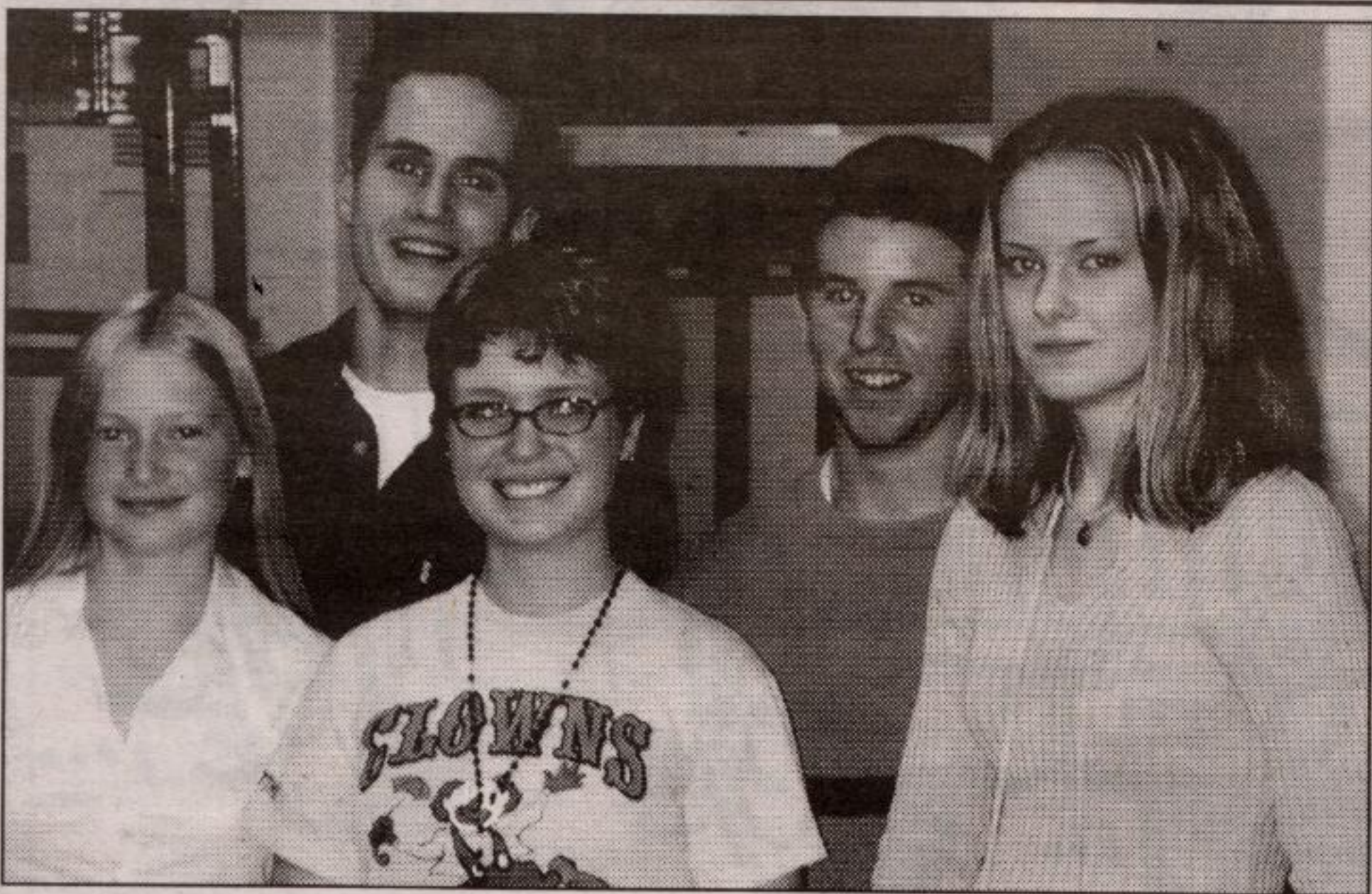




Grads end year on a high note

Georgetown District High School recently held its annual commencement ceremonies and among those grads tossing their mortarboards were, from left, Melanie Appleyard, Ashley Pilkington and Krista Nicholls. (Below) Valedictorian Jared Wilcox delivers his speech to the graduating class of 2002.

Photos by Shelli Harrison



AHS honourees

Acton High School recently held its annual awards night in which students were honoured for their efforts in 2002. Among the winners were, back from left, Ben Thomas and Matt Chapman. Front, from left, Rheanna Leckie, Aislinn Moore and Katie Banks.

