

# NEC meeting site angers residents

The fact the Niagara Escarpment Commission (NEC) will take a position on the Dufferin Quarry expansion at a meeting in Owen Sound instead of Georgetown this month has angered several people.

Richard Murzin, spokesperson for the NEC, said the commission has received approximately 25 letters from people unhappy the Sept. 19 meeting won't be held in Georgetown and requesting the location be changed.

Barbara Halsall, president of Protect Our Water and Environmental Resources (POWER) is among those unhappy with the location of the meeting.

"This is very frustrating for the people from the area who might like to attend just to show opposition, not to mention those who might like to speak," said Halsall in a letter to *The Independent & Free Press*.

"While it is not clear whether Dufferin had a hand in setting the location of this meeting, they certainly have allowed the schedule to stand," said Halsall.

She said that Dufferin had been aware the meeting would be in Owen Sound since July and that "they have allowed this to go forward when a simple request by them could have changed the meeting location to Georgetown."

Sarah Lowe, property and resource manager for Dufferin Aggregates, said they had no choice in selecting the September date.

"Dufferin didn't have any input into the NEC decision to hold its September meeting in Owen Sound," said Lowe. "We learned about the location after we heard that our application would be postponed until September."

She said in response to the public's concerns, Dufferin asked NEC if the location can be changed for the September meeting.

"It cannot. NEC advised us that they con-

sidered the public's requests to change the location at the NEC meeting in July, and decided not to change it, for a number of reasons," said Lowe.

NEC spokesperson Richard Murzin said about twice a year the NEC holds its meetings in other locations, and the Sept. 19 meeting is one of those dates.

"That's how it fell on the schedule," said Murzin, of the Dufferin matter.

He said as the Escarpment covers a huge area, people from other areas have to travel to Georgetown for meetings even though the NEC could be taking positions on applications in their area. He added there are two applications on the Sept. 19 meeting pertaining to the Owen Sound area.

Murzin said Dufferin could have asked for a change of date, but that would have resulted in a later date.

"It's our impression Dufferin was happy to see it go ahead as quickly as possible," he said.

"We are keen to receive the NEC decision, and move forward with the remaining process later in the year," said Lowe.

She said the public has access and input into all the agencies' decisions by written submissions or attending meetings.

"I expect there will be good attendance at the NEC meeting in Owen Sound. In addition to the written submissions, I am sure the public's concerns will be extremely well represented to the commissioners by those members of the public who will attend," said Lowe.

Halsall said those wishing to join a POWER delegation in taking a bus to the meeting can call her at 905-873-0344.

Murzin said the NEC staff report on the Dufferin amendment to the Escarpment plan is expected to be on the commission's Web site [www.escarpment.org](http://www.escarpment.org) on Sept. 9.

—By Lisa Tallyn, staff writer

**UP YOUR BIKE'S  
END OF SUMMER  
SALE  
ENDS THIS SUNDAY!  
BIKES  
BEST PRICES EVER  
BRODIE, GARY FISHER, HARO,  
MIELE, SCHWINN, GT  
ALSO  
PARTS, ACCESSORIES, CLOTHING,  
HELMETS - EVERYTHING ON SALE!  
SKATEBOARDS...  
COME CHECK US OUT!  
905-702-8854 162B GUELPH**

# "She Dropped 55 lbs. Without Dieting!" Her Surprising Strategy Will Astound You!



**"Sometimes I'd munch half a bag of cookies while planning my next diet."**

Melinda Russell  
Before Shedding 55lbs.

*"I know how 'fat' feels. The struggle to get up off a sofa. The sting of unshed tears."*

*No one deserves to be that unhappy. That's why I'm sharing my weight loss discovery with you.*

*My story will reveal what I believe to be the safest and most effective strategy for getting thin and staying thin. To this day I am amazed by how simple it was to lose my weight. I was the most skeptical person on earth. I thought I was destined to be forever fat. Then I made my astounding discovery...*

My name is Melinda Russell. I'm an administrative assistant.

