

2 1/2 packs a day

Student hypnotized to butt smoking habit

A high school student, who smoked 2 1/2 packs of cigarettes a day for a year, is gradually butting the habit through-hypnosis.

Brad Martin, 18, says he's tried many times to stop smoking, but couldn't do it. He has smoked since age 12. Then at Mini-School, a special day when experts visit AHS to demonstrate their skills, Brad got to introduce hypnotist Bill Carson to students jammed into the cafeteria. That was two weeks ago.

Mr. Carson's card of introduction mentioned stopping the smoker's habit with the help of hypnosis, so Brad asked him about it.

Under

Mr. Carson put Brad under and gave him several suggestions about the bad effects of smoking. The suggestions are to rid cravings to smoke, Brad said. Under hypnosis a person acts only on external suggestions.

"It was the most relaxed feeling you could get," Brad said about hypnosis. "I don't think I could have moved, if I'd wanted to. It was really nice," Brad said.

Habit

Mr. Carson brought Brad out of the trance and told him how to perform self-hypnosis. Brad is doing it once a day until he shakes the habit of picking up cigarettes. For the first week he was to use self-hypnosis three times a day.

Brad tested Carson's method that first smoke free night. He tried picking up a cigarette, but was overcome with nausea. He put the smoke down.

Since being first hypnotized, Brad's appetite has doubled, he said, and he's feeling "really good".



A TRIO OF fashion setters for the new season are Mary Kroes, left, in a drop shouldered jumpsuit, Nikki Field in a sun dress and Colleen McGilloway, right, with a striped cotton knit outfit. The girls were among about 30 who modelled Simplicity designs at the high school Friday.

Scout and Guide news

by Mark Howe

Last Thursday night, just after seven o'clock, four senior Wolf Cubs joined in the Grand Howl for the last time.

Then Akela's Elizabeth Lambden and Vic Webster said farewell to the boys as Cubs. They presented Steven Matheson, Blake Norton, Mike Henry and Jim McVeigh to Scouters John Sharples, Mark Rowe and Ford Alton of the first Acton troop. The boys then made the Scout promise on the top flag. Patrol leaders then invited the new Scouts to join their patrols.

Following a game, new patrols were formed for the summer. The new patrols then had the opportunity to choose new names. Acton now has a Cougar patrol, Iroquois patrol, Einstein patrol and Big Dipper patrol.

Acton's Wolf Cub packs closed for the season Monday night. The close off, "A" pack invited "B" pack to a slide show on Australia. The Cubs saw pictures of the Sydney, Canberra and Blue Mountain areas. The show was followed by a singsong led by Mrs. Hensbee on the guitar. Refreshments followed, supplied by Pat Garton and Vic Webster. Thanks to Pat Alder, Bruce McPherson and Arnold Park for their assistance during the evening.

Awards presentation Beginning at 7:30 on Thursday night, awards night for North Halton will be held in Georgetown. Among the recipients will be Gord Gouling and Andrew Lambden of first Acton Cub pack. They have both jointly earned the district commissioner's award.

Completes course

Halton 4-H Agricultural Club members have another "first" to their credit. They become the first 4-H organization in Canada to receive the benefits of a Dale Carnegie Course, when 48 Halton 4-Hers completed the 14 evening sessions in Milton Library last week.

Course instructor Teresa Holland of Kitchener, who is the first woman supervisor and instructor of Dale Carnegie Courses in Canada, reports about 40 members of the class will receive their diploma at a banquet June 19 in Milton. Only a few dropped out of the course, she said, and some students missed sessions which they will have to pick up in other area courses before they can be certified as passing.

Mrs. Holland noted the instruction held for Halton 4-H members was absolutely free. The late Dale Carnegie always wanted to extend his "how to win friends and influence people" courses to younger people but in the early days of the organization it couldn't be handled. Today the organization is successful and money is set aside each year for groups of young people to receive the training—free.

Worth \$15,000 The instructor estimates the cost of instructing the 4-H course here at approximately \$15,000.

Milton Library was a big help, she said, donating the use of the library hall for the 14 evenings for the minimum \$5 caretaking fee.

After the presentations, the annual general meeting for the district will be held. All group committee members are welcome to attend. The next Acton group committee meeting will be next Tuesday June 8, 1976.

All Cubs attending the Cuboree are reminded to be at the Scout Hall at nine on Saturday morning. Parent volunteers are still needed so please come down and offer your services.

Saturday evening at 5:30, all Brownies, Guides, Rangers and leaders are to meet at the Glenlea Park for a weiner roast. The dress is casual. In case of rain the event will be moved to the Scout Hall. It should be an enjoyable evening so be sure to attend.