Photo by Elaine Thomas

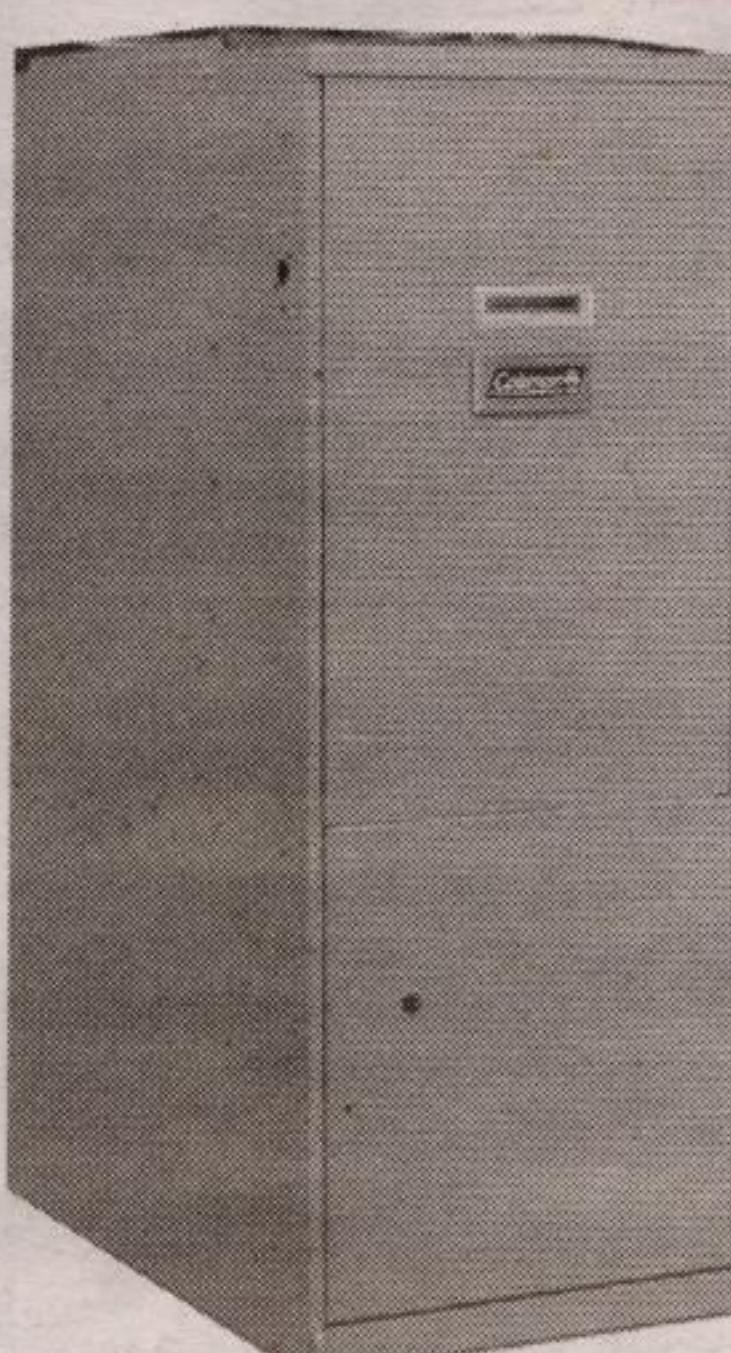


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‘If I Can Shed 172 lbs., You Can Lose All The Weight You Want...HERE’S HOW!’



I was a plump child who grew into an obese adult. In truth, I was so fat it was beyond belief. I knew I was headed down the road to major medical problems. Yet I couldn't stop eating. I lived on fast foods and sweets. Yet nothing satisfied me. I thought I was a hopeless case, until I discovered the little-known weight loss secret that changed my life forever...

My name is Kelly Kern. I am a professional stockbroker. By the time I reached the age of 30, I was so large I couldn't fit into an airplane seat. My wide hips couldn't squeeze through a turnstile. I could barely walk. After a few short steps, I'd have to stop to catch my breath. I was obese and ashamed.

Tipping the Scales...
People were always staring at me or snickering. Sometimes I'd overhear a person gasp, "Oh my God!" I knew they were talking about me. The children were the worst. They are so dreadfully honest. "Mommy, look at that fat lady." That killed me the most.

Food was my comfort and support. I was a lady obsessed. I craved. I binged. I ate uncontrollably. Snacks were my friend. Sweets were my love.

I tried every fad diet that came along. I did the national weight loss chains more times than I can count. I'd yo-yo the same ten pounds. One diet counselor told me I'd never get below 225. I was crushed.

