

Community

United Way reports successful 1990 campaign

By DAVID McNALLY,
United Way Campaign Chairman
The Halton Hills United Way is pleased to report they have had a successful 1990 Campaign.

With money being tighter than usual in 1990, the good people in our community have opened their pockets again to help their neighbours.

Our 1990 goal was to raise \$150,000. With all of our divisions, with the exception of our commuter division, having reported their totals, it appears that we should reach our goal.

The money, which was raised by the hard work and dedication of numerous individuals, will stay in our community to help community agencies better our way of life. The following agencies were assisted through United Way funding in 1990:

- Acton Social Services and Information Centre
- Big Brothers of Halton
- Canadian National Institute for the Blind
- Grace House
- Halton Community Resource Service
- Halton Helping Hands
- Halton Family Services
- Halton Recovery House
- Halton Sexual Abuse Program
- Halton Social Planning Council
- North Halton Association for the Developmentally Handicapped
- North Halton Distress Centre
- Victoria Order of Nurses
- Y.M.C.A.
- Big Sisters of North Halton
- Open Door Youth Centre
- Halton Down Syndrome Association

The following people volunteered many hours organizing the United Way Campaign to ensure that dollars would be available in 1991 for these worthwhile agencies.

- General Campaign Chair - David McNally
Patrons and Leaders of the Way - Graeme Goebelle
Residential -
-Acton - Dan Dolliver
-Georgetown - Julie Williams
-Rural - Murray Brown
Industry - Barry Kedwell, Lena Fisker, Dave Whiting
Commerce - Ted Fry
Public Awareness - Brian Moore
Campaign-General - Cathie Martin

Highlights
Thanks to - Andrews Scenic Acres for providing the location, the strawberries and the good-natured assistance for our Strawberry Festival.

Thanks to - all those who turned out for our September 17th Kickoff Luncheon.

Thanks to - Georgetown High School students who raised \$300 through special events.

Thanks to - the staff at Georgetown Hospital and Halton Hills Hydro, who came on board through a payroll deduction plan.

Thanks to - Dunlop Insurance who raised \$1282 through their Benefit Curling Bonspiel.

Thanks to - the Georgetown Track Club for supporting the United Way through their Annual Egg Nog Jog.

Thanks to - all the businesses who provided during our cam-

paign a storefront space for our member agency displays.

A special thanks to - the wonderful team of 750 volunteers whose efforts made our residential campaign a great success.

Thanks to - all the businesses who donated services and provisions in 1990.

Thanks to - the many residents who graciously received the canvassers at their doors. A warm smile of welcome makes the task much easier.

Thanks to - all who mailed in their donations (P.O. Box 286, Halton Hills L7G 4Y5)

Thanks to - those who gave from their heart, from the


smallest donation to the largest.

In conclusion, I would like to give my personal thanks to all of

the volunteers, the Campaign Cabinet, the Board and the people who donated to this worthy cause.

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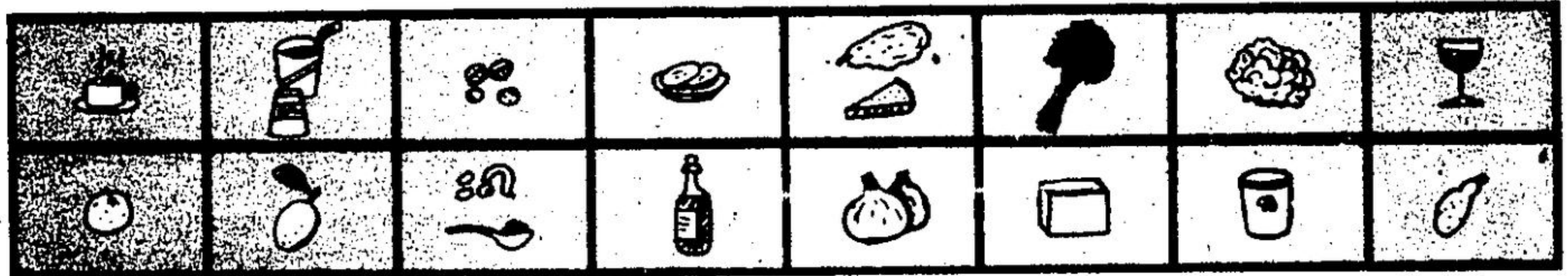
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Advertisement

Nancy Young:

“Here are the 17 foods that cause you to lose weight...”