Sunday parade

On Sunday is the Decoration Day parade in Acton. It will commence at two o'clock behind the "Foodland" supermarket. Cubs will be in the parade although the Guides and Scouts will not be attending.

The Cubs from the "A" pack and the Scout troop have been invited to tour the Ford Motor Car Company. All boys and leaders are to meet at the Scout hall at six on Monday evening. Parent volunteers are still needed to drive. Please make a point of attending. We expect to return by 9:15 at the hall.

Scouters Rick Saville, Mark Rowe and Venturer Jim Saxton spent the weekend with two other Scouters and a Scout from Niagara Falls. They all went on a canoe trip up the Chippewa River to the Welland canal. A similar trip for the Scout troop is being considered.



DAVE LAWSON SHOWS his winning form as he flips over to clear the high jump at the MZ Bennett school meet last Friday. Dave took first place in high jump over four other competitors in the intermediate group.

4-H News

The second meeting of the Acton 4-H Calf Club was held on Tuesday, May 18. Joanne Hearnings opened the meeting with the 4-H pledge. Then the host, Tim Dunlop, was introduced. The members answered the roll call with breed of their calf. The demonstration committee was chosen. On the committee are Dave Brown, Karen Brown, Judy Brown, Brenda Brown, Joyce Parker, Marie Parker, Marie Murray and Joanne Hearnings.

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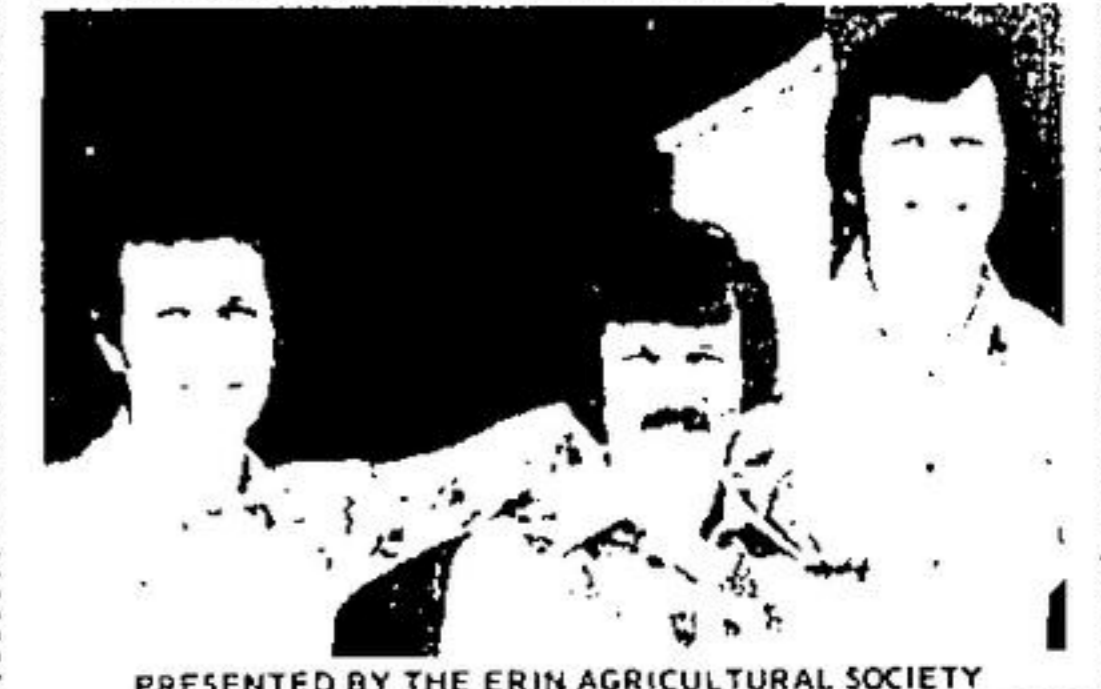
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Acton High Notes

By Jennifer Rowe

With only 15 days of school left, students of Acton High prepare for the end of the school year. Ask any student what they are doing in these last days of June and you will find that they are probably up to their ears in end of term assignments. When will we learn not to leave everything until the last minute.

This event is being held for a second year after last year's huge success. The banquet will begin at six p.m. at the Acton Legion Hall and here presentations of trophies and awards will be made. The dance will follow after at the high school gym with music disc-jockey Harry Arbic.

French cuisine

On Wednesday, May 26, our Acton High School band travelled to Erin District High for the second part of a band exchange. The Erin band had spent the day with the Acton band on April 8 holding joint rehearsals and two performances for the public and high school students.

On Friday evening Jennifer Yust is taking her Grade 11 French class to Toronto for an evening of dining and entertainment. Dinner will be a choice of Coq au Vin or Boeuf Bourguignonne at the restaurant "Le Provençal." Gilbert Beaud will be the entertainment at Massey Hall. This should prove to be an interesting and fun cultural evening.

