

## BOOKS TO THE BAHAMAS



STAFF PHOTO/JIM MASON

The Rotary Club of Stouffville and Stouffville-based Books For Kids International kicked off their 2001 program at Parkview Village to promote literary in underdeveloped areas of the world. The local program has shipped surplus books donated by publishers to eight countries. Above (from left) are: Barb King and Hugh Wallis, founders; Michael Pinto, Danzas AEI Logistics Worldwide; founder Flora MacDonald; John Wilson, of the Packaging Association of Canada; Oak Ridges MP Bryon Wilfert; and Stan and Emily Galezowski of the Bahamas. The Packaging Association and Danzas are corporate sponsors of the program. The Galezowskis are distributing books shipped to the Bahamas by the program. Warehouse space in the Stouffville area is needed by the program. Phone 640-1414 for more information.



## Neighbourhood

## Employment Resource

## Centre

# NEW YEAR = NEW JOB?

Is it time for a change? A new challenge?  
Upcoming workshops can help you.  
Resources are regularly available to assist  
you in your job searching needs.

**SPECIAL WORKSHOPS** January 29th, 2001  
6:30 pm - 8:00 pm

## Self-Employment - Is It For You?

Catherine Turner, Director of Business Services, Job Skills, will provide an overview of becoming self-employed.

Call to register today!

The Neighbourhood Employment Resource Centre is located in Stouffville District Secondary School, 183 Bramble Crescent

It is open to all community members and students of Stouffville and surrounding areas at no cost.

**(905) 640-2856**

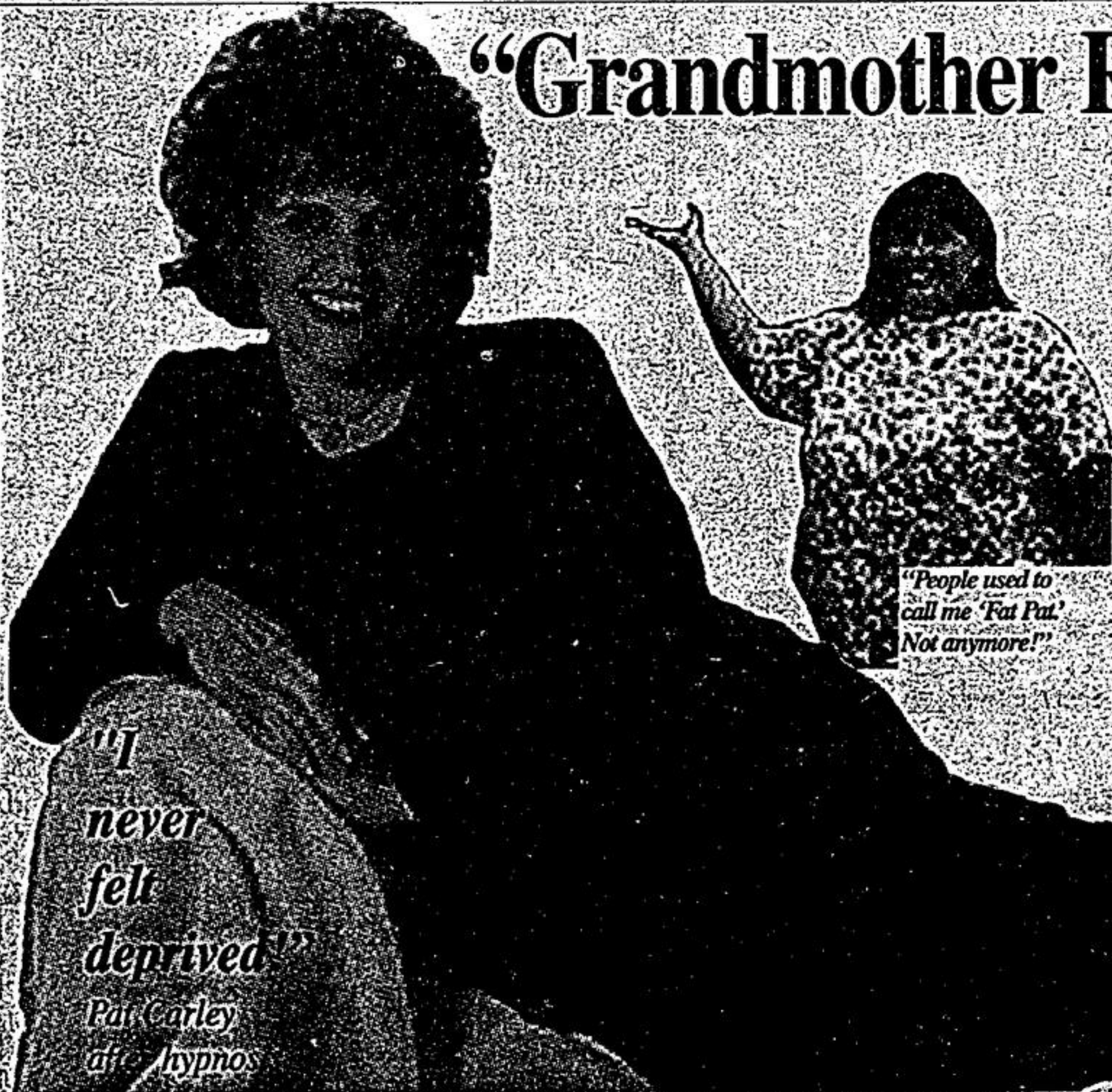
Operated by:



