

Library needs cash to replace old tiles

The children's library area at the Georgetown branch of Halton Hills Public Library needs a little attention. "Every year, for the past few years, we've tried to refurbish the carpet tiles bit by bit, in an effort to renew the floor sections that have become worn and unsightly," said manager of public services Cindy Cooper, "But this year, when we asked for an estimate to replace a few, we were told the carpet tiles wouldn't be available after September 20. They will be discontinued."

Cooper wants to try and raise the \$5,000 required to replace the entire floor area, about 650 square feet, so it will all match, and be serviceable for many years.

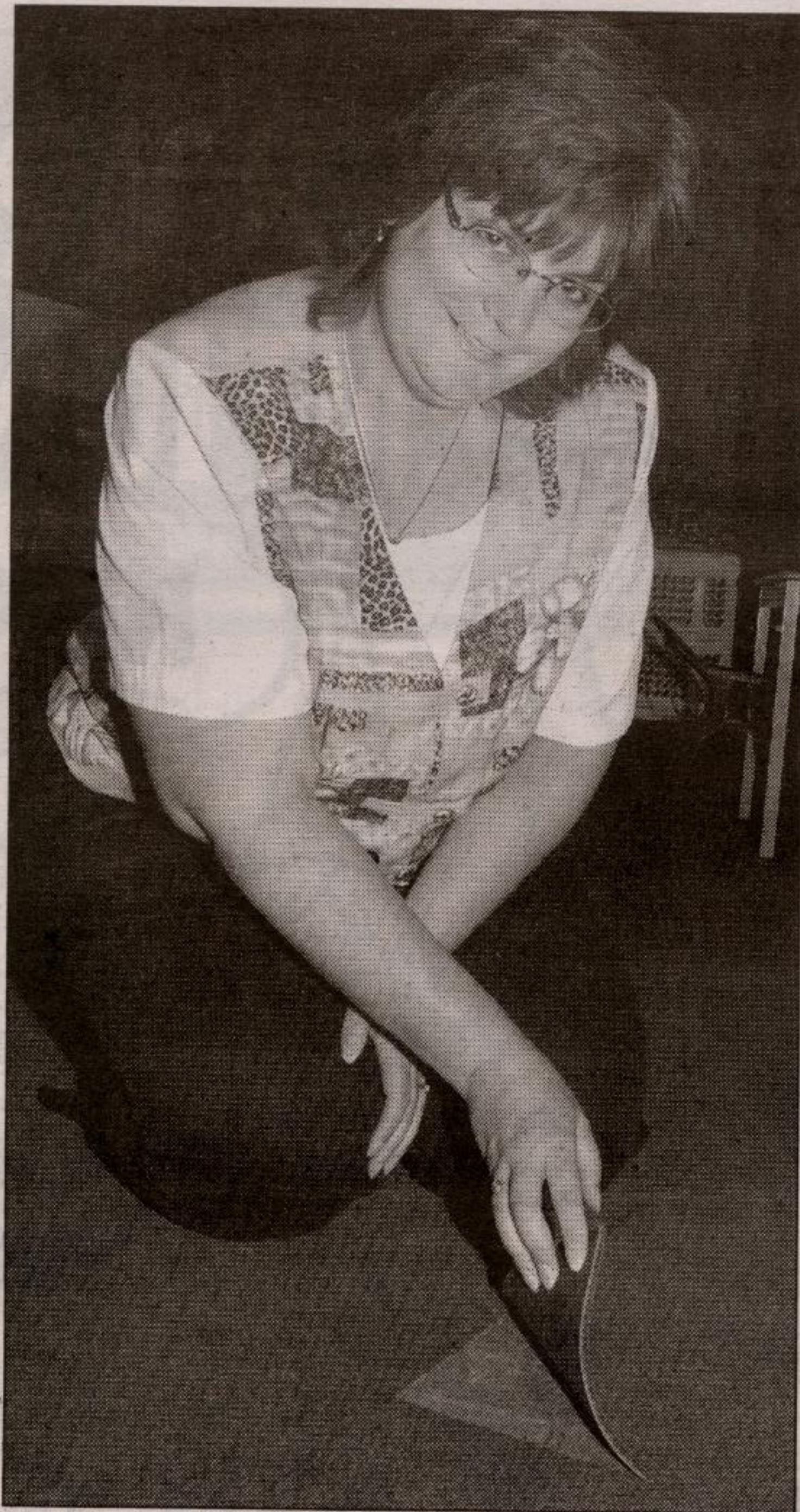
"Some of the floor was installed when the building was built 20-odd years ago," she explained, "And it's simply worn out. The carpet tiles seem to stand up quite well when they have things like book trucks rolling over them, so we would like to get the same flooring again. Besides, it would be more attractive as well, if the floor matches."

In addition to the flooring, the estimate includes capping the tops of the steps into the activity areas, to make them less likely to trip little ones. Some of the caps on those steps are loose and should be replaced at the same time.

"No donation is too small," says Cooper, "We'll welcome any help we can get."

The biggest problem with the campaign to raise the funds is the lack of time. Cooper needs the money in place by September 10, so she can place the order before the product is discontinued.

Anyone wishing to donate to the cause can contact Cindy Cooper at Halton Hills Public



Mary Pires, Halton Hills Public Library assistant in children's services, checks out one of the worn carpet tiles at the Georgetown Branch. Library staff are hoping to raise \$5,000 to replace the entire children's area floor before the carpet tiles are discontinued in late September. Photo by Ted Brown

Library at (905) 873-2681, extension 2511.

