

# Unionville High students test their robot against the best

BY JESSICA ROWLANDS  
Special

With three Canadian championships under their belts, the members of Unionville High School's robotics team decided it was time to test their mettle against the best in the U.S.

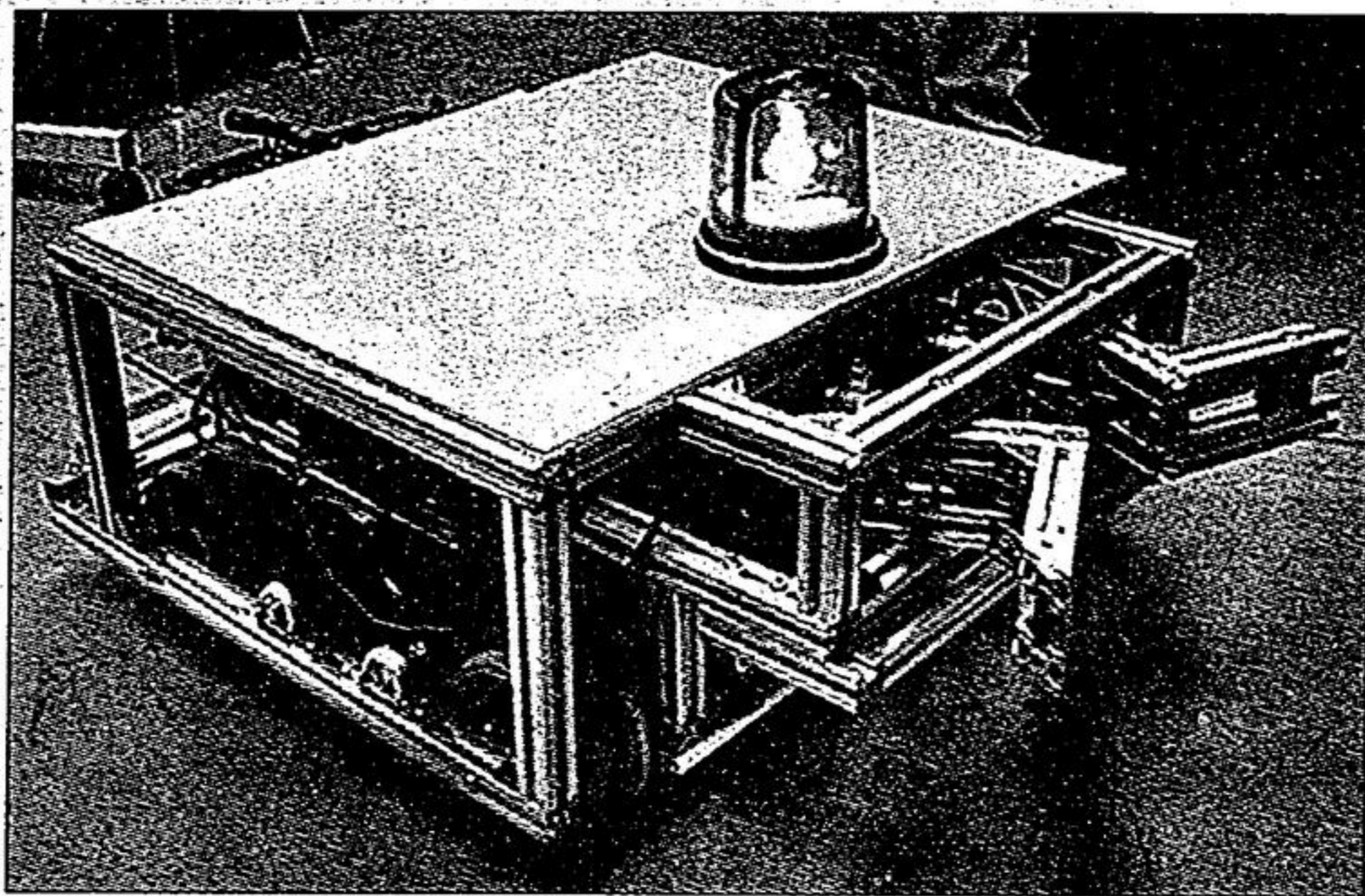
The 33 students placed their faith in a remote-control robot designed and constructed earlier this year. However, due to mechanical problems the team lost in the quarter finals.

"We basically won every award at Canada FIRST (For Inspiration and Recognition of Science and Technology) and wanted to try something new, so we set our sights on Florida (where the U.S. finals are held)," said Jerry Berridge, a UHS communication technology teacher. The team plans to compete again next year.

Over a six-week period, nine girls and 24 boys, Grades 9 to OAC, spent about 35 hours per week creating the robot under the guidance of Mr. Berridge and electronics teacher Tom Hopkins. Like all the robots entered in the FIRST competition, it's designed to play Zone Zeal, a two-minute game with balls and nets.

"I learned time management skills because we had a lot of work to do in a short time," said Grade 12 student Tom Fairley, 17.

More than \$23,000 was spent on production, not including the \$8,000 entrance fee, said Mr. Berridge. Funding was raised



It was function first, form second for the robot designed by 33 students at Unionville High School.

through local sponsors; UHS vice-principal Reid Wilshire helped by obtaining a loan from the school.

"This project is definitely leading me into the technology field," said 19-year-old OAC student Amit Arora. "It has showed me how to apply what I've learned in school to real-life situations."

Part of the FIRST team created a website, video, 3-D animation and documentation to promote FIRST and the team.

"The OAC students taught me web design techniques," said Grade 9 student Ruby Ho, 14. "I learned how to communicate better and develop team working skills."

After brainstorming, the team decided to construct a robot that moved the Zone Zeal nets in

order to accumulate more points, explained Mr. Berridge. "We had the right design idea all along," he said as the robots in the finals used this strategy.

Four robots start on at each corner of a rectangular field. The object is to obtain the most points by placing balls in the net, dragging the net to the scoring zone and returning the robot to the starting point. Teams with the most points advance.

The competition was held at Mississauga's Hershey Centre, April 5 to 6, has teams from 650 Canadian, American and Brazilian schools.

"Winning the competition is not necessarily the prize," said Mr. Berridge. "The prize is uniting these schools to overcome an obstacle."

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## After Shedding 49 Lbs., Stacey Harrington says ... "Hypnosis Put Me Back in Control!"

My name is Stacey Harrington. I am a homemaker and a part-time book-keeper. 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...

By Stacey Harrington "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..."

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

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.

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 hypnosis screening.

**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.

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.

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.

The best compliment of all came from my husband. 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.

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

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

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.

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