



Grade 10 iroquois Ridge High School students Katie Correia and Nicola Fahy ran a quit-smoking contest at their school in conjunction with the Halton Regional Health Department.

Prizes couldn't entice students into butting out

By Wilma Blokhuis
OAKVILLE BEAVER STAFF

Even the chance of winning a Sony Discman couldn't entice one student at Iroquois Ridge High School student to quit smoking for nine days.

A total of 33 student smokers at the north Oakville high school registered for a contest organized by two Grade 10 students — both non-smokers.

Another 33 non-smoking students registered to encourage their friends to quit.

But of the 66 entries, not one was able to remain smoke free from May 17 to May 25.

Although nobody quit, the two student organizers, Katie Correia and Nicola Fahy, were encouraged by the success of the contest because of the awareness it created.

The two students volunteered to run the contest after attending a workshop, The Truth about Tobacco, conducted by a public health nurse from the Halton Region Health Department.

Smokers were offered prizes for their attempts at quitting, which included gift certificates from East Side Mario's, H&M, and Famous Players gift certificates, plus two Sony Discmans, one of them donated by the school.

The contest followed the example of the province-wide Quit 2001 contest that encouraged smokers to register with non-smoking support buddies.

"We had non-smokers come and tell us they wanted their friends to quit, so we told them to come

back with their smoking friends and encourage them to stop," said Fahy. "A lot of smokers realize they have a problem and should stop."

"We were successful because youth were involved the whole time. It was started by youth and supported by our teachers and (our principal) Leona Woods, and the public health nurses," said Correia.

One student who smoked two packs of cigarettes daily reduced her smoking to less than a pack a day. Another also reduced her cigarette intake and started playing basketball.

The two students estimated between 10-13% of the Iroquois Ridge's 1,100 students smoke cigarettes. This compares favourably to the Halton average of 28.1% of high school students.

"We have fewer smokers at this school because the teachers are so against it, and so supportive when someone tries to quit," said Correia.

"One teacher even offered kids money to (encourage them) to quit. They go to the smoking area all the time to talk to the kids in a friendly way, not in an authoritative way. The kids like their teachers, and put their cigarettes away (when approached) because they feel embarrassed and ashamed. I've never seen any of our teachers smoking. I think that's why smoking is below average at this school. The teachers set an example as role models."

All participants received 'Survivor Packs,' containing gum, juice, toothpicks, straws and printed information to help students who quit remain smoke-free.

"When we did our survey, about 17% said they would enter the contest to try quitting, and 23% to 25% participated," continued Fahy. "We targeted more people than we thought we would."

About 75% of the student smokers at the school said, when surveyed, they have plans to quit, and 64% said they have tried to quit in the past.

"The majority said they would try again," said Correia. "It takes an average of seven attempts before a smoker quits successfully."

According to the student survey, the top three reason why students smoke are stress (65%), addiction (47%) and pleasure (37%). And, the top three ways students would prefer to quit smoking are cutting down (52%), patch and/or nicotine gum (20%), and quit smoking contest (17%).

To ensure the would-be contest winner was smoke-free, carbon monoxide testing was to have taken at the end of the contest. The test consisted of blowing into a machine that measures the level of carbon monoxide in a person's lungs. However, on test day, it was learned that no student had remained smoke-free during the nine-day period.

The two student organizers spoke to Halton Region Council about the contest, and plan to organize one again next year. They suggested tobacco use prevention initiatives should be directed to students at the Grade 9 level. Council directed staff to forward their suggestion and contest information to Halton's two school boards.

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**NOTICE OF THE PASSING OF A ZONING BY-LAW
Town of Oakville
R11 Zones
File – Z42.03.64A
ByThe Corporation of the Town of Oakville**

TAKE NOTICE that the Council of the Corporation of the Town of Oakville passed By-law 2001-137 on the 9th day of July, 2001 under Section 34 of R.S.O. 1990, Chap P.13, The Planning Act, as amended;

AND TAKE NOTICE that any person or agency may appeal to the Ontario Municipal Board in respect of the by-law by filing with the Clerk of the Corporation of the Town of Oakville not later than the 7th day of August, 2001, a notice of appeal setting out the objection to the by-law and the reasons in support of the objection together with a cheque in the amount of \$125.00, payable to the Minister of Finance.

Only individuals, corporations and public bodies may appeal a zoning by-law to the Ontario Municipal Board. A notice of appeal may not be filed by an unincorporated association or group. However, a notice of appeal may be filed in the name of an individual who is a member of the association or the group on its behalf.

The Purpose & Effect of By-law 2001-137 is to change the minimum driveway width in all R11 zones in the Town of Oakville. The by-law proposes to widen the minimum driveway width from 3.5 metres to 4.5 metres. This expansion of the minimum driveway width standard allows residents to widen driveways so that two cars may be parked side by side.

Location: The subject lands are all R11 zones throughout the Town of Oakville and are too large to be shown on a map.

The complete by-law is available for inspection at the Town of Oakville, 1225 Trafalgar Road, Oakville in the Planning Services Department from 8:30 a.m. to 4:30 p.m., Monday to Friday. Any questions may be directed to Bob Zsadyani, Planning Services at 905-845-6601, ext. 3041, email: bszadanyi@town.oakville.on.ca.

DATED at the Town of Oakville this 18th day of July, 2001.

The Clerk
Town of
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