

Kicks smoking habit after puffing 30 years

John Watson smoked for 30 years before deciding to kick the habit three months ago. Since that time, he has rarely had the urge to have a cigarette.

His decision to quit came suddenly. He was getting into his car at work in Toronto when he threw his half smoked cigarette to the ground. He smoked a pack and a half a day. By the time he got home, he had decided to quit. No one had told him to. He had not heard any stories lately on the effects of smoking, he just decided he no longer needed a stick hanging out of his mouth.

John, of McDonald Blvd., says this proves if a person wants to quit, they can, and will.

Adverse stories and publicity will not make a person want to quit, if he or she doesn't really want to.

"This week is National Education Week of Smoking. John explains that even with a special week set aside for smoking education, he does not feel any happier about quitting than he did the evening he decided to quit.

John had one of the most common reasons for starting 30 years ago—all his friends were doing it and he did not want to be left out. He puffed on his first cigarette, got dizzy and nauseous, but hung in there.

John admits he did quit once for three years. It

was on a bet to see who would have the first cigarette. Each man put \$10 in an envelope, and the person who didn't have a cigarette, got the money.

Several months passed, and John moved away and lost touch with his friend. No one knows who had the first puff, but both took up the habit once again, after three years off the 'weed'. John doesn't know who got the money. It just vanished.

He also doesn't know why he lit up a cigarette after kicking the habit for so long. It was just as sudden as his latest decision to quit.

Last October, when he got home from work that fateful day, he set the full pack of cigarettes on the

kitchen counter and announced he "was fed up" with smoking and quit. His wife Evelyn suggested putting the pack out of sight, but John preferred them sitting out. He didn't think of having another all evening.

The next day, someone was in his office, smoking, although he quit just less than 24 hours before, he still did not have the desire to start puffing again. Once in a while, he thinks of having a cigarette in the morning when making coffee, but it is a fleeting thought. He never lingers on the idea.

Both John and his wife admit that he kept busier than usual for the first few weeks of his cold tur-

key session. "He worked in the basement a lot, and kept his hands busy," Evelyn said. He was not, however, grouchy like some people seem to be, when trying to quit.

There are only a few differences in his life now that he is a nonsmoker. John claims. Now, when he brushes his teeth, he feels as if he has cleaned them, and he seems to have more loose change in his pockets. Lunch costs \$3 now instead of \$4.

Being in a roomful of smokers does not even bother this strong-willed man. He has never suggested to others that they quit, he says, and hasn't even said anything to his wife. He feels the decision to quit is a personal thing, that no amount of

advertising or warnings on cigarette packages or prodding from friends will change a habit like smoking.

As for himself, he got tired of his life being ruled by a cigarette. "What the hell, is it about if I stay doing something I don't like."

John explains that he had himself convinced he enjoyed smoking. However, once he quit, he realized he was lying to himself and that he really didn't like it. "How can you enjoy bringing a foreign object (smoke) into your lungs?"

John has been one of the lucky ones though who have not had trouble kicking the habit. Each person has his or her individual problems,

such as quick temper, biting of fingernails, over eating, etc.

John and Evelyn feel the students of today are much more aware of what cigarette smoke does to the body, because they learn about it at school. When John was a teenager, he said he was just told "don't smoke" and not given any reasons. "It is much easier these days not to smoke," he said.

John is not knocking campaigns against smoking in today's media, he merely feels that in his case, he quit anyway. He realizes that such commercials, stories and warnings are the only way some people will realize they should stop or cut back. He

doesn't dislike the publicity, but also emphasizes he doesn't denounce smokers, just because he has quit.

"To each his own," he says.

In an effort to better educate both smokers and non-smokers, the Halton Council of Smoking and Health is supporting National Education Week on Smoking, January 21 to January 27.

The preceding article was written specifically to show all smokers, no matter how long they have been smoking, that they are able to kick the habit. In addition, it shows that abstinence need not be hard if a person really wants to quit.