Everyone who will try them can lose five to six pounds during the first week. Get results!



LOSE WEIGHT! An Amazing Discovery: Negative Calories Now you can lose weight easily, even if you eat a little too much...

Nutritionists have discovered that certain foods cause you to lose weight. These are foods with negative calories. The more you eat, the more weight you lose.

In a report that you can receive without obligation, you will discover what these foods are, why they cause you to lose weight, and how.

QUESTION: How can certain foods cause you to lose weight?

ANSWER: Experiments have shown that 17 particularly healthful and nutritious foods (some of which are vegetables and fruits) burn more calories than they contribute. So the more you eat, the more you burn off your excess weight. These foods (with negative calories) are transformed into energy, not fat.

Q: How is this possible?
A: The power of negative calorie foods to dissolve excess fat will seem obvious to you when you understand how your body accumulates fat.

You are born with a certain number of "adipose" cells. These adipose cells swell up and multiply when you take on too much weight. As soon as your metabolism slows down, this allows carbohydrate-based foods to be changed into fat. This fat is stored.

Therefore, you cannot lose weight by draining the fat from the cells.

You can only do this in three ways: omit foods that are rich in fat (dieting); intense exercising; or eating foods with negative calories that burn off the fat and drain it from your cells.

Obviously, it is the last method that is far and away the easiest because it requires no effort, no deprivation.

Q: How many pounds can you lose per week?

A: If you are more than 20 pounds overweight, you lose an average of five to six pounds in the first week, and three to four pounds in subsequent weeks.

If you are more than 20 pounds overweight, you will lose weight even more quickly. Some people with more than 40 pounds to lose have lost up to 12 pounds in the first week.

Q: Do you have to follow some kind of special diet? Or is it just a question of adding negative calorie foods to your normal diet?

A: You don't have to follow any diet, or change anything in your lifestyle. You can eat pastries, sauces, butter, cake, anything you want.

The only thing you have to do is add negative calorie foods to your normal diet... and watch your pounds and rolls of fat disappear.

Q: How many negative calorie foods do I have to add to my normal diet?

A: Just add 25% of your normal diet. But you can exceed that amount because the more negative calorie foods you eat, the more quickly you lose weight.

Q: Instead of adding these negative calorie foods, can I just replace 25% of my normal diet with them?

A: Yes, because that is not really important. The only thing that is important is to absorb at least 25% negative calorie foods because these are the ones that burn off the excess fat and cause you to lose weight.

Q: Will it be easy for me to maintain my ideal weight after losing my excess pounds?

A: Most people who lose weight with diets of pills or other methods quickly gain back the weight they have lost.

But with negative calorie foods, it is different. The only thing you have to do to keep slim is to add negative calorie foods to your normal diet.

Q: What are these negative calorie foods? Where can you get them?

A: All these negative calorie foods are natural foods. There are 17 of them. Among them are fruits, vegetables and other natural foods that you will find in any supermarket or at your grocer.

Q: Is there any proof that people have tried negative calorie foods and have really lost weight?

A: Everyone who has added negative calorie foods to their normal diet has lost weight. Here are some excerpts from letters we have received.

"I had tried everything..."
"I have lost 35 pounds. All my life I have suffered from being fat and I had tried everything to lose weight. The negative calorie foods are the only thing that have ever worked for me. I feel like a new woman. My husband also lost 23 pounds. We are delighted to have rediscovered the joy of life that we had long since lost."
Mrs. Claudine S.

"My excess weight melted away..."
"In three weeks, I lost 19 pounds of excess weight. Since then I have not regained that fat. Because I had already tried so many methods and medications to lose weight, I no longer believed in any of them. But I tried this anyway. Thank heaven! Maybe my experience can be of help to other people."
Miss Francine P.

"I thought I would be fat all my life..."
"I often dreamed of becoming slim, but nothing I ever tried ever helped me lose weight. Now I have discovered negative calories. I lost 23 pounds in two short weeks and a total of 68 pounds more quickly than I would have dared to hope. My husband told me last night that I am prettier than I ever have been."
Mrs. Martha S.

Q: I have read in a magazine that negative calorie foods not only help lose weight, but also improve your health. Is that true?