I once lost 80 lbs. on a liquid fast. It was incredibly expensive. I ached from deprivation. I gained it all back and then some. In desperation I tried the fast again. The result was the same. I was tipping the scales at over 354 lbs., had burned through a small fortune, and was still miserable!

My Wish...
My weight obsessed me. When I wasn't thinking about food, I was wishing for a miracle. I'd search for the first evening star and silently pray, "Oh my God, I wish I was thin." I'd blow out my birthday candles, praying, please, please, let me be thin.... Being slender became everything to me. To be honest, I never thought my wish would come true, until one day...

I came across an ad in the newspaper about people who had lost weight with hypnosis. The ad was sort of hokey. It sounded too good to be true. But it got my attention. Could hypnosis make my wish come true?

I was afraid to reply to the ad, but I was desperate. I decided this would be my last chance. I picked up the phone and called Positive Changes Hypnosis. A friendly woman greeted me. She seemed to understand me. I made an appointment to find out more.

My visit for the initial screening was free. They explained the program and answered my questions. I found out that hypnosis is a proven science. Not some hocus-pocus like you see on TV. I never felt pressured. In fact, the cost was amazingly low — A drop in the bucket compared to the thousands I spent on national diet plans.

I signed up and took off 172 lbs. of fat. That's over 100 inches! I went from a size 26 dress to a trim 10. My pant size was an obese 32. I now wear a comfortable 14. I took off over 100 lbs. in one short year. My total weight loss happened in just over two years. I have easily maintained my trim shape for

an entire year. I'm convinced my weight loss is for good.

Here's Why...
The change in my behavior was immediate. That first night I noticed an urge to drink water. That was a mystery to me. I never drank water before! I ate smaller portions and felt satisfied. I even went out for an evening stroll. It was easy! I took off six pounds my first week.

After all my dieting failures, losing weight with hypnosis was like a breath of fresh air. I didn't have to think about it. It happened automatically. I didn't weigh and measure. I didn't eat packaged foods. I don't even cook! Yet I love the foods that I prepare. In fact, I enjoy food more than I ever did when I was fat! It's amazing!

Hypnosis gave me an easy, no-nonsense approach to weight loss. My entire 172-lb. weight loss was 100% safe, easy, and downright fun!

Brand New Me!
When I was overweight, I would sit for hours and vegetate. Those days are long gone. TV is boring to me. I exercise. I go shopping. I recently joined a kick-boxing class. I feel light as a feather.

I've even renewed some old friendships from high school and college. They don't believe I'm the same person. I'm a brand new me inside and out. I glow with confidence. I try new things. I was even promoted to senior broker.

My family, friends and even my physician, are thrilled for

me. When I first told my doctor 'hypnosis,' she rolled her eyes in disbelief. Today she is a firm believer. She is thrilled with the results I received at Positive Changes Hypnosis.

The truth is, people treat me differently now that I'm thin. Men used to stare at me in disbelief. I knew what they were thinking. How did she get so fat? They were gawking. Now they're looking at me, and not my fat. No more snickers. No more gasps. The smile on a man's face says it all.

I am incredibly proud of my accomplishment. Positive Changes Hypnosis gave me everything I ever wished for and more. I'm actually saving about \$50 a week because I no longer buy junk food or eat at fast food restaurants. In fact, I've saved far more than the small fee I paid for my hypnosis program at Positive Changes!

If I Can Lose Weight, So Can You!

Please don't get trapped into thinking that I am a lone success story. I know of a whole group of people who lost incredible amounts of weight at Positive Changes Hypnosis — 80 lbs., 110 lbs., even 130 lbs., and more. But don't get me wrong, hypnosis is not only for the 'big' losers. There are also people who only need to lose 20 or 30 lbs. who are getting the same kind of results I did.

All my life, I never knew what it was like to be thin. My tremendous fat was my self-made prison. Positive Changes Hypnosis has set me free! Even if someone gave me a million dollars, I would not go back to the way I was.

And that's why I'm recommending Positive Changes Hypnosis to you. My advice is that you call them right now. Ask for your free hypnosis screening. There's no pressure, and it's fun. I know of no easier, safer or more effective way to lose weight. Believe me, I tried them all.


Hypnosis worked for me. I lost 172 lbs. I give all the credit to Positive Changes Hypnosis. Think about it, if I hadn't gone to Positive Changes Hypnosis, I'd still be 354 lbs. or more and miserable.

DON'T LET THAT HAPPEN TO YOU. Call now.

"Holding My Niece, Stephanie March, 1995 At My Heaviest Weight"

**"The smile on a man's face says it all!"
Kelly Kern After Successful Weight Loss Using Hypnosis**

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