

# Terry Fox Runs set for Sunday

Everyone is encouraged to lace up their running shoes this weekend for the 22nd annual Terry Fox Run.

The run, which will be held in both Acton and Georgetown on Sunday, September 15, raises money for cancer research, and last year around the world the run raised more than \$23 million.

In Georgetown the run will be held at Georgetown South Community Park from 9:30 a.m. to 2 p.m.

In Acton, the run will be held at the Acton



High School track from 8 a.m.-3 p.m. Participants can walk, run, bicycle or wheel around the 5-km courses at both locations and also roller blade in Georgetown.

Pledge forms for the Georgetown run are available at a variety of locations throughout town and people who do not want to collect pledges can just make a personal donation on run day.

Pledge forms are available at various Acton stores, including Leathertown Lumber, banks, variety stores and drug stores.

# 89th edition opens today Acton Fair promises fun weekend

The Acton Agricultural Society's 89th edition of the Acton Fall Fair will kick off today (Friday).

A large parade featuring Acton Citizens Band, marching bands, floats, clowns, Halton/Peel Shriners Go Cart and Mini Bike Patrol will wind its way to the fairgrounds from McKenzie-Smith Bennett School at noon on Saturday.

Another popular attraction, the Northern Borders Flyball & Canine Performance Team, will perform at the fair this year on Saturday at 1 and 3 p.m.

Other events slated for the weekend include a full midway, Ken Jen Petting Zoo, exotic and domestic birds in the poultry barn, needlecrafts, crafts, hobbies, preserves, plants and flowers in the home-crafts tent.

Friday night the heavy horse pull and Miss Acton Fall Fair Pageant will be held.

On Saturday there will be a beef cattle show, junior 4-H show, poultry show, English and Western Gymkhana and games show, light horse show, horseshoe pitching, heavy horse show, garden tractor pull and highway truck pull.

Sunday will feature an antique tractor pull, 4 x 4 truck pull, pet show, English and Western horse shows, as well as the Horse Whisperer.

Gates open Friday at 4 p.m. and 8 a.m. Saturday and Sunday.

Admission is \$6 for adults, \$5 for youths and seniors and \$3 for children. Children under five get in free.

Weekend passes are \$12 and are available at area banks and Acton Pharmacy.



# adamson SPA AND SALON

DRINA NIZIC, Registered Massage Therapist, is a graduate from the highly accredited Kikkawa College Private School of Massage Therapy. Drina had decided to practice her passion here, at Adamson Spa.

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Valuable Handouts - Food Display - Sampling

Saturday, September 28, 2002. 1 - 4 pm

Mold Masters Sports Plex 221 Guelph St., Georgetown  
Cost: \$25.00 (Advance Registration required at Nutrition House)

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NUTRITION HOUSE in the Georgetown Market Place Mall.

Fri. Sept. 20/02 11 am - 2 pm & Fri. Sept. 27/02 11:30 am - 3 pm

Blood typing costs \$5.00 for seminar registrants and \$10.00 for the general public.

**NUTRITION HOUSE Bring in this ad.**  
To be redeemed at NUTRITION HOUSE Fri. Sept. 20/02 11 am - 2 pm  
& Fri. Sept. 27/02 11:30 am - 3 pm  
on Sept. 27 to receive **20% Off** your purchase.

# After Shedding 49 Lbs., Stacey Harrington says ...

## "Hypnosis Put Me Back in Control!"

This is my true story. I will tell you how I dropped 49 pounds in five short months. And how I made my marriage sizzle. I'm sharing my story because I know that if you are reading this, you may be feeling just as miserable and desperate as I was only a year ago...



"So when's your baby due?" my husband's uncle asked, staring at my bulging stomach.

"I'm not expecting," I said, my cheeks burning with shame.

When I got home, I stared at my reflection in the mirror. Tears streamed down my cheeks. It was true. I was that fat.

### "I couldn't stop eating..."

I had become overweight during my first year of college. I gained the 'Freshman 15.' My weight kept adding on from there. In desperation, I started dieting. My weight went up and down like a yo-yo.

On one of the national diet programs I finally lost some of my weight for my wedding. I felt starved and deprived. Once I stopped the program, I gained my weight back plus more. I had tried every diet imaginable and here I was at

a disgusting weight once again.

I was desperate. Yet I couldn't stop eating. I craved and binged. Every day I'd hide a sleeve of chips in my desk drawer. I hid it for two reasons. First, I was already so overweight, I didn't want people to see me scarfing down potato chips. Secondly, I didn't want to share them. I wanted them all to myself!

One day I saw a story in the newspaper about a woman who had lost 47 lbs. with hypnosis. She looked so pretty and confident and sexy in her 'after' picture. I told my sister, I want to look just like her! I called to schedule my free hypnotic screening.

"My weight went up and down like a yo-yo."  
Stacey Harrington before Hypnosis

### Glimmer of Hope

I was impressed right off the bat. I watched a video and paged through two huge books of testimonials. I felt a glimmer of hope.

I had expected an arm-twisting sales pitch, but it never happened. She explained my program and the guarantee. I felt reassured. I couldn't fail because I had all these people to help me. I was ready to get started. I was determined to do this for me!