This week's exchange gave the Acton band members a chance to tour the new Erin High school, to renew acquaintances with the Erin band members and to rehearse and perform with their high school band and choirs.

Coming up on June 10 and 11 at the high school will be Art Fever, the first art show offered at the high school and put on by the art department. It will begin Thursday evening from 7 p.m. - 9 p.m. and will commence again Friday from 9 a.m. to 4 p.m. It will include an art display of pieces not only from the art classes but also from the home ec. and industrial arts department.

David Sale, the Acton High School band director, described the day as a "total success" and said that the band members are very excited about setting up a similar exchange for next year.

Demonstrations on the wheel, silk-screen and other special techniques will be offered.

The high school band will be giving two more performances in June, one for the opening of "Art Fever" at the high school on June 10, the other in conjunction with the Acton Citizen's band for their second Annual Supper concert on Sunday, June 20. We have a very talented group here and they all deserve congratulations on their success and talent.

Entertainment will be provided by the high school band and refreshments will be served.

Thursday, June 3 is the Athletic Banquet and dance.

Come on down to the school and look around.

One date that no one forgets is June 23. This is the last day of school and both teachers and students look forward to this date with great anticipation.



MARY VINSKI (left) is all set for summer sports, including tennis, with her yellow tie-top shirt and shorts. Jocelyn Lamberink looks forward to summer cycling with her natural muslin dress. The fashions were part of a Simplicity Pattern hour-long show at the high school.

Free Press Youth page

Jockettes become banquet belles

A pair of beauty experts donated two hours to helping AHS's top track, gym, basket and volley ball athletes become belles for tomorrow night's athletic banquet and formal dance.

Marilyn Ottaway and Anne Warwick of Marilyn's Boutique started by making up teachers Anne Lepik and Harriet Knor last Wednesday evening.

All the girls brought along their formal gowns to the home economics room at the high school. The girls received advice on how to complement their dress with jewelry and cosmetics and on posture and poise.

\$1 grant for residents

Only residents of Halton Hills registering with minor sports groups, will be eligible for the \$1 per capita grant, if Halton Hills council accepts a recommendation made by administration committee Monday night.

Only minor sports groups having to pay rental fees to the town are eligible for the \$1 per capita grant.

In a report from Recreation Director, Glen Gray he said his department felt the \$1 grant should not be available to non-residents. He suggested an additional \$1 could be added to the cost of registration for them.

NOTICE

TO PROPERTY OWNERS IN THE TOWN OF HALTON HILLS THE ONTARIO WEED CONTROL ACT

as it applies to persons in possession of land within The Town of Halton Hills.

Unless noxious weeds are destroyed by June 14th, 1976, and as often as necessary throughout the season to prevent the ripening of their seeds and dispersal of their pollen, The Town of Halton Hills may enter private property and destroy these weeds. The costs will be charged against the property owner and collected in the manner of Municipal Taxes.

Goatsbeard, Thistles, Chicory, Poison Ivy, Ragweed, Wild Carrot, and Milkweed are among the weeds considered noxious, and must be destroyed wherever found. Complaints regarding Dandelion and Goldenrod will not be accepted as these are not considered noxious under the terms of the Weed Control Act. Anonymous complaints will not be accepted.

KEITH LESLIE, Weed Inspector, Municipal Offices, 36 Main Street South, Town of Halton Hills, Tel. 877-5185

Robert Little News

By Merle McNabb

The grade eights arrived back from Ottawa last Thursday night around 7:30. We all enjoyed the trip very much and would like to thank the bus drivers teachers, and chaperones for coming along. Tomorrow is the Senior Track and Field day. Also last Wednesday was the Jr.

Track Meet and congratulations to those who participated.

On Friday there will be another Hot-Dog Sale. Proceeds go to the Primary classes.

Everyone is getting excited because there are only three weeks of school left.

Nation's capital visited

Grade eight students of Robert Little school and M.Z. Bennett school have returned from their trips to Ottawa. The nation's capital was visited by M.Z. Bennett first, on May 18 to May 20, while Robert Little travelled on May 25 to May 27.

Both groups went by bus and stayed at Carleton University.

M.Z. Bennett school grade seven students also went on a trip the same time as their seniors. They stayed overnight at the Raleigh Lodge, Port Severn on May 18. During the day the group visited Midhurst park, near Barrie, the Martyrs' Shrine in Midland and other tourist sites in that area.

ANNUAL MEETING ON DISTRICT AWARDS NIGHT for SCOUTING PRESENTATIONS BY ASSISTANT PROVINCIAL COMMISSIONER JACK KENT

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