

Police seek help in identifying drug houses

Halton Regional Police Service wants the public's help in flushing out marijuana grow operations in their neighbourhoods.

Police are asking anyone with information on a suspected grow house to call Crime Stoppers at 1-800-222-TIPS (8477).

Drug grow operations in residential neighbourhoods continue to be a focus of police services across the country, reports Halton Police.

The dangers and costs of these operations is staggering— for example, the hazards from bypassed hydro meters have caused fires in some jurisdictions, and the damage done inside the homes has created safety and insurance issues.

Police say the theft of hydro is estimated at \$15,000 per marijuana grow— generally one grow operation can use the hydro equivalent of 20 houses.

Police say there are several indicators of what to look for to determine the existence of a grow house:

- Covered windows— windows covered with black plastic, heavy curtains pressed against windows or blinds that are tightly shut
- Condensation— humidity in the house causes condensation on windows
- Smells and odours— these can be described as the unique smell of rotting cabbage or skunk-like odour, mixed with sweet vegetative smell. Artificial scents may be used to mask the smell.
- Sounds of electrical humming, fans, trickling water— some of the electrical components in an indoor grow operation create humming sounds, similar to a transformer on a hydro pole. Other sounds may include fans and trickling water.
- Bright lights— high intensity, 1,000-watt lamps are normally used.
- Localized power surges/browning— neighbourhood residences experience unex-

plained power surges or power "browning" (decrease of power which dims lights and slows down appliance use) with the return of normal power flow approximately 12 hours later.

• Discarded equipment— growers sometimes leave equipment laying around the yard, such as nutrient containers, pots, wiring, soil, root balls, aluminum shrouds, PVC piping, etc. On garbage day in the neighbourhood, there is no garbage put out.

• Rental houses— almost all marijuana growers use rental property (residential and commercial) so that they do not have to alter their own property to accommodate a growing operation. High humidity levels in indoor growing operations also cause a lot of damage to the house.

Landlords may notice that tenants insist on paying their rent in cash, and may have expensive cars, cell phones, pagers, etc. These tenants are reluctant to allow landlords to inspect their rented property. They also make arrangements to meet landlords away from the property to pay their rent and or discuss problems. Landlords should have a detailed rental agreement in place and ensure that the individual(s) renting the premises are those living there.

• Unusual visitor behaviour— when compared to the average homes in the area, neighbours may notice inconsistencies in visitors coming to and from the residence ranging from no visitors at all— giving the appearance of seclusion— to frequent visitors for short periods of time.

Other indicators:

- Outdoor and/or indoor lights, radio and/or TV operating 24 hours a day.
- Flyers left in the mailbox or at the front door
- Children's toys and bikes outside with no children living or seen at the residence.

—By Lisa Tallyn, staff writer

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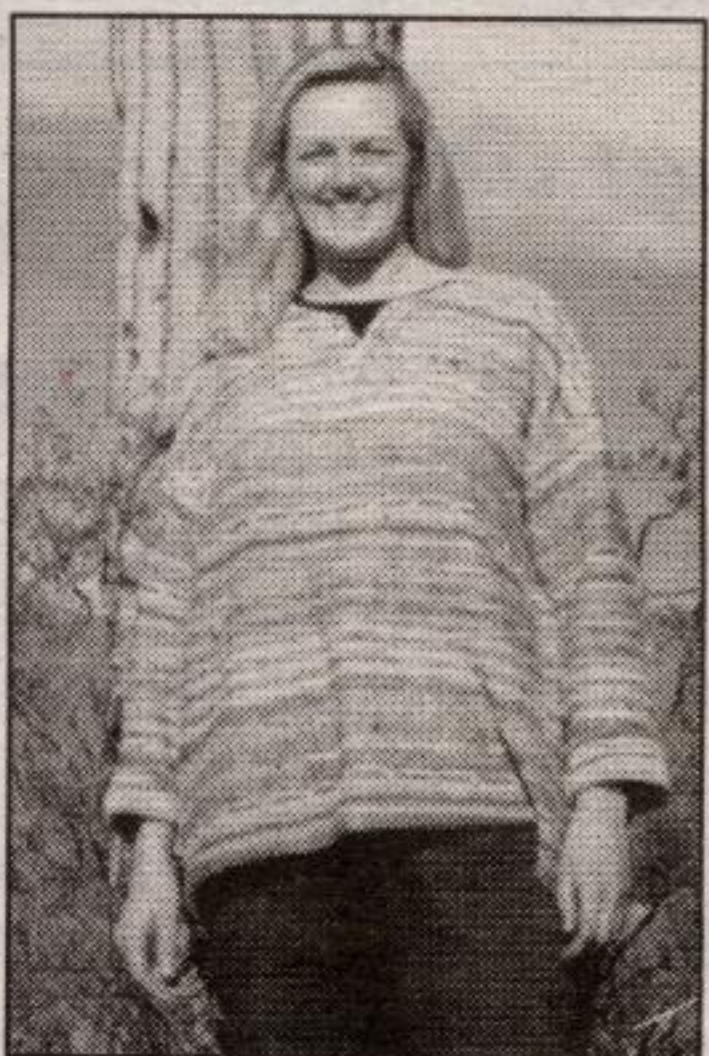
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Lisa Bliss Says Hypnosis is a Sure-fire Way to Lose Weight and Look Great!