Nineteen year old Ray Marshall looks out the window of his R.R. 1, Norval home, glad to see the snowbanks instead of Jamaican sand. A recent visit to the sunny island plunged him into two weeks of horror and pain. A shooting, a kidnap hoax, and a lost wallet all contributed to the worst time of his life.

The Acton Free Press

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Jamaican holiday horror for youth

What started out as a vacation in sunny Jamaica turned into a terrifying nightmare for Raymond Marshall of R.R. 1, Norval, formerly of Acton, who was shot in the back less than 12 hours after his arrival.

Raymond, 19, and four friends, Glen Jocque and Todd Comber of Acton and Mike Kameka and John Webster of Brampton, had saved for three months to catch some sun in the island. Raymond had worked at three jobs to save the money and had not had a holiday in three years. All looked forward to the trip, and needed it to rest up.

They arrived in Kings-

ton on December 29, and were going to stay at Mike's cousin's home. A party on the outskirts of town had been planned for the visitors and after eating and resting up from the flight down, the youths headed out.

Raymond remembers the house where the party was as on top of a hill overlooking the lights of Kingston. About 1 a.m. the Canadians decided to go for a walk and look at the view. They were not 1,000 yards away from where the party was still going on when they decided to stop and talk.

Before they knew what had happened, Raymond says, they heard a shot

ring out across the darkness. He felt to the ground with his shirt covered in blood.

Realizing his friend had been shot, Glen pulled him to safety from further shots over a nearby stone fence. The two waited until they felt safe enough to leave, and ran back to the party.

Police were called and Raymond was rushed to the hospital, where he was examined by a nurse and after a three hour wait, a doctor.

Raymond says he was shocked at the casual attitude of the doctor, who told him "lots of people walk around with bullets in them," and refused to

take it out. X-rays back home later showed the bullet lodged only one inch from the vital spinal cord.

Raymond was bandaged up and sent away later that day, with the lead still lodged in his back.

To add insult to injury, his wallet containing about \$100 and all his papers disappeared sometime during the confusion. He suspects it was stolen, but has no proof to back up his suspicion.

On New Year's Day, the rioting over a recent governmental hike in gas prices erupted in the Kingston area. This added tension to the al-

ready terrified young men, who had been afraid to go out alone or in the dark even before the fighting broke out.

That same day, the Canadians were to meet another friend at the airport. They were a few hours late in arriving, and when they reached the airport, he was nowhere to be found. Frantic searches turned up nothing, even though his plane had landed safely.

The youths went back to where they were staying to wait, and called the airport regularly to see if there were any messages. Later that day, they received a telephone call from a stranger say-

ing their friend had been kidnapped! This, coupled with the shooting, lost wallet and current rioting was just enough for the vacationers.

It turned out later the phone call was a hoax from the person who had just arrived and he explained that when the Acton residents didn't show up to pick him up, he left with an airport employee. They devised this scheme to scare the tardy ones, not knowing what they had already been through.

Once the pain in his back subsided enough to move around, Raymond made a weak effort to play Frisbee on the

beach. Moving rather mechanically because of his wound, and not watching where he was going, he stepped in a hole, tripped and badly sprained his ankle. It is still swollen.

The second week of his vacation was a bit better than the first, Raymond said. Only one incident made them wish they had never heard of Jamaica. A side trip to Otreosus was in store, but their driver was late in picking them up. He had been tied up at roadblocks, set up by rioters. They headed out to the countryside for a few

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Hazen Allen dies after short illness

Hazen Allen, 132 Rexway Dr., Georgetown, and principal of Robert Little School, Acton, and Speyside school died in Peel Memorial Hospital Brampton Saturday following a four day illness. He was 51 years old.

Several public school principals, the entire staffs of Robert Little and Speyside schools and many senior administration representatives of the Halton Board of Education attended the funeral Monday in St. John's United church, Georgetown.

Extra teachers, from various Halton schools supply teachers and parent volunteers came in and took over classes Monday afternoon in order that the staff could attend the funeral service.

