

Through Toys for Tots program Police aim to make Christmas merry

The holidays can be a depressing time of year for those who can't afford to have presents under the tree.

But thanks to the Halton Regional Police Service's Toys for Tots program, Christmas might be more joyous for needy families this year.

Halton Regional Police, in partnership with the Salvation Army and Canadian Tire, recently launched the third annual Toys for Tots, which is running in Halton Hills (until the end of November), Milton, Oakville and Burlington.

The initiative officially began Saturday. Individuals are asked to drop off cash donations at Canadian Tire locations, which will use the money to purchase toys from the store. The toys will then be given to Salvation Army locations in the municipalities for distribution.

"On behalf of the chief (Ean Algar), I want to recognize Canadian Tire and Halton Honda for giving us this van to go around to collect the funds," Deputy Chief Gary Crowell said during the kick-off at the Milton Canadian Tire store. "In a way this (program) is an oxymoron. We live in an affluent community but so many are in need."

Halton Honda of Burlington donated an SUV for the program, which will be used to collect cash donations from various Canadian Tire stores in Halton.

Anyone who wishes to donate toys can drop them off at the Georgetown Police station on Guelph St.

The Toys for Tots program is spearheaded by Const. Chantal Verrier, who

said she came up with the idea after hearing Peel Region organized a similar program.

"I thought Halton needed this in the community so I took it upon myself to start it up," she said. "The program has been very successful in the past."

This is the second year the program has run in Halton Hills.

"What a wonderful way to ensure the joy of Christmas reaches the less fortunate children in our communities," said Georgetown Canadian Tire store manager Tracey Craig of the program.

"The first year we raised \$37,000," said Verrier. "Last year we raised \$63,000 and this year our goal is \$75,000. I have no qualms we will reach our goal."

—By Fannie Sunshine, special with files from Lisa Tallyn, staff writer

Police blotter Van stolen from church parking lot

Halton Police are investigating the theft of a 1996 GMC Savannah van from the St. John's Church parking lot on Guelph St. between last Friday and Monday. The van is valued at \$10,000.

Approximately \$1,600 worth of tools was taken from an Eighth Line home under construction sometime late Tuesday or early Wednesday. Police report there was no lock on the front door.



Get the look & comfort NOW

And don't pay until Feb. 2003

Classic Wood Stove

As little as \$56.94 per/mo.*

- Up to 73.8% Efficiency
- Lifetime Limited Warranty (including glass)
- Heats 600-3500 Sq. Ft.



A Gas Fireplace You'll Warm up to!

- Up to 82% Efficiency
- Lifetime Limited Warranty (including glass)
- Variable speed blower included

As little as \$67.78 per/mo.*

Furnace Maintenance \$85.00 + GST

*Union Energy Financing OAC. See store for details. www.applebysystems.on.ca



APPLEBY SYSTEMS 877-8990
 Fireplace, Heating & Air Conditioning Sales & Service
 118 Guelph St. Georgetown (at Maple)
 Hours: Monday - Friday 9-5; Saturday 11-4; Appointments available after hours upon request

"How a Little-Known Weight Loss Secret Helped Me Shed 48 Lbs."



I had battled with my weight problem since 7th grade. My weight went up and down like a see-saw. One year I'd be thin and the next year I'd be fat. Until I discovered a little-known weight loss secret that helped me melt away 48 pounds in nine easy months. Until I dropped five dress sizes — from a plump 22 to a fit 12 — effortlessly!

This is my story. My weight loss odyssey, if you will. From disgust and discomfort to vitality and vigor. I will reveal how I shed my pounds and inches. How I've kept my weight off for more than seven months. And why I'm certain that I've finally conquered my lifelong struggle with weight.

"I know my weight loss is permanent. My confidence is soaring."
 Lois Johnson After Shedding 48 Lbs. Using Hypnosis

BY LOIS JOHNSON

It was no wonder I was so fat. I loved food. Simply walking by a chocolate éclair would stir intense cravings in me. I'd feel my self-control slip away. I'd gobble up the éclair without tasting it. It was overwhelming.

I was once a diet guru. As a former physical education and health care teacher, I knew what I needed to do to lose my weight. Yet none of it worked for me. I couldn't keep my weight off. My old habits would win every time.

