

## Mayor wants new sports park to be connected to town water

Halton Hills Mayor Kathy Gastle will seek council support to request Halton Region approval to connect the future Trafalgar Rd. Sports Park to town water.

The mayor indicated at a recent general committee meeting that she would introduce a resolution at future meeting. Her comments came when council considered a report on changing Halton Hills' Official Plan and zoning, allowing the sports park to be located at the corner of Trafalgar Rd. and 17 Sideroad (Maple Ave.).

The 98-acre property—when fully built—will include baseball and soccer fields, a cemetery and expansion to the municipal works yards (located next door). The first phase involves the four sports fields, parking and a washroom/concession building.

The current plan is to have the sports park serviced by individual wells and an individual or communal septic system.

But both the town and abutting neighbours want Halton Region's permission to hook into the town's urban well water supply.

"I have a little bit of an issue with the fact the region has taken

a very strong stand on not allowing town water to the facility," Gastle said.

"My concern is in the future, with the expense of putting in wells, that if there is a problem in the area, our hands might be tied. I would like further discussions with the region to see if they perhaps will take a different position on that."

Director of Planning Bruce MacLean said discussions with regional staff have been ongoing, and a council resolution requesting town water would help. He noted that, as an option, the town may be able to employ the Utilities Act which allows properties running along existing pipes to hook into the system.

The approved Halton Hills Official Plan amendment redesignates the land from rural to major open space, with a special site policy, while the land will be rezoned from rural to holding open space recreation—special.

Halton region council is expected to consider its Official Plan amendment for the sports park property sometime next month.



KATHY GASTLE

—By Cynthia Gamble, staff writer

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## Why Local Folks are Turning to Hypnosis to Lose Weight and Quit Smoking for Good

Joann Knott was on and off diets for more than 20 years. She attended weight loss meetings religiously. She turned to prescription and over-the-counter diet pills, but says they made her jittery and anxious. Over the years she became a self-confessed yo-yo dieter.



"I've been on more diets that I can name," remembers the office manager and mother of two adult children. "I was out of control and feeling desperate."

Bob & Joann Knott Before Hypnosis

When Joann's husband, Bob, started packing on the pounds, he also attempted losing weight with diets and fads. "I suffered through tasteless shakes and frozen meals," laments the 6'1" supervisor. "I'd yo-yo up and down and eventually gain all my weight back, plus more."

### Hypnosis Changes Lives

Bob and Joann Knott finally realized that, before they could change their bodies, they had to change their minds. They decided to join Positive Changes Hypnosis.

"When we started the program, we didn't know what to expect," said Bob. "I noticed a change in my behavior from the first week. I melted off 45 pounds in 10 weeks and dropped eight inches from around my waist. Hypnosis put me back in control of my eating, and it feels great."

Joann was utterly amazed by the ease with which she shed her unwanted pounds. "I had almost given up on ever losing weight," said Joann. "Hypnosis eliminated my food cravings, evening binges, and poor eating habits. I dropped 24 pounds in three months. My dress size is now a slender size 8!"

"I know that my weight loss will be forever," adds Joann. "It comes naturally to do the right things with this program. We don't do them because we have to; we do them because we want to."

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withdrawal, even if they've been smoking for decades. Sandy Green smoked for 32 years. She had nearly given in to her habit when she decided to give it one more shot. She called Positive Changes Hypnosis. "I must have smoked eight cigarettes, one after the other, trying to psych myself into walking through their front door," remembers Green. "I was inside maybe an hour, and I walked out a non-smoker. Honestly, I had no more urge or desire for cigarettes."

**"We Lost a Combined 69 Lbs!"**

**Bob & Joann Knott Living It Up - After Hypnosis**



Green's experience is not uncommon. Because smoking is also a habit of the subconscious, hypnosis can help to "remove the habitual triggers that cause you to light up," explains Dr. Patrick Porter, founder of Positive Changes Hypnosis Centers

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