My name is Lisa Bliss. I am a registered nurse. I dropped 30 pounds in eight short months and kept it off for two years! I'd like to share my remarkable success story with you.

BY: LISA BLISS



DISASTROUS DIETING!

Dieting was something I dreaded. I thought it was my only way out. I tried diet pills from the health food store. I tried Weight Watchers and frozen, low-calorie foods. But I never stuck to anything long enough to have results. These "quick-fix" diets were not something I could live with long term.

Luckily, I learned about Positive Changes Hypnosis Centers through my friend and business partner. I thought it was a very different approach to weight

loss, but it made a lot of sense. Not having to rely on my willpower appealed to me.

Being a registered nurse, I knew how I should eat and that I needed to exercise. I just didn't have the motivation to follow through. I was intrigued with the entire program and decided to sign up right away.

HYPNOSIS IS DIFFERENT!

I love my hypnotic sessions. I am so deeply relaxed that all worries, cares or concerns seem to melt away. And the life changes I've made while in that relaxed place are nothing short of miraculous!

I noticed a change in my behavior my first week. I was drinking more water and didn't want to snack between meals. During those first seven days, I easily lost 4 pounds. I dropped my entire

She should know, she melted off 30 lbs. two summers ago!

30 lbs. without any effort whatsoever!

I WORE A SEXY BIKINI ON THE BEACH!

After losing my weight I went to my brother's wedding in Mexico.

Many of my family members hadn't seen me in a while. I spent a lot of time on the beach in a bikini. I heard wonderful compliments from family and friends. They made comments such as, "Wow, you have a great body!" It made me feel like a million dollars. I truly had a magnificent vacation!

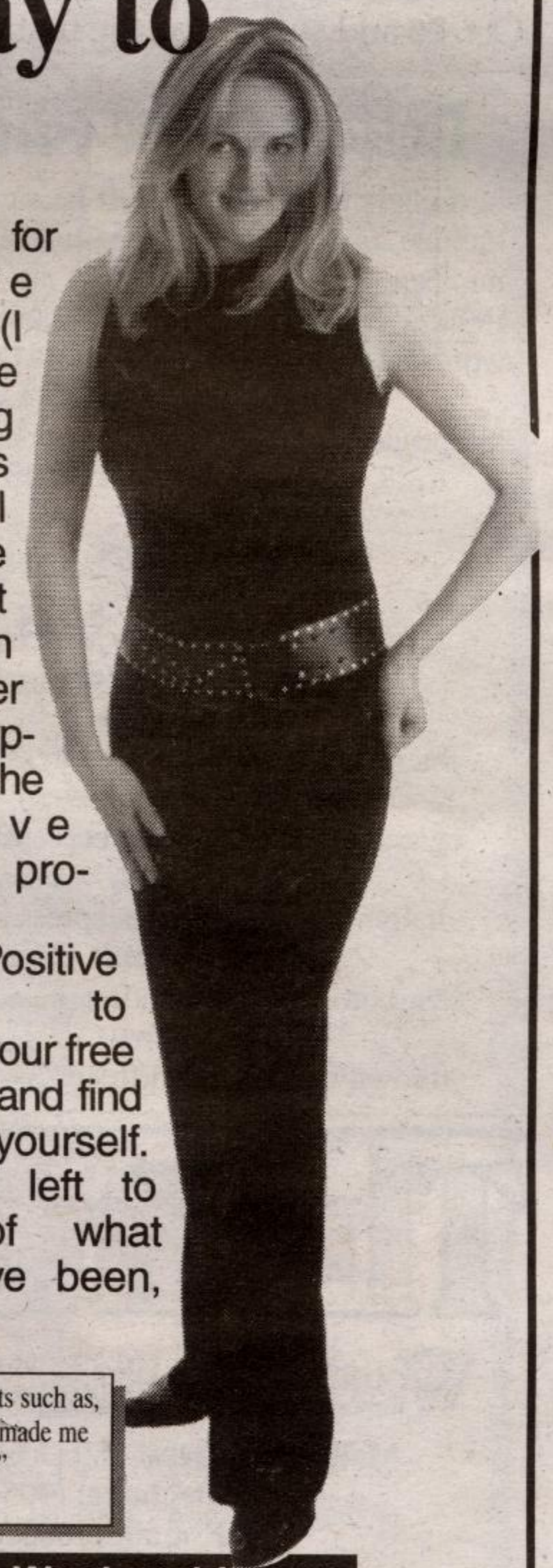
CALL IMMEDIATELY!

I emphatically recommend Positive Changes to anyone who wants to lose weight! This program has been a highlight in my life. There is no way I would have the health and happiness I enjoy today had it

not been for Positive Changes. (I wouldn't be wearing bikinis either!) All of the great changes in my life filter back to hypnosis and the Positive Changes program.

Call Positive Changes to schedule your free screening and find out for yourself. Don't be left to dream of what might have been, Call now!

"Family and friends made comments such as, "Wow, you have a great body!" It made me feel like a million dollars!"
Lisa Bliss



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