Being a social eater didn't help. I was the consummate entertainer. I'd put out huge spreads of culinary delights. For me to gain ten pounds or more a summer was routine.

Yet since discovering my little-known weight loss secret, I've made it through two summers without putting on a single ounce.

HERE'S HOW I DID IT...

It all started a little over a year ago. I was mortified because I had gained all my weight back again. In fact, I was steaming mad. I was angry with myself for being out of control. Angry with my body for betraying me.

What must people think, I wondered? One day everybody was complimenting me. A few months later my weight was right back up, plus more.

I was paging through the newspa-

per when I noticed an ad about local folks who had lost weight using hypnosis. I had seen the ads before. I always dismissed them. Hypnosis seemed too much like hocus pocus to me.

Then I realized that I had probably tried every diet on earth. I'd even been through one diet program three times! Yet each diet made my cravings worse. I'd had enough.

I was so disgusted with myself. In that moment I decided hypnosis would be my last ditch effort. I hoped hypnosis could change my thinking and end my cravings. I called to schedule my free hypnotic screening.

I was impressed with from the moment I walked through the door. The staff made me feel at ease right off the bat. My consultant understood my frustration with the whole diet routine. She said hypnosis could help me lose weight without dieting. She said I could learn the characteristics of naturally thin people. That sounded good to me!

EASY AS CAN BE...

By the week of my second hypnosis session, I knew my eating behaviors were changing. I lost 3 pounds my first week. I was relaxed and in control. Then 10 pounds melted away my first month. It was all so easy and effortless.

After my dieting ups and downs, I honestly did not know how much weight I needed to lose. Suddenly I felt like the sky's the limit.

When I'd dropped my 48 pounds, I

started receiving compliments galore. Folks would say, "You look fantastic!" My good friend, who is a nurse, said, "Don't you lose anymore weight. You'll just blow away." That's when I knew I was right where I needed to be.

My weight dropped at an average 1 1/2 to 3 pounds a week. It was easy as can be. My cravings have vanished. I no longer binge. I make good food choices. I'm relaxed and confident. Hypnosis keeps me balanced and focused. Honestly, it's that simple. Hypnosis makes weight loss a breeze.

Even my doctor was impressed. When I told my doctor I used hypnosis, he said, "Wow, that's great!"



"I have abundant energy!"

ENERGY ABOUNDS...

I used to sit and snack, snack, snack. Being hypnotized has changed all that. I make better use of my time. I love riding my bike or walking on my treadmill. I have abundant energy.

At night, I sleep like a baby. I close my eyes, take a few deep breaths, slip into self-hypnosis, and then drift into blissful slumber. I awaken refreshed and energized. Ready to greet my day.

I no longer crave chocolate éclairs -- or any food for that matter. I enjoy eating without guilt or shame. I've been liberated from my dieting see-saw. It's a new me!

LASTING RESULTS...

Thanks to the dieting yo-yo, I had wardrobes in every size! Since hypnosis I've purchased my modern new wardrobe and all my fat clothes have gone to Goodwill. What a relief! Some days I'll walk by a mirror and think, gee, that's a little person in there. Words can't describe how wonderful that feels!

I am 100% satisfied with my results from hypnosis. I've kept my weight off for more than seven months. I'd never done that before! I am truly a naturally

thin person. And that makes me a walking testimonial -- hypnosis delivers results!

I know my weight loss is permanent. My confidence is soaring. I'm even saving money! Our grocery bill has dropped considerably because I don't buy chips, candy or junk.

DISCOVER THE SECRET FOR YOURSELF...

Now you know my secret. How I melted away 48 pounds. How hypnosis changed my life forever.

If you're on a dieting see-saw with no end in sight. I urge you to call today to schedule your free hypnotic screening. You'll find out how hypnosis makes weight loss results happen! It only takes about 20 minutes. There's no risk and no obligation.

I honestly believe that you can achieve the same results I did. So take the first step. Pick up the phone. Do it right now before you gain another ounce. Discover the secret for yourself. So you can be as happy as I am.



"I was angry with myself for being out of control."
 Lois Johnson Before 48 Lb. 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
 Testimonials may not reflect typical results/individual results vary.