—By Ted Brown, staff writer

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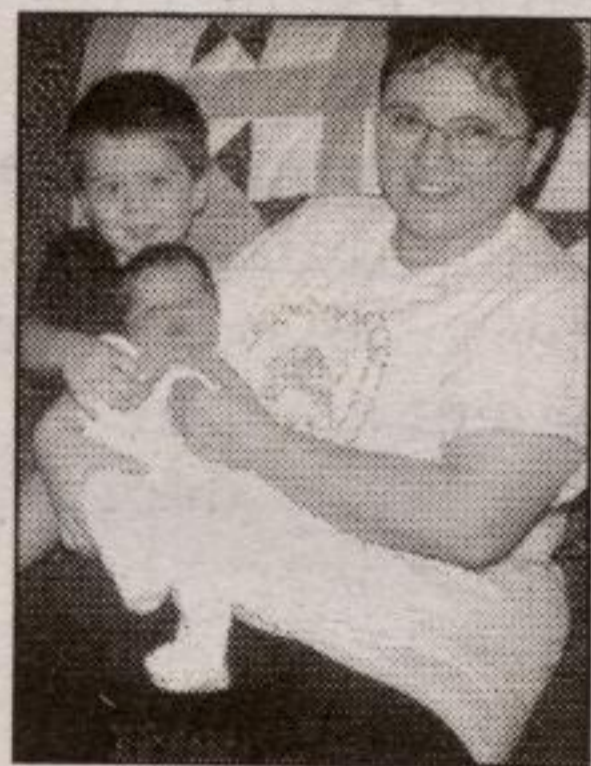
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"I worried about what would happen when I got older."
Linda Blackwood Before Positive Changes Hypnosis

Hi, I'm Linda Blackwood. I'm a customer service representative. I've been married for 19 years and have two grown children.

When I quit smoking at age 40, I packed on pounds so quickly, it made my head spin. I was overweight for 12 long years. I was embarrassed by my weight. I needed extra large clothing to fit around my bulging stomach and hips. Nothing was comfortable. Nothing looked nice. I didn't want to go to parties or get dressed up. I didn't want to do anything unless it was in a baggy sweatshirt and tights.

Disastrous Dieting!

I thought I could take off my weight by myself. I tried the grapefruit diet, the egg diet, and countless other fad diets. The more I dieted, the more I wanted to eat. The more I ate, the more I gained. It was a vicious cycle.

Diets and cravings went hand in hand. Every time I'd

start a new diet, I would begin craving candy bars. Eventually, I'd eat three or four!

My extreme weight had me exhausted. I'd drag myself home from work and barely make it to the couch. I felt dragged out and achy. My blood pressure and cholesterol were sky high. I was constantly chewing on antacids. I worried about what would happen when I got older.

My Discovery

I discovered Positive Changes Hypnosis in the newspaper. I read and re-read the ads, but put off calling for months. I was skeptical. The reported results were so amazing; I simply couldn't believe it.

Yet, I was desperate to break the vicious dieting cycle. I thought about all the Positive Changes success stories I'd read in the newspaper. I remembered that the ads had mentioned a free hypnosis screening. It also said there was a no-risk guarantee. What did I have to lose except about 50 lbs! I picked up the phone to schedule my screening appointment.

My hypnotic screening was fun and informative. I learned about the power of my mind. I discovered that hypnosis is relaxing and fun. I would stay in control of my sessions at all times. I had nothing to fear.

The staff was knowledgeable, friendly and caring. They told me about the program and everything I could expect. There was no sales pressure and the program was surprisingly affordable. I knew my health was getting worse and that I had to do something. I signed up immediately.

Instant Results!

I noticed a change in my behavior the next morning. I didn't brew my usual pot of coffee. I reached for a big glass of water instead. I never drank water before! Since being hypnotized, I've been drinking at least ten glasses of water a day. It's automatic!

I melted off 6 lbs. my first week and 12 lbs. my

"Hypnosis changed my poor eating habits into lifelong healthy behaviors!"
Linda Blackwood After 51 Lb. Weight Loss Using Hypnosis



first month. I stopped drinking diet soda, coffee and tea. My husband couldn't believe it. These were major changes for me, but I wasn't conscious of putting any effort into it.

Best of all, hypnosis eliminated those horrible cravings. I never feel deprived.

I am satisfied with just the right amounts of food. I have control over what I eat.

Compliments Galore!

No one can believe the change in me. I was fat for so long, and my weight melted off so quickly, people just couldn't believe it. Even people who barely know me stop to

comment on how great I look. They are always asking me how I did it. I am happy to recommend Positive Changes Hypnosis.

In fact, I tell them that I think the Positive Changes Hypnosis' program is worth more than double what I paid. I am so happy with my results. I love shopping now. I can even wear my daughter's clothing. I hadn't bought a bathing suit in 20 years. I will buy one this year!

Lasting Results!

I am confident that my weight loss is for life. It's easy to maintain my results because I never feel like I am missing out. I have no cravings and never get hungry between meals.

Hypnosis transformed my poor eating habits into healthy, positive behaviors! I enjoy wholesome, nourishing foods. I used to eat a whole bag of potato chips. Now my mind and body seem to reject junk foods. Truly, it's that simple and easy!

Free Screening

I have met a lot of other people at my Positive Changes Hypnosis center and they are getting great results, too! They tell me that they feel better and that their desire for junk food has vanished. That's why I recommend Positive Changes Hypnosis to people all the time. Hypnosis worked for me and can work for anybody.

Being big doesn't look good and it's no fun to feel lousy all the time. I look and feel great - and I owe it all to Positive Changes Hypnosis. I now know how to be a naturally thin person - and that's a benefit that will last me a lifetime! You can do it, too! Call Now.

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