A: Yes. Negative calorie foods were discovered by nutritionist physicians during their search for healthier foods. When you add negative calorie foods to your normal diet, you lose weight but you also lower and normalize your cholesterol rate. This always contributes to your health.

Q: I have already tried bean pod capsules, pineapple capsules, other methods, other diets, and nothing helped me lose weight. Why would it be different this time?

A: Because the process of negative calories is natural: you burn off more calories than you absorb. Because everyone who has tried them has lost weight, there is no reason that it would work for everyone else and not for you. The results are so certain that you can try this at our risk, and with no obligation.

Try these foods that help you lose weight, with no obligation and completely at our risk. Decide only AFTER having lost your excess pounds if you want to keep the Report.

HERE IS MY PROPOSAL:

If you do not lose at least five pounds per week, within 90 days return the Report on "Foods that Cause Weight Loss" and I will send you your money back no later than nine days after receipt of your returned package. Therefore, either you lose at least five pounds per week until you reach your ideal weight, or I will refund the price of the report.

This is unconditional, no questions asked. This is a written, formal obligation on my part.

No Risk for You
You can, therefore, accept this trial offer simply out of curiosity, because you are not risking a single cent.

Why Would I Dare Make This Offer?

Because I am convinced that when you have lost your excess pounds, you will be so happy that you will want to keep the Report on foods that make you lose weight.

Because everyone, absolutely everyone, who has adopted these foods that cause you to lose weight have lost their excess pounds.

Because there is no reason why it would work for others and not work for you.

Read this Only If You Have Decided Not To Take This Trial Offer

1. This trial offer is entirely at my risk. If you do not lose at least five pounds per week, all you have to do is return the Report on foods that cause weight loss within 90 days. I will then send you your money back no

later than 9 days after receiving your package. This is an unconditional, no-questions-asked guarantee.

2. You eat as much as you want, and anything you want. All you have to do is add one-fourth negative calorie foods to your normal diet.

3. You are the one to decide if you prefer to return it for a refund. You may even return the Report after having lost your excess weight, but I don't believe you would do it.

4. Now you have the opportunity of changing your appearance and your life without going on a diet. Even if you have been overweight for years, it's not important.

Everyone who has tried negative calorie foods has lost weight. These foods must make you lose weight too, or it won't cost you a single cent.

If you don't want to lose weight for yourself, do it for your husband, your children - and for your health!

Last Minute!

Copies of this edition of the Report on "Foods That Cause Weight Loss" may soon be depleted. The next edition may not be able to go to press for two months. If you want quick service and want to take advantage of the price of this edition, send in the attached coupon now. The only thing you risk is forgetting it.

NOTE:

This Report is not sold in book shops. You may obtain it only with the coupon below.

SURPRISE GIFT:

If you reply within five days, we will also send you a small but astonishing surprise gift. You may keep the gift even if you return the Report for refund.

Coupon for free, no-risk trial

Mail this coupon to:

Nancy Young
2 Bloor Street West, suite 100, Dept. 131
Toronto, Ontario, M4W 3E2.

To be valid, this coupon must be mailed within 15 days.

I am interested in your trial offer entirely at my risk. I understand, therefore, that:

1. I must lose at least five pounds in the first week.
2. I must continue to lose at least five pounds per week until all my excess weight has disappeared.
3. There is absolutely no diet to follow, and I can eat whatever I want.
4. I have a three-month guarantee period in which to verify that my excess pounds are going - not returning.

5. If I am not 100% satisfied, I will return the Report at any time during the 90-day trial period. In that case, I will not have to make any explanation to you or meet any conditions. You will send me a refund check no later than nine days after having received my returned package. Under the terms of the formal guarantee, please send me in a plain package with my free surprise gift.

I enclose payment of \$24.95 by

- money order or cheque to Nancy Young
 I prefer to pay postman. I add \$5.00 for C.O.D. charges
Please charge to: Visa or Mastercard

Card # _____ / _____ / _____ / _____ Exp. date: _____ / _____

Signature: _____

Last Name: _____

First Name: _____

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City: _____

Prov.: _____ Postal Code: _____

Note: Everything is included in the price of \$24.95; my free surprise gift, the Report "Foods that Cause Weight Loss", my part on shipping and handling charges and the G.S.T.

Early Bird Membership

This annual membership is designed for the early bird. The club can only be used from 7:30 a.m. to 9:00 a.m., Monday thru Friday.

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