



Where in the World is the Jamestown Press?

Jonathan Pollack read the Press with visiting Pyongyang, North Korea.



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jamestown fitness

When I decided to lose weight and get in shape, the best decision I made was to work with a personal trainer. With Bill House's help at Jamestown Fitness Center, and a reduced diet, I have lost over 20 pounds, taken 2 1/2 inches off my waist and hips and 2 inches off my thighs in 5 months. I will continue to work with him to get my body in the best shape possible.

— Cheryl P., Jamestown

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