

# Non-smoking bylaw meeting pushed back

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cial governments implement a uniform bylaw provincial or federally.

However barring that, the association would prefer the town delay any public meeting on a proposed new bylaw until January—traditionally a dead time in the industry. That would allow the businesses time to concentrate on the upcoming Christmas season and then prepare a response for the public meeting.

In a recorded vote, Councillor John Day, supported by the whole council except Moya Johnson, suggested the public meeting date be set for sometime in mid to late January. Johnson, a strong non-smoking advocate, however said a public meeting could be set as early as November without interfering with the hospitality industry's Christmas season. She bemoaned the constant delays in setting a meeting date.

"There's never going to be a perfect day or night," she said, fearing the July 2003 date was in jeopardy.

At the public meeting, residents will be asked to comment on a phased strategy to achieve a 100 per cent smoking ban in all public and private places.

While originally the committee had inserted dates into the strategy, many of those have already passed, so Mayor Kathy Gastle suggested the dates be removed including the July 2003 100 per cent non-smoking target date. All councillors agreed—except Johnson.

The committee's strategy in the first phase:

- No smoking be permitted in restaurants, bars, billiard halls, bowling alleys, private clubs and halls and on restaurant and bar patios before 9 p.m.

- Smoking shall be permitted in public places after 9 p.m. subject to no less than 75

per cent of the seating capacity or floor space, as shall be applicable, being smoke-free

- Minors shall not be permitted in establishments after 9 p.m. that permit smoking

- No designated smoking rooms shall be permitted in the workplace or in public places

- Existing designated smoking rooms shall be permitted until a certain time (new date to be selected)

The second phase:

- 100 per cent no smoking permitted in all workplaces and public places including the Acton and Georgetown Legion branches.

The current 2000 bylaw reads:

- 100 per cent smoke free in all workplaces except in designated and separately ventilated smoking areas

- No smoking in 75 per cent of seating areas in restaurants until 10 p.m. when it is reduced to 50 per cent

- No smoking in 50 per cent of the seating areas in bars until 10 p.m. at which time it is allowed throughout the bar

- No smoking in 75 per cent of bowling alleys' seating area except during youth bowling times when 100 per cent no smoking is enforced

- Local legions are exempt from the bylaw.

Regional Councillor Rick Bonnette asked Chief Administrative Officer Steve Andrews to provide—before the public meeting—an update on the status of a court case now under way in Milton (a business is suing the town over its bylaw). As well, he wanted something in writing from the Acton Legion stating it has changed its position and will now accept smoking restrictions.