A funding partnership with Human Resources Development Canada

**Canada**

# "Grandmother Reveals Secret to 105 Lb. Weight Loss Success"



"People used to call me 'Fat Pat'. Not anymore!"

"I never felt deprived"

Pat Carley after hypnosis

I went on every crazy weight loss scheme. Tried the grapefruit, egg, special soup, all protein, all vegetable, only starch, high fiber and all fruit diets. Spent a fortune on tasteless prepackaged food. Went to support groups. Starved on protein shakes. I even guzzled down straight vinegar praying it would help me lose weight. The result was always the same. I'd lose weight slowly then quickly gain it back plus more. I was ashamed and embarrassed.

### Instant Results

I was amazed by the change after my first hypnosis session. My brain got the message to zap my appetite.

Hypnosis gave me instant control

over my eating habits. My cravings came to a dead-halt stop. Binges dissolved. My confidence and self-esteem soared. My fat melted off at an average 3.5 pounds a week.

I received so many benefits from hypnosis, I could write a book. No more headaches, cravings, binges, bloating or weight gain. I'm more confident at work. I feel alive, vibrant, active and energetic.

I'm in tune with my feelings. I have never felt better emotionally, mentally and physically.

### Call Now

Losing my weight with hypnosis is the best experience I ever had. It worked for me. I know it can work for you. Call now to schedule your free screening. It won't cost you one penny to find out if hypnosis is for you. I guarantee you'll get no high-pressure sales talk. Just low rates, excellent service and a program that works.

Don't think I'm an isolated case either. Just read what a few other folks have to say about their results. Then you be the judge.

### 20 Lbs. in 12 Weeks

"I lost 20 lbs. in twelve short weeks with hypnosis. My weight loss was quick and easy. I lost 8 lbs. the first week! The great part about hypnosis is there are so many benefits. It's like I changed my life and the side effect is the weight melting off my body. It's that easy. I recommend hypnosis to anyone who wants to get off the diet

rollercoaster forever."

Tracey Scott, Student

### Two-Year Success!

"Thanks to hypnosis I have been a non-smoker for two years! I stopped instantly. The easiest way to go is hypnosis!"

Susan Cooper, Housewife

### Father & Daughter Lose Weight Together

"I lost 12 lbs. in 4 1/2 weeks. It's effortless. Hypnosis eliminated my cravings for junk food. Hypnosis made my new eating habits automatic!"

Frank Rachubka, Retired Air Force

"I was overweight since eighth grade. I hid myself under baggy clothes. Then I lost 34 pounds with hypnosis! I went from a size 18 to trim size 10. I thought losing weight would be hard. Hypnosis made it easy! I no longer have to hide anything about myself."

Melissa A. Rachubka, Sales Associate

Don't risk your happiness for one more minute. Call right now and schedule your FREE hypnotic screening.

My name is Patricia Carley. I'm a civil servant, homemaker, and Grandmother. Amazing as it seems, I lost 105 lbs. of fat with hypnosis. It was easy and fun. This is my true story.

By Pat Carley - I came into the world at five pounds. I was overweight from there.

### The Diet Rollercoaster

### OUR EXCLUSIVE GUARANTEE

**NEW CENTRE IN AURORA**

### WE STAY WITH IT GUARANTEED

We evaluate your needs, then determine a plan. Once the results are achieved, we are absolutely committed to your change.

### POSITIVE CHANGES HYPNOSIS CENTRE

15105 Yonge Street, Suite 203, Aurora L4G 1M3

Call now for your FREE Hypnotic Screening

**905-727-3777**

IMPORTANT: Our programs will be tailored to meet your individual needs. Therefore, we cannot make fee assessments over the telephone. Results may vary from individual to individual.



Career Training Available