My weight skyrocketed six years ago. That's when I married my husband, Ray. I fell into the comfortable married lady routine. I knew Ray was concerned about my

weight. He could see the changes in my disposition. Ray became my comfort and support. "You're the most beautiful woman I've ever seen," he told me. But I was still miserable!

My weight made my life a chore. One day I needed to get some band-aids from under the bathroom sink. I had to sit on the floor and scoot forward to get into the cabinet. That's when my self-esteem hit rock bottom.

### My Warning Signal

I tried losing weight on my own. You know the routine. I'd drift to sleep each night with a promise. *Tomorrow I'll start my diet. I'd awaken with the burn of hunger pains. Maybe I'll get me a biscuit. I'll do better at lunch. I'd be starving by 10:00 a.m. I couldn't get through the afternoon without a snack. I'll do good at supper.*

Day after day the same old routine. Sometimes I'd munch down a half bag of cookies while planning my next diet! One night I woke up at 3:00 a.m. I was starving. I tried to fight it off, but couldn't. That was my warning signal. My eating was out of control.

### Hope

One day I overheard my mom and sister talking about an ad in the newspaper. At first I tuned them out. Mom said these were local folks who had lost 35, 71, even 105 lbs. with hypnosis. That got my attention!

"If you go, we'll go," said my mother. "What have we got to lose, but a lot of fat?" I picked up the phone and called.

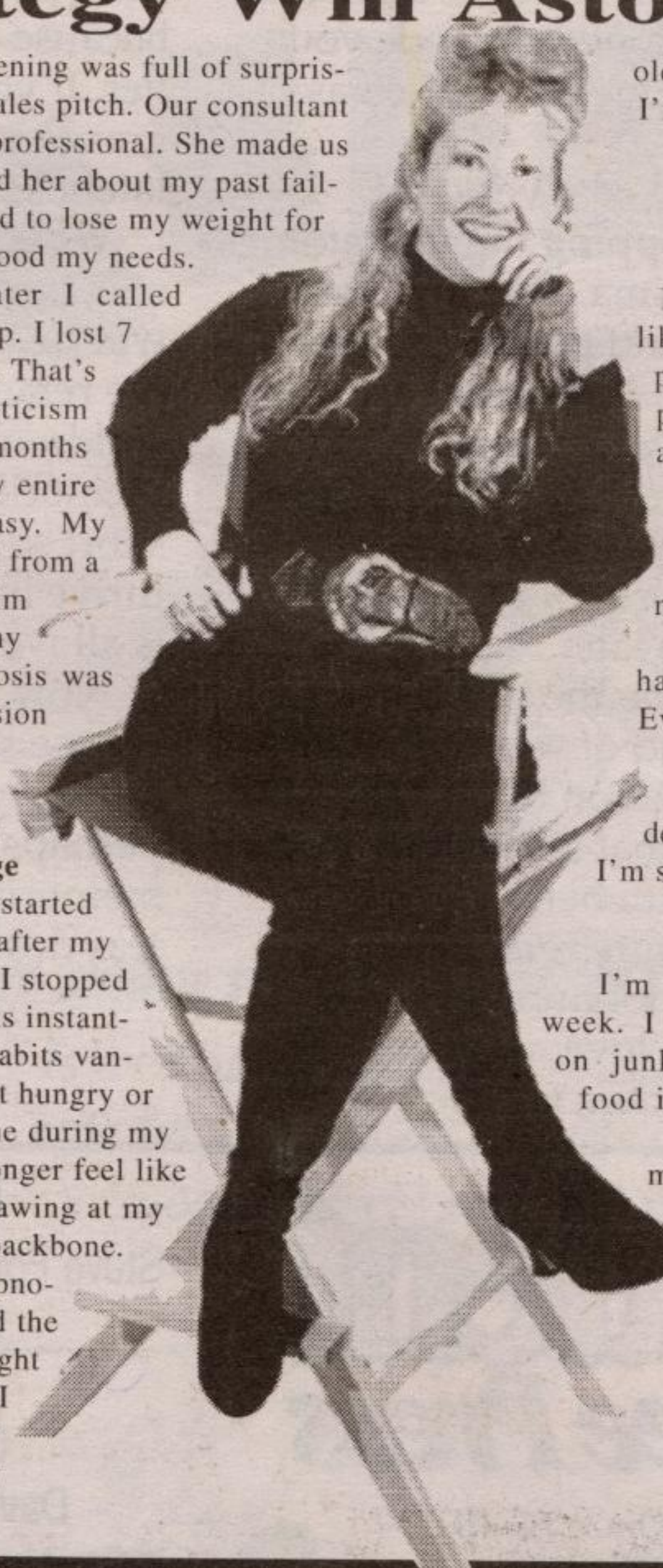
The free screening was full of surprises. I never got a sales pitch. Our consultant was friendly and professional. She made us feel at home. I told her about my past failures. How I wanted to lose my weight for good. She understood my needs.

