

KM's Becky Lail Organizes Overweight Support Group

Becky Goforth Lail, 37, went back to college after raising a family.

Working two jobs to complete her education, she is a third year honor student at Gardner Webb College and before that completed evening classes at Cleveland Technical College as an All A student.

The road to success hasn't been easy for Mrs. Lail but she gives credit to her family and new friends she met during the past several years for building her self confidence. She is now trying to repay some of that help by organizing a volunteer support group for overweight women.

Two years ago as a patient of Dr. Stan Reiziss in Charlotte, Becky organized the support group and through hypnosis her weight was reduced 150 pounds, from about 485 pounds.

A fulltime seamer at Lyntex Mills and a parttime hairdresser at Scissors & Styles, she wrote a term paper on the subject of hypnosis and then her therapist suggested she write an article for the national newsletter, "Hypnosis Reports". She wrote on the subject, "Hypnosis As A Tool In The Treatment of Loneliness." It appears in the July edition.

Because of a metabolic health problem, Becky Lail has fought a weight problem all her life. She stands five feet five inches tall and now weighs 485 pounds. If she consumes over 400 calories a day she gains weight.

A positive advocate of hypnosis, she thinks "skinny", but believes that many obese people are discriminated against as prospective employees even though they may be more qualified than people hired as secretaries and in other professions. The job market is not good for overweight men or women, says Becky, who is an experienced typist, likes to paint, write, and has been offered a job by her therapist after she completes her schooling.

Serving as a peer counselor for "Woman Reach", which she originated, helped her as well as her new friends. Although she had been interested in hypnosis since a young girl, Becky said she had always been discouraged from participation. After a medial referral to Charlotte therapist Reiziss four years ago, Becky said she has found her self direction, improved attitude and accepted.

She said she had reached the place in her life that she didn't want to stay in the world. "There was just no reason to be here," she said.

She said Dr. Ron Wright of Cleveland Tech had encouraged her writing and that her family, including her father, Kelly Goforth, and her children, Sherry, 18, and Danny, 11, had backed her in her career plans.

Her goal is to start day classes soon at Gardner Webb College.

And her advice to anyone who becomes discouraged is "don't give up."

In the opening paragraph of her recent story Lail wrote, "For what is loneliness? But an all consuming endless, degrading void, nothingness, where hurt, sadness, and disparity may enter, but none leave." She wrote, "Being unloved and lonely has been called the greatest poverty. Perhaps for more people than one realizes the world is a lonely place."



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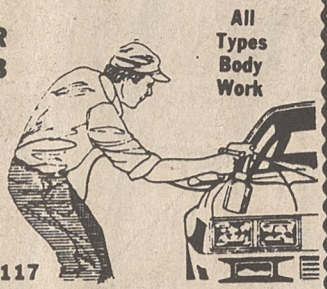
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