, whereas now I eat regularly. I was eating pizza, crisps, and chips. I still have all these things, but I can have them within my points."

"I started having a breakfast. People at Weight Watchers always say you can't have a breakfast, but I just have a piece of toast."

"I started drinking lots of water. Now I don't eat

anything that's fried. I don't eat cheese, even though I can, because I find it better not to have it. I eat lots of rice, salads, and pasta. I basically have what I want, but I have to find alternative ways to cook it, and I don't eat butter or margarine."

Jane admits she is still overweight, and says she aims to lose another stone and a half by Christmas.

"I still struggle walking about, because I have got bad knees. That isn't going to go because I have lost weight. But I am much happier in my life and my children are happier."

"I don't get despondent anymore, I feel a lot better. It was like I was walking around the house with an extra person on my back. I don't know how I ever did that. But now I know I am going to live longer. I used to get upset and I used to cry, but I don't have those moments anymore. Things just don't seem to get to me as much."

"It's a way of life now. I am not on a diet - I have just changed the way I live."

To find out more about HMRPCT's weight loss referral scheme, call 0161 655 1470, or visit your local GP.



● *Annapolis County Spectator, Nova Scotia, Canada*

Lambert firing rescinded

An undisclosed settlement has been reached between the Town of Middleton and its former Chief Administrative Officer.

During a special meeting called on October 14, the same day as the federal election, council moved to withdraw a motion made on June 24 to dismiss Jemma Lambert.

Earlier this year, council suddenly fired Lambert following a 90-minute closed-door session held during the June session of the Committee of the Whole.

Tuesday's motion to withdraw her dismissal further stated that council would accept Lambert's letter of resignation effective June 24 in accordance to a legal settlement reached between the parties.

● *Perth Now, WA, Australia*

Great white shark spotted near Middleton Beach

A SHARK, about 2.5 metres in length, has been sighted off a popular Albany beach where a teacher was attacked by a great white earlier this year.

Department of Fisheries Regional Manager South, Phil Shaw, said the shark was sighted at about 11.30am near Middleton Beach and is believed to be a great white.

Middleton Beach was the scene of a shark attack in May this year, where Albany teacher Jason Cull was seriously injured.

● *Wisconsin State Journal, WI, USA*

Middleton dentist sending kids' Halloween candy to soldiers

Chris Kammer, a Middleton dentist who has been known to croon to a giant toothbrush on stage dressed in gold lame, is back to revising the public image of dentistry with his Halloween Candy Buy Back. Two years ago, Kammer, 52, started offering children \$1 for every pound of Halloween candy they bring in on Nov. 1 (11a.m. - 2 p.m.) to his Center for Cosmetic Dentistry at 2275 Deming Way in Middleton.

Now Kammer has recruited 200 colleagues around the country and hopes to jointly collect 80,000 pounds to be sent to U.S. soldiers serving overseas.

● *The Salem News, MA, USA*

Middleton getting pumped for weekend Pumpkin Festival

MIDDLETON — Tomorrow and Saturday's Middleton Pumpkin Festival will have pumpkin carving, cider, lunch, face-painting, magicians — seemingly just about everything. Just about everything, that is, except the full-time participation of the two people who founded the festival 24 years ago.

Selectmen agreed this month to name the festival after Geri Shipley and Georgia Lewis, who scrounged free pumpkins from area farmers. Shipley said, "We put it together, little by little, and it's grown."

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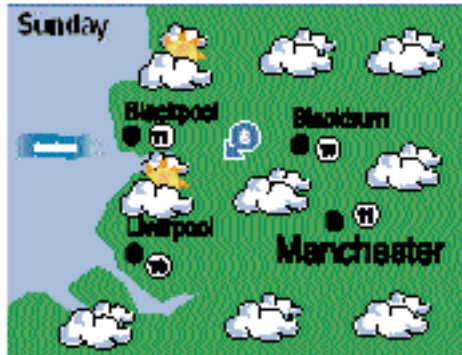
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Weather



It will be a dry and generally bright day with lengthy spells of sunshine and limited amounts of patchy cloud. A dry evening too. There will be a light, mainly north-easterly breeze. Max temp 7-10C (45-50F).



It will be another dry day on Sunday. It is expected to be bright with plenty of sunshine through the morning. The afternoon will see cloud amounts increase. A light and variable wind. Max temp 8-11C (46-52F).

UK Outlook

Saturday

For much of the UK it will be dry with sunny periods, although there will be more in the way of cloud across Scotland. A few showers along the east coast. Light to moderate winds. Max temp 9-12C (48-54C).

Sunday

Following a locally misty start in the north, it is going to be dry for most with sunny spells. However, it will be cloudier across Scotland and south-east England with the odd shower. Max temp 9-12C (48-54C).

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