Two days later I called back and signed up. I lost 7 lbs. the first week. That's when my skepticism vanished. 6 1/2 months later I had lost my entire 55 lbs! It was easy. My dress size dropped from a plump 22 to a trim size 12. Losing my weight with hypnosis was the smartest decision of my life.

### Permanent Change

My habits started changing right after my first session. I stopped craving soft drinks instantly. My snacking habits vanished. I wasn't hungry or cranky at any time during my program. I no longer feel like my stomach's gnawing at my backbone.

Thanks to hypnosis I uncovered the cause of my weight and conquered it! I can't imagine ever going back to my



old eating habits. That's why I'm certain that I'll stay thin for good.

### How it Works

During the session, I feel like I'm awake during a peaceful dream. Hypnosis put me back in control. My appetite returned to normal. My cravings for those greasy biscuits are gone for good. Thank goodness!

It's like my new eating habits are on auto-pilot. Even through Thanksgiving and Christmas I didn't gain an ounce. I didn't deprive myself of anything. I'm satisfied in every way.

### Side Benefits

I'm saving money every week. I no longer waste money on junk foods. Expensive fast food is a thing of the past.

I feel 100% better about myself. My self-confi-

dence is soaring. I had almost forgotten what it was like to have a stranger give me a look or whistle. I used to think they were jerks. Now I just smile and think to myself, "Thank goodness for hypnosis!" My husband says he's thrilled because I'm so happy. He no longer asks me out to dinner. He asks me out on a date!

I met lots of other folks who were getting results just like me. My Mom and Sister both signed up two weeks after me. They lost all their weight too. That makes three living, breathing success stories. I can't begin to say enough about my amazing experience with hypnosis.

### About Your Happiness...

That's my story. Everything I said is the honest to goodness truth. I shared my story with the hope that, in some small way, I will help someone who is suffering like I was.

Now what about you? What about your happiness? If you're where I was, overweight and unhappy, for goodness sake call today. Schedule your free hypnotic screening. You'll find honest, caring people who have your best interests at heart. Their fees are reasonable and they treat you like royalty.

Like I said at the beginning. No one deserves to be unhappy. Call Positive Changes at (905) 877-2077. Don't miss out on the happy, healthy life you were born to live. Call now.

**"My husband no longer asks me out to dinner. He asks me out on a date!"**  
Melinda Russell  
After 55lb. Weight Loss

\* Free Hypnotic Screening \* Professional Facilities \* Conveniently Located \* Flexible Day, Evening & Weekend Hours

**PositiveChanges**  
HYPNOSIS CENTERS  
"Where Results Happen"  
Call now for your FREE Hypnotic Screening  
35 Main St., South, Olde Downtown Georgetown  
(905) 877-2077 Two doors south of the TD Bank

**OUR NO-RISK GUARANTEE**  
Your success is our top priority. If at your first program session you are not satisfied for any reason, we will refund 100% of your money before you leave the building. No questions asked. You risk nothing.  
[www.positivechanges.com](http://www.positivechanges.com)  
Testimonials may not reflect typical results/individual results vary.