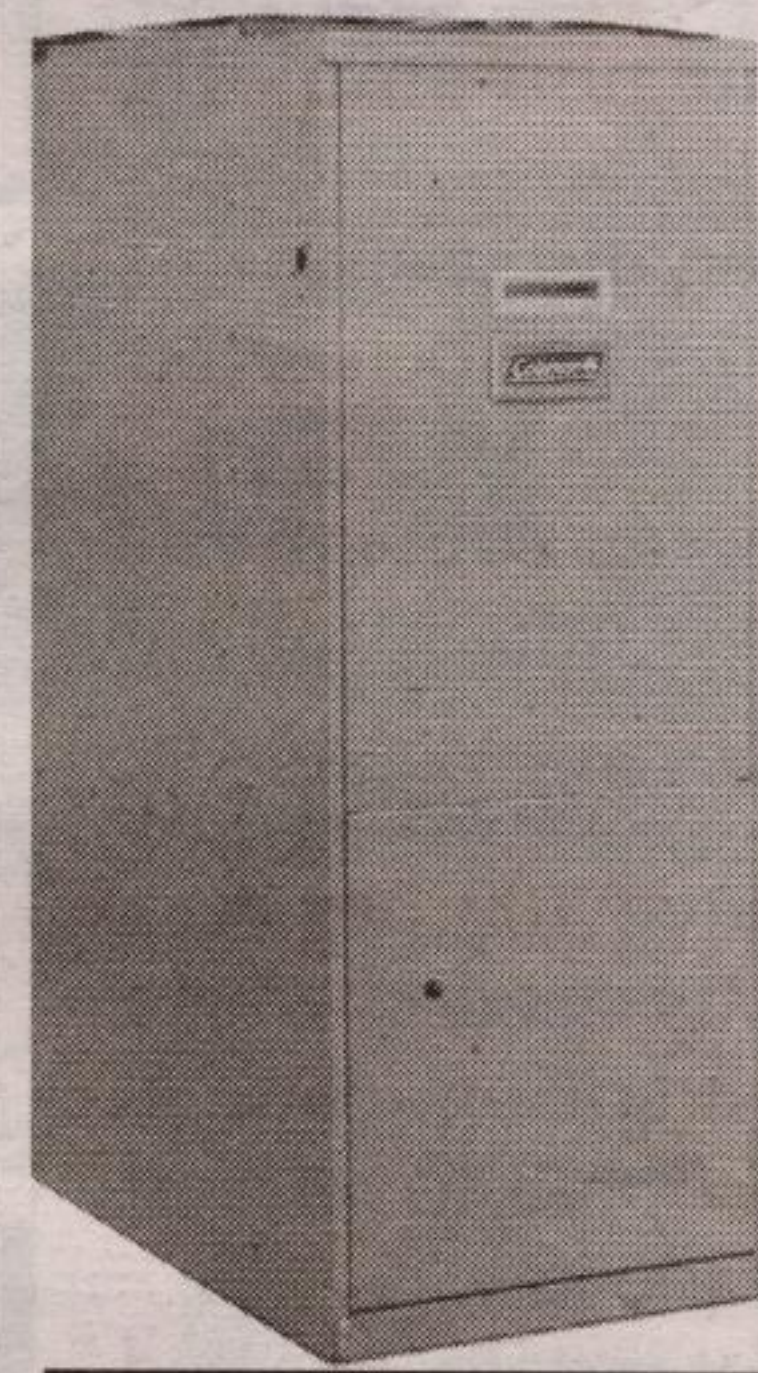
Bonnette said the inclusion of the legions into the committee's recommendations is like "we're going back on our word", which allowed exclusion.

—By Cynthia Gamble, staff writer



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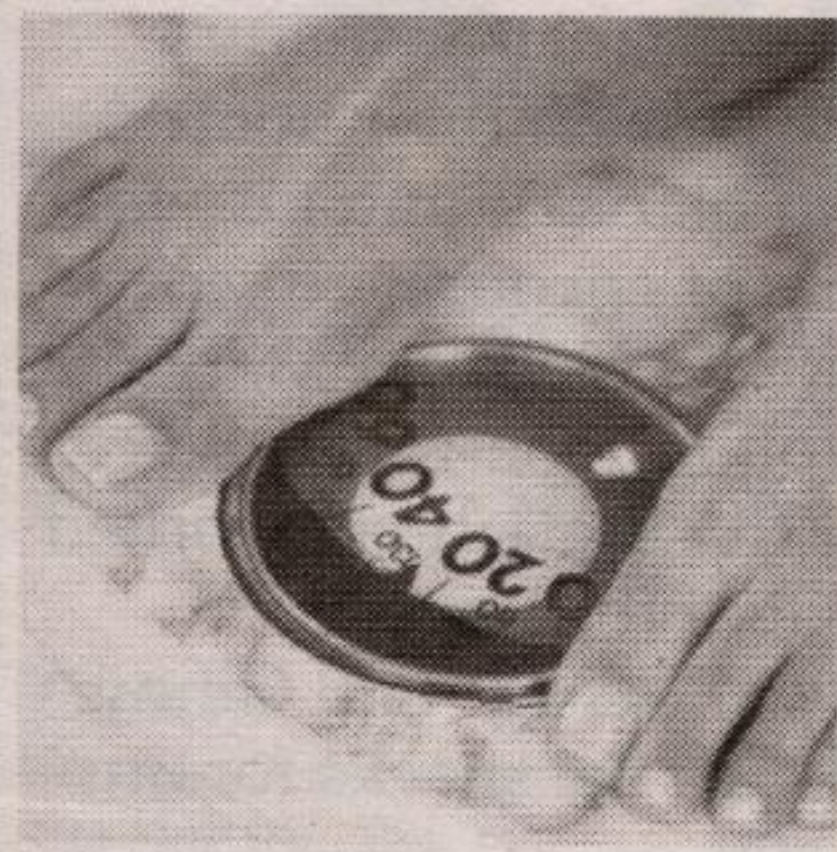
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# Lose Weight Safely with Hypnosis

By: Sandra Marlowe

Tania Olsson was desperate. For months her diet had consisted of chips, ice cream and soda pop. One day she sat on her sofa,



Positive Changes has helped its clients lose weight and keep it off for good, all without popping a single pill, weighing food, or depriving themselves of the food they enjoy.

watching a family video when the stark reality hit her, she was more than 70 lbs. overweight.

