

Sullivan pegged as Liberal candidate

The Halton Liberal Association will meet Tuesday to nominate former MPP Barbara Sullivan as its candidate in the next provincial election.

Sullivan will replace Halton Hills resident John Day who withdrew his candidacy earlier this month.

"I'm ready to stand up for Halton again, and to help bring the change in government we need to deal with the consequences of the (Mike) Harris-(Ernie) Eves regime," said Sullivan, of Milton, who served as MPP for Halton Centre from 1987 to 1995.

"Their record speaks for itself. We need thoughtful and innovative solutions to the problems we face in Ontario, and Ontario Liberals are prepared to provide them."

While serving as an MPP, Sullivan was Official Opposition Critic for Health and the Environment and parliamentary assistant to the Minister of Labour.

She is currently president of The Cheltenham Group, a firm specializing in corporate administration, marketing and communications strategic direction.

Sullivan will be nominated at a meeting at Mohawk Inn, Tuesday at 7:30 p.m. Renfrew-Nipissing-Pembroke MPP Sean Conway will be guest speaker, and the meeting will be chaired by Ontario Liberal vice-president Jim Evans.

Malboeuf joins board

Milton Regional Councillor Rick Malboeuf has been appointed by regional council to the Halton Regional Police Services Board.

Malboeuf was appointed Wednesday and replaces John Day who resigned from the board earlier this month for personal and family reasons. Malboeuf's appointment is effective until November 30, 2003.

Police warn about cell phone con artists

Halton Regional Police are currently investigating incidents where residents are solicited over the phone by a person posing as a cellular phone sales representative.

Although the person will ask questions in order to obtain details of your banking information, police are advising people not to provide the caller with any personal information or credit card information until the following details have been obtained.

Police recommend you:

- Write down all the particulars of the deal being offered
- Obtain the name of the person making the call
- Obtain the address of the business location
- Obtain a phone number

- If you have call display record the phone number

Once you have the above information, police recommend you call the company or service provider that the caller was representing, using the number found in your local phone book to verify the offer being made (be cautious calling back a telephone number provided by the caller.)

Once the contact has been made with the company, you can make an informed decision if the deal is valid. If it is determined to have been a phony call, or you are suspicious of the information received, contact the police to make a report.

For more information on frauds and scams, check out the joint RCMP/OPP Phone Busters Program at www.phonebusters.com.

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"MY ASTONISHING TRUE STORY..."

"How I Lost 76 Lbs. Effortlessly"

My name is Tania Olsson. I am a single mother. My son, Chaz, is eight years old. I am a customer service representative. I dropped 76 lbs. of fat in 13 short months. My story is so remarkable. I would like to share it with you.

By Tania Olsson

My cheeks burned with embarrassment as I stared at the television screen. We were watching a recent family video. "I'm huge!" I gasped.

I had always been tall and trim in high school. I was on the swim team and volleyball team. I was shocked and appalled to realize how fat I had become.

My folks never allowed junk food in the house. When I got old enough to make my own food choices, I went hog wild. Chips, ice cream and soda pop were my routine. When I was pregnant I started eating for two. After Chaz was born I cooked for two and ate for four!

I used food as comfort. I told myself it was just baby fat. It

"I was shocked when I saw my family video. How did I get so fat?" Tania Olsson before shedding 64 lbs. with hypnosis.



would go away. But it didn't go away. I was getting fatter every week.

With fat came anxiety and depression. My self-esteem was nil. I could see folks turning sideways to squeeze past me. I'd cringe inside.

My weight made me crazy. I refused to eat in public. I knew what people were thinking...*Look at what you're eating...no wonder you're so fat. Go ahead, honey, have another cheeseburger.*

I used to be so hard on fat people. Now I was fat, hurt and desperate.

Dieting Nightmares

I was always trying the next fad diet. I tried grueling exercise routines. It would never stick. When I didn't feel the results, I'd get discouraged. The cravings were unbearable.

