

KICK THE HABIT — IT FEELS GOOD

New Year's Day fell this week, and many persons made resolutions they have vowed to keep throughout the coming year.

Perhaps some even vowed to give up the greatest crutch of all—cigarettes. Rather than lighting up this morning, they reached for a candy or piece of gum.

However, giving up cigarettes is not an easy task, but it can be done and it has

been done. Thea Wall, a salesclerk at Stedman's Department Store, did it three years ago, and says she would never return.

AFFECTING HEALTH

Mrs. Wall, who is now 24, started smoking when she was 16 or 17, mainly because it "was something to do." Five years later, she realized smoking was starting to affect her health.

"We were driving along one day and I reached for a

cigarette," she explained. "Then I thought why should I bother. I knew I wouldn't even be able to finish it, and that was it. I quit."

"And it sure wasn't easy," she adds. "But I knew if I had even one cigarette, that would be it, so I had to resist lighting that one."

However, she adds, the urge to quit has to come from within. "Nobody can tell you to quit. You really have to have the desire to give up cigarettes or you won't be able to do it."

"I had been told about how much damage cigarettes can do to you, but it never had any effect on me. But once I decided to do it, I did it."

In the three years she has been off the habit, she has returned to its hold only once, and that was for two weeks.

TRIED IT AGAIN

"When we were on vacation last summer, I decided to try smoking again. I smoked for the duration of our holiday, but when we came home I stopped."

Mrs. Wall said she got headaches from smoking when she tried it again; and says she will never light up another one for the rest of her life.

It has just been this past decade the public have been made aware of the hazards of smoking, with government regulations to force manufacturers to print warnings on packages, and public campaigns to disