

# Great spellers needed to take part in charity spelling bee

Ever dreamed of being a champion speller?

The third annual Grate Groan-Up Spelling Bee, put on by Literacy North Halton, is shaping up and organizers are predicting the May 4 event will be an even bigger success than last year.

Team spots are filling up fast, but there's still some room left for groups of three who want to show off their spelling prowess. The deadline for team registration is February 28.

The spelling bee will take place at Halton Hills Banquet Hall in Milton. Already, the bee has drawn interest from numerous businesses and individuals in north Halton who want to lend their support.

Many of the teams already registered are returning spellers hoping to nab that coveted bee bauble, the Grate Groan-Up Spelling Bee trophy.

Businesses or companies interested in entering teams can call Literacy North Halton at (905) 873-2200 or e-mail literacy@bellnet.ca.



Organizers of the Grate Groan-Up Spelling Bee (from left) Carol Dougherty, Theresa MacDonald and Wendy Somerville show the coveted Bee trophy for prospective winners of this year's fundraising event for Literacy North Halton. The bee is slated for May 4 at the Halton Hills Banquet Centre.

## Enjoy 'An Evening of Romance' next Friday

Residents don't need to go downtown Toronto to enjoy a fine musical experience.

Next Friday, Milton Concert Presentations will present 'An Evening of Romance' featuring special guest maestro Kerry Stratton with singers Vicki St. Pierre and Andrew Tees, pianist James Bourne and guitarist

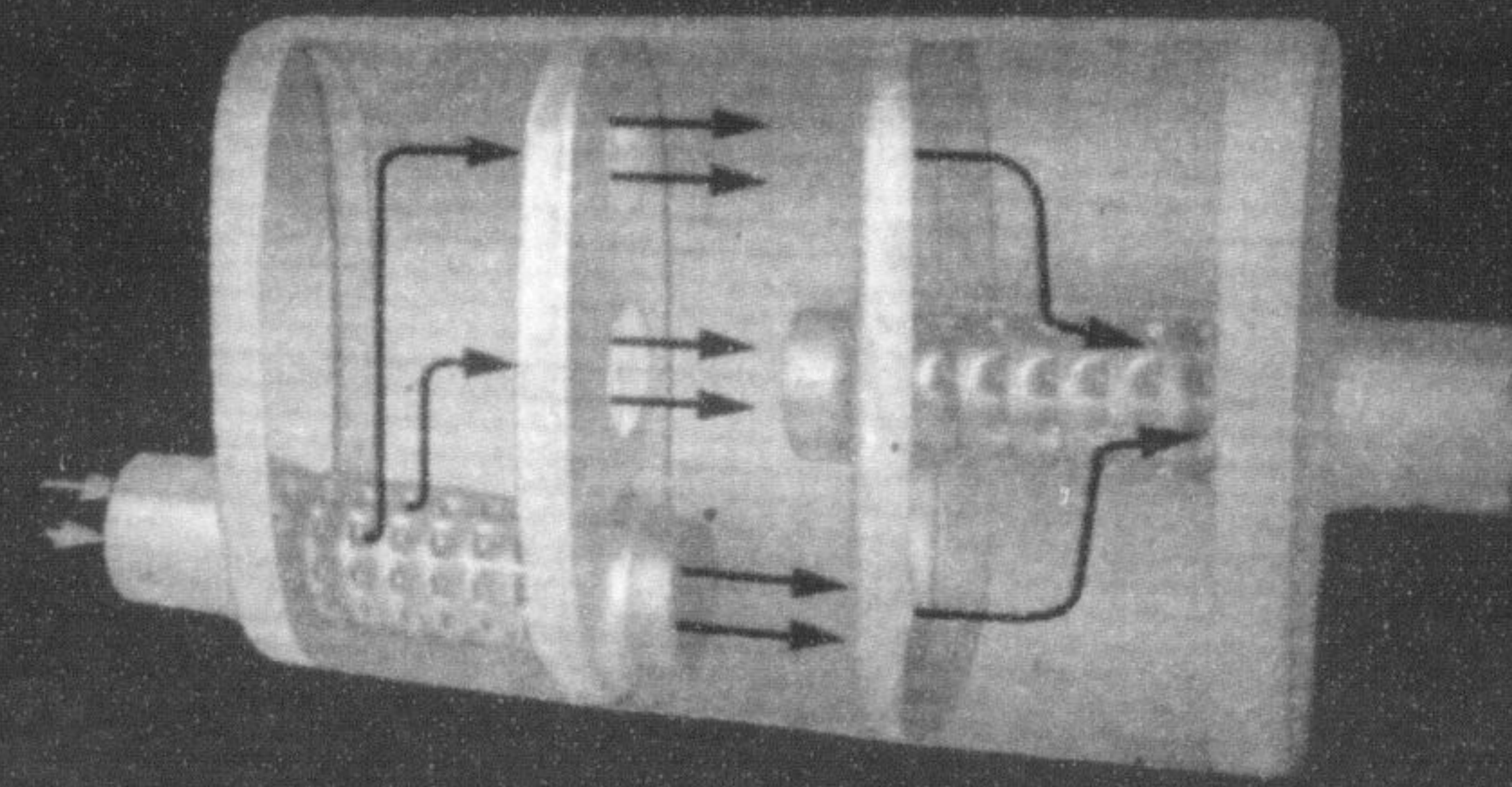
Diane Bialek.

The concert will start at 8 p.m. and take place at St. Paul's United Church, 123 Main St. E.

Tickets are available at the door and cost \$30 for adults and \$25 for students and seniors.

For more information, call (905) 878-4732.

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### ADVERTISING FEATURE

## SureSlim Revolutionizes Weight Loss in The GTA

Petro Tulloch's weight problem traumatized her for years.

She tried everything from the usual diets to shakes to calorie counting systems. Nothing worked. In desperation Petro and her husband, Calvin with help from a physician friend, and scientists at various South African medical institutions did research that ultimately led to the creation of the Sureslim Weight Loss System. Their key discovery was that hormone imbalances were the major culprits in weight gain.

### THE RESEARCH

Contrary to popular belief, they found out there was much more to weight gain than diet and exercise. They discovered that using regular foods they could help people achieve dramatic weight loss by balancing the hormones that control the body's metabolism. What was equally extraordinary was that using this SureSlim system they could achieve these startling results without a massive reduction in

calories, the use of supplements, specially prepared foods, or strenuous exercise.

Petro was the first candidate for this new weight loss system now known as the SureSlim QL Program, and her results were nothing short of dramatic. She lost 88 pounds in 5 months and has kept that weight off for 10 years!

Her rapid and healthy weight loss changed her life, and Petro and Calvin were determined to help others lose weight just as quickly and safely. In 1996 they created the first SureSlim Wellness Clinic. It is now the fastest growing professional weight loss system in the world with over 130 clinics in 11 countries worldwide.

To date, over 175,000 clients have lost an average of 15 pounds each month using the SureSlim weight loss system.

This truly revolutionary concept has finally come to the Greater Toronto Area after much demand. SureSlim Wellness Clinic Mississauga has opened its doors at 3035 Argentia Road located at the South-West

corner of 401 & Winston Churchill.

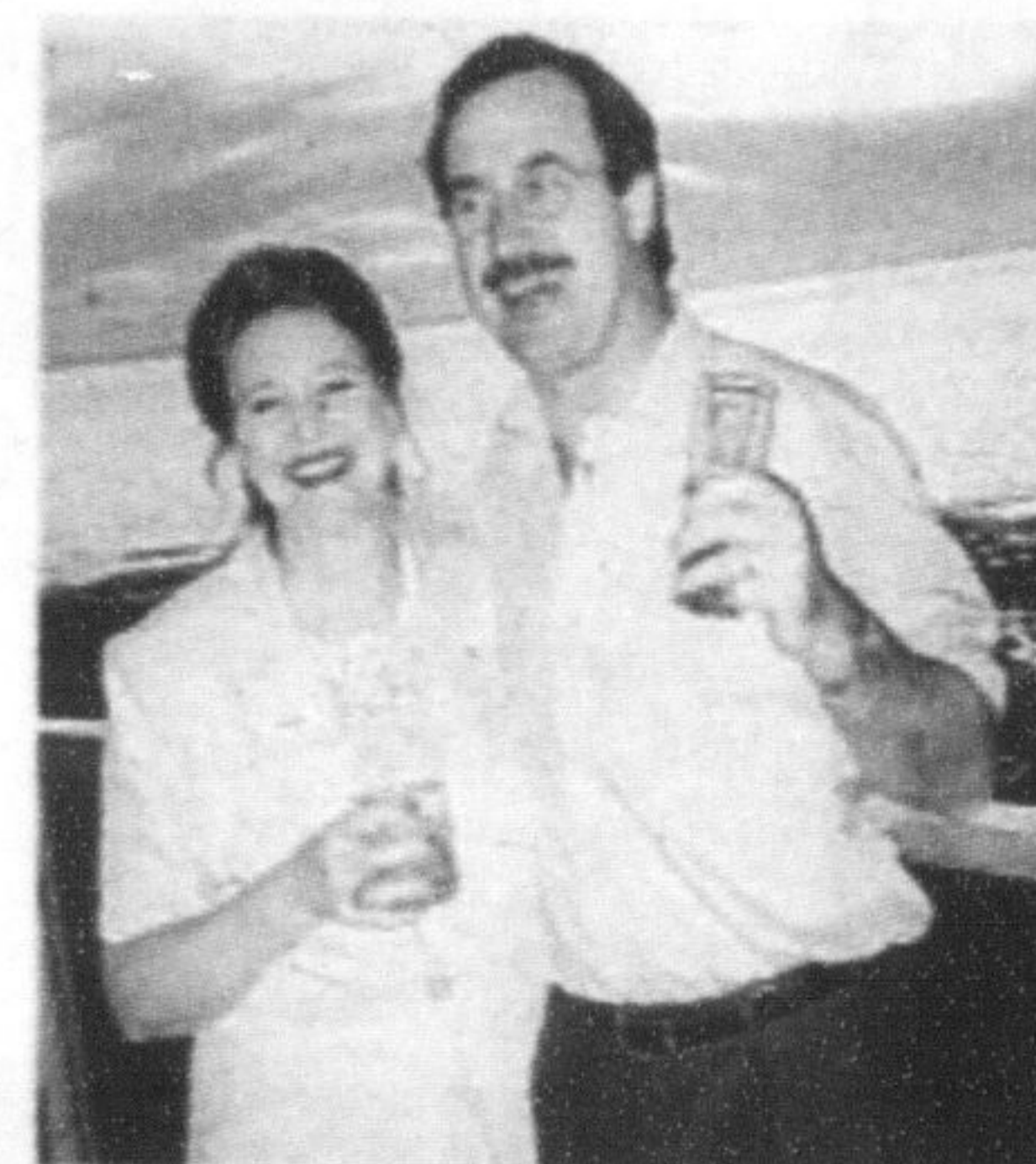
### THE METHOD

The secret of SureSlim's success lies in its extensive medical research, as well as its scientific and personalized strategy. SureSlim takes a medical approach to weight loss. Each client undergoes comprehensive blood testing to determine individual metabolism and general health.

Dr. Claude Morin, SureSlim's corporate physician, analyzes the blood tests and working in consultation with Sureslim's team of experts, which include a clinical nutritionist creates a medically based eating program built on each individual's blood tests and medical history. This program is designed to correct the client's metabolism so the hormones responsible for weight control can begin to work properly again.

*"As a Canadian physician, I've evaluated thousands of blood tests from SureSlim. The improved follow up results have often*

*been astonishing. I seriously recommend anyone interested in weight loss or just improved health, to check out this program for themselves" says Dr. Morin.*



Petro and Calvin Tulloch co-founded SureSlim Wellness Clinic.

### THE PROCESS

Once a client's customized eating program is created, the client is carefully and individually coached about how to best implement the weight loss plan. SureSlim weight loss consultants are specially trained to support clients through this

process. Clients meet weekly in private with a consultant to be weighed and to discuss their weight loss program. There are no public weigh-ins. SureSlim offers programs to suit a wide range of requirements including Kosher, Vegan, Breastfeeding, Pregnancy, Teen and Hindu programs.

A one-time, upfront fee is charged at the beginning of the program. This fee covers the cost of the blood tests, the doctor's fee and the individualized eating program. In addition, clients will receive an eating plan that allows them to attend social functions, a plan to ensure they don't plateau but continue to lose weight and a maintenance program to enable them to maintain their desired weight.

SureSlim Wellness Clinics hold frequent, free half-hour information seminars. For more information about these seminars or the SureSlim weight loss program, please phone: 905-286-4949 or reach us by e-mail at: [mississauga@sureslim.ca](mailto:mississauga@sureslim.ca)

Correct Your  
**Metabolism**  
Lose Weight Permanently  
and Dramatically

So you've tried every type of diet? You lose the weight only to put it back on again? If this is you, then maybe you need a diet that is designed just for you. At SureSlim, there is no guesswork. After a blood test, an individual plan is designed to stimulate the very hormones responsible for your weight. By correcting your metabolism, we work on solving the problem, not just the symptoms of excess weight.

- NO Pills
- NO Packaged Foods
- NO Magic Potions
- NO Counting Points
- NO Excessive Exercise
- NO Hypnosis
- NO Injections
- NO Ongoing Fees



Average Reported Weight Loss of 15 pounds per month.

Michelle lost 105 pounds!



**SureSlim**  
WELLNESS CLINIC

Free info session  
**905-286-4949**

**3035 Argentia Rd.**  
(sw corner of  
Winston Churchill &  
Hwy. 401)

[www.sureslim.ca](http://www.sureslim.ca)