Mr. Allen was born in Arthur on February 23, 1927. He is the son of Mr. and Mrs. Leaman Allen. His family moved around before settling in on a farm near Hornings Mills, Ontario, where he grew up.

The well known principal graduated from McMaster University, Hamilton, with his

Bachelor of Arts and continued on to Toronto teachers' college.

Mr. Allen's first teaching post was in 1948 in a Ravenshoe school in Grey County. From there he went to teach in two Dufferin county schools before coming to Halton to teach in Chapel St. school, Georgetown. He was made vice principal after a few years, and was later transferred to the then brand new George Kennedy school and made principal. He stayed there until 1973 when he was made

principal at Robert Little School, where he remained until his death.

This past September, Mr. Allen was also made principal of Speyside school, when it was twinned with Robert Little.

Mr. Allen's teaching career coincided a great deal with former Robert Little principal Pat McKenzie and present vice principal Larry Ciglen of Georgetown. All three grew up in the Grey/Simcoe area, and started their teaching careers in the same area. All three eventually made their way to Halton where they taught the students of this area. Mr. McKenzie led the path of coincidence, followed by Mr. Allen, then Mr. Ciglen.

Mr. Allen was chairman of the board of St. John's United Church, Georgetown, and was secretary and chairman of the Halton Principals' Association. He enjoyed sports, but ill health prevented him from participating.

The principal is sur-



HAZEN ALLEN

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Jury trial

Cindra Kirby, accused in connection with the armed robbery at the Royal Variety Store, was committed to trial at provincial court in Milton last Thursday.

Miss Kirby elected trial by judge and jury. No date was set.

Miss Kirby, 20, is alleged to have taken part in the robbery of the store on Queen Street last June.

A former Oakville man was sentenced to nine months in jail for his part in the same robbery. Stephen William Jones pleaded guilty at his August trial at Milton.

Driver has heart attack

Roy Schlegel, R.R. 3, Acton, suffered a heart attack and died as he was driving on Highway 25 north of Acton Monday morning, according to Guelph OPP.

At first police treated the occurrence involving Mr. Schlegel, 42, as a traffic accident. However, investigations proved otherwise. The truck Mr. Schlegel was driving went out of control and came to rest in a ditch.

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Mrs. Philbrook there

During M.P. Dr. Philbrook's absence, Mrs. Philbrook represented him in Ottawa at the installation of Edward Richard Schreyer as Governor General of Canada. The ceremony was held in The Senate Chamber on Monday, January 22 at 11.00 a.m. and was broadcast live on CBC.

YMCA floating idea of adding two squash courts

Murray Memorial YMCA board of directors is thinking of adding two squash courts as part of a major expansion to the 45-year-old Mill Street building.

YMCA board chairman Keith Robbins made the disclosure of tentative plans for the addition at the Y's annual meeting last Wednesday.

"We have reason to believe we can pull it off in two years," Mr. Robbins told the gathering in the gymnasium. Next year or by 1981 there may be a two-storey extension to the south of the present building. The extension would leave enough room for a driveway to the rear parking lot, the chairman indicated.

Stressing the idea is in

the planning stage, Mr. Robbins continued by saying the board is optimistic about adding two squash courts as part of an effort to draw community support. "It is obvious that plans of this magnitude cannot be brought to fruition without intensified community support," wrote Mr. Robbins in the chairman's report.

Plans, however, are far enough along for him to say that in about two weeks the board will seek cost estimates for the project.

"It may turn out, on professional advice, that there is no way to fund such a project," Mr. Robbins said in a telephone interview later.

"Once we have drawings

and the cost, we will seek advice on how to undertake a capital campaign," he said.

Announcement of expansion plans came on the heels of Helen Van Sicker's statement that the highlight of the year was the registering of the building's deed with the town of Halton Hills. "We own it (the building) 100 per cent," she said.

Chris Sanky and Dave Stanley, two high school students, announced to the meeting that "The Mug," in the basement of the YMCA is re-opening. This season the coffee house will offer a variety of music, said Mr. Stanley. The Mug was officially opened in 1978.