Choosing hypnosis was the best decision of

my life. I lost my weight at an average of 10 lbs. a month. 49 lbs. in all. When I first started, I was stretching the seams on my size 16 jeans. I recently bought my first pair of size 6's. That's when I knew I had reached my goal. I cried tears of joy!

### Easy and Fun!

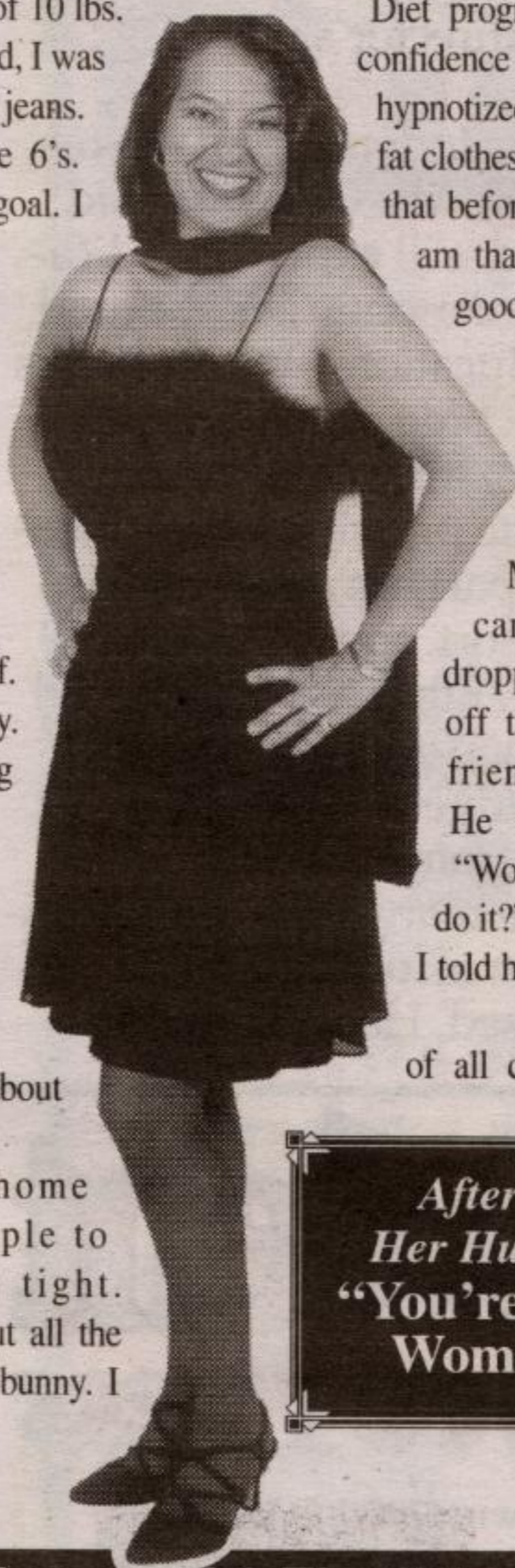
Hypnosis made my weight loss easy and fun! I don't feel like I'm depriving myself. I don't fight it with willpower. It's automatic.

Being in hypnosis is serenity itself. Any worries or cares seem to drift away. I walk away from my sessions feeling refreshed and in control of my life.

### Passport to a New Life

I used to let the scale determine my mood in the morning. Now, I just wake up in a good mood. I no longer think about my weight.

Before hypnosis I stayed home all the time. I didn't want people to see me. My clothes were too tight. I was lethargic. Now I'm out and about all the time. My friends call me an energizer bunny. I always have a smile on my face.



Diet programs never gave me the confidence I've gained since being hypnotized. I've thrown out all my fat clothes. I would never have done that before. That's how confident I am that I've lost my weight for good.

### Sleek and Sexy

Thanks to hypnosis, I get compliments daily. My mother recently came to visit. Her jaw dropped when she stepped off the plane. I saw an old friend the other day. He barely recognized me. "Wow," he said. "How did you do it?" He was astounded when I told him hypnosis.

The best compliment of all came from my husband.

After Hypnosis,  
Her Husband Said...  
"You're The Sexiest  
Woman Alive!"

One night he gazed into my eyes and said, "Stacey, I think you're the sexiest woman alive." The best part was that I believed him. I actually felt sexy. Our passion has been sizzling ever since.

### Success Happens

I would say choosing hypnosis for weight loss, was the smartest investment of my life. I'm saving money every week because I no longer crave junk food and fast food. Just a short year ago I never would have believed it possible.

With hypnosis I feel 100% in control. I love it! I have control of what I eat. Control of how I look. Best of all, my 'after' picture is sleek and sexy and confident.

So that's my story. Everything you've read is 100% true. I have not been paid to write this article. I believe in hypnosis. They've given me my life back.

Now it's up to you. If you're feeling miserable and desperate about your weight, don't wait another minute. Don't suffer another second.

Just pick up the phone and call. Don't worry. They won't pressure you. If they don't think hypnosis is right for you, they will tell you so.

So call now. If you're like me, it will be the best decision of your life.

\* Free Hypnotic Screening \* Professional Facilities \* Conveniently Located \* Flexible Day, Evening & Weekend Hours

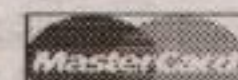


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