I lost 30 pounds twice with weight loss drugs. My weight shot back up so fast it made my head spin. The drugs set me on an emotional rollercoaster. I couldn't bear the thought of a third go around. Nothing I do works, I told myself as I sat on the couch with a gallon of ice cream. What's the use of trying?

Ray of Sunshine

One day a close friend encouraged me to try hypnosis. I was skeptical. "I've heard they

get great results," she said. I could only hope.

The free screening was like a ray of sunshine. My consultant was caring and concerned. The office is professional and comfortable. Their level of confidentiality was impressive. I held my breath for the sales pitch. It didn't happen. They explained the program in detail. Left it for me to decide. The fee was much lower than I expected.

I signed up and lost 76 lbs. in 13 short months. I lost ten inches off my waist. My dress size plunged from a bulging 22 to sleek size 10.

Whole New Me!

Immediately after my first session my appetite diminished. I feel completely satisfied with small, healthy portions. Next my food choices changed. When I was fat I would not touch raw vegetables. With hypnosis I have developed this strange attraction to carrots! They're as appealing as potato chips used to be. I know I will never, ever gain the weight back. Now that I'm thin and happy with my body, I can't think of a single reason to overeat.

Hypnosis Delivers Benefits!

I used to feel sluggish by 9:00 a.m. I was so depressed. Even my hair drooped.

Since hypnosis I look and feel young, alive and vibrant. My skin is glowing. My hair is thick and shiny. I have tons of energy. I'm light on my feet.

My family and friends all want to know how I did it. They want to be like me. The other day a co-worker said, "I wish I could have even half your energy." That was the best compliment of all.

When I was fat I smoked skinny cigarettes to make me feel thin. Quitting smoking was a side benefit I had not expected. I breathe better. Move better. Enjoy more activities.

I hated walking in and out of plus size stores. I would rush my shopping bags to the car.

Everybody knows you're fat, but come on, that's the big girl's store. Shopping for a size 12 is the most wonderful feeling in the world. I no longer worry about eating in public. When eyes are on me, I know they're thinking, "Hey, she's got it together."

Chaz is tickled to see my biceps. We recently went rock climbing. We enjoy rollerblading. There's no way I could have done that before.

Recommends

I suffered when I was overweight. I lived in a state of overwhelming helplessness. I was out of control. It was frightening. Hypnosis was the smartest investment of my life. My consultant took the time to listen to my fears. I never felt pressured. My success was their main concern.

I got more than I expected from my private hypnosis sessions. I feel wonderful about myself. If it wasn't for hypnosis I wouldn't be enjoying my slim, healthy body today.

Don't think I'm a lone success story

either. I meet other successful clients all the time.

My only regret is that I waited and suffered for months. You don't have to suffer another second. Call (905) 877-2077 right now to schedule your free hypnotic screening. I know your consultant will answer all your questions and put your fears to rest. If they don't think hypnosis is right for you, they will tell you so.

You owe it to yourself to find out. CALL NOW.

Check us out on the worldwide web... www.pchypnosis.com

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MORE PROOF ... CERTAIN SUCCESS!

"I used hypnosis to lose weight and improve my sales performance. My doctor says I have lost 20 lbs. already. My blood pressure is way down. I feel calm and relaxed.

My goal was to double my business. I've nearly quadrupled it! Hypnosis is a great experience. I noticed changes right off the bat. Hypnosis took away the nervous feelings. Compulsive eating habits vanished. My success is certain. I wholeheartedly recommend hypnosis for weight loss and sales performance. I've recommended it to all my friends."

Jim Ridenhour, Fire Safety Coordinator

INSTANT RESULTS!

"I was skeptical about hypnosis. What a surprise when my friend, Debbie Crews, told me she stopped smoking and lost 23 pounds with hypnosis. I felt totally relaxed after the first session. On my way home I did not crave a cigarette. I love the relaxation. I stopped smoking instantly with hypnosis."

Michael E. Wells, Designer