The kinds of comments one hears from Acton youth about The Mug proves it was needed, said chairman Robbins. Many young people pitched in to help with the project.

Y officials have looked at the Murray Memorial

building in another way this year. "An extensive roof repair" was carried out in August and soon the southern part of the roof will also need attention, according to the building report.

The Y also entered into a five-year lease with Halton Hills for the downstairs front part of the building. The town later sub-let part of the front to the Halton Regional Police. The sub-lease received the consent of the YMCA.

Total expenses for the YMCA last year amounted to \$19,532.46 while income figure was \$12,696.19.

The Y's Men again last year conducted their fund raising efforts—the annual auction and the fireworks sale—with the community. Their float, with which the Y's Menettes helped, won first prize in the Santa Claus parade. There are 15 Y's Men.

Redrawing police zones puts more men in town

Halton Regional Police have taken steps to improve service to Acton, Esquesung and Georgetown residents since the new year.

Citizens with complaints should be able to have a policeman on the scene sooner than before.

The police administration realigned the zones and created a new zone within Halton Hills. The change also means Halton Hills based officers will no longer patrol into northern Nassagaweya. Milton will police that area instead.

The addition of one zone in Halton Hills puts one more policeman in Acton and Georgetown,

according to Staff Sergeant John Barrett.

The assigned strength in Halton Hills is one staff sergeant, four sergeants, four cadets and 28 officers.

Policemen will be seen much more frequently in town which hopefully will cut down on vandalism and other crimes. Staff Sergeant Barrett said in an interview with this newspaper. Officers will be able to go and stop crime rather than just doing follow up reports.

The changes resulted from the police administration examining statistics, work loads and response times. The changes affect Halton's police District 1 which in-

cludes Acton, Georgetown and Esquesung and other areas.

One new wrinkle in police coverage has one officer reporting earlier at shift time, so that he will be on duty while later officers are reporting. "An early shift has been instituted so there will always be an officer on duty in Acton," said the staff sergeant.

The administration's review of figures revealed Acton and Georgetown based officers had high work loads while policemen in the countryside had lighter duties, but much more driving.

Each officer will have a slice of the town and ru-

ral areas in order to cut the time they spend responding to citizens' calls.

He squelched rumors about closing the Acton office by saying that to his knowledge there are no plans to close the police office in Acton this year or for foreseeable future. Even if the officers who work in Acton were to report to Georgetown for duty, such a change would not affect Acton, citizens, he said. They would still have coverage because of the overlapping shifts, said Staff Sergeant Barrett.

He said he believes the changes are the best that can happen for Acton and will increase police efficiency.



Rev. Andrew McKenzie has preached at Knox Presbyterian Church for almost 23 years. Sunday was his last sermon before moving to Perth Ontario. He and wife Isabel along with son Bill received

special parting gifts from the congregation including a framed painting of the church. A reception followed at the Royal Canadian Legion.

Reject homes on Highway 25

A plan for 14 estate homes on 39 acres of land on Highway 25, next to McNair Mushroom farm just south of Acton, was turned down by Halton Hills planning board, Tuesday night.

The application was made by Michael Mitchell Properties Ltd. on behalf of owners Manny Tward and Edward Carroll.

The plan called for the 14 two acre residential lots and two commercial lots.

A report from the planning department said the area is poorly drained, with half the area unsuitable for houses and the operation of septic tanks. It is designated part rural and part hazard lands.

The report termed the location "undesirable", for this type of development, because of the nearness to Acton and of

the surrounding uses.

Planning board accepted the planner's recommendation to reject the application, with no comment.

Remove snow from hydrant

Now that winter is here, the Acton volunteer firefighters find themselves with the yearly problem of snow covering the fire hydrants around town.

Fire Chief Mick Holmes asks that residents shovel the snow away from these hydrants to assure firefighters can find the standard in case of a fire. Precious moments can be lost while firefighters are locating and digging out a hydrant, Mr. Holmes stresses.