"I used food as comfort," remembers the 29-year-old customer service representative and single mom. "My weight made me crazy. I was so embarrassed, I wouldn't even eat in public."

One day a close friend encouraged her to try hypnosis. "I

was skeptical," said Olsson, shrugging her shoulders. "I didn't want to have someone else controlling my mind."

There are so many methods for losing weight and a variety of contradictory diet plans. High protein, carbohydrate, low-fat, no-fat, grapefruit...the list goes on. The major drawback to these methods is that none of them teach you to change the habits that caused you to put on the weight in the first place.

No one is more amazed by the power of hypnosis than Carol Hooper. Three years ago, Hooper was so overweight that she required two naps just to get through her day. "Carrying around an extra 95 pounds is a lot of work," Hooper said. "I was heavy, miserable and uncomfortable."

Hooper once lost weight with medication. "I gained it all

back plus 70 pounds," she laments. That's when she decided to try Positive Changes Hypnosis.

Since starting her hypnosis program in April of 1997, Hooper shed 95 lbs. in less than a year. "Hypnosis made weight loss easy and automatic, like an involuntary response," says Hooper. She has easily maintained her trim figure for over two years.

Others have had similar results when they turned to hypnosis for weight loss. Stacey Harrington, a stay-at-home mom and part-time bookkeeper says that her weight problem had her out of control. "I craved and binged constantly," says Harrington. "I noticed a change in my eating habits after my first hypnosis session. With hypnosis I feel one hundred percent in control." Harrington took off 49 pounds in just five months.

If you've always wondered what hypnotism might help you do

for yourself, Positive Changes' solid reputation should banish any qualms (a binder in the reception area displays hundreds of signed testimonials).

And whatever happened to Tania Olsson, the 70 pounds overweight single Mom? She finally made an appointment with Positive Changes Hypnosis, and is now happy to report that she shed 72 lbs. and has maintained her ideal weight for three years. "I no longer worry about eating in public. When eyes are on me, I know they're thinking, "Hey, she's got it together."

For more information call (905) 877-2077.

## Brampton Woman Tells You How She Shed 35 Lbs. in 4 Easy Months!

"Hi, I'm Tila MacDonald. I shed 35 pounds in 4 easy months with hypnosis! My dress size quickly plunged from a plump 14 to a sleek 4 and it was effortless!"

By: Tila MacDonald

I had been overweight for ten years. After I turned 40, my weight started creeping up every year. I was unhappy and disgusted with myself.

I attended diet workshops and tried a variety of diets on my own. I even tried those chalky shakes. Nothing ever worked. I had become a yo-yo dieter.

**Discovery**  
I read about Positive Changes Hypnosis in the newspaper. I looked at it and then set it aside. I was skeptical. It all seemed too good to be true. Six months later, I saw a person I recognized in the ad. I thought that if hypnosis could work for her, maybe it could help me, too.

**Results**  
I noticed an immediate change in my behavior. I took off 8 pounds my first week! It was easy! I simply relaxed and listened to my hypnotist's voice. I eat healthier foods and enjoy them. Hypnosis helped me to eliminate cravings, food binges and poor food choices.

Best of all, I never feel deprived. I enjoy my life more and have energy to spare.

In four short months I melted off my entire 35 lbs. My waist is a dramatic four inches smaller! Today I am a slender 118 lbs. and I owe it all to Positive Changes Hypnosis.

**My Recommendation**  
I am convinced that my results are permanent. In fact, I have kept my weight off for six easy months!

**"My life is forever changed!"**  
Tila MacDonald  
After 35 Lb. Weight Loss

My recommendation to you is this, give Positive Changes Hypnosis a call. Schedule your complimentary hypnosis screening and evaluation. I know you'll be as impressed as I am. Best of all, their fees are low and the guarantee lets you try the program at no risk. I urge you to pick up your telephone and call (905) 877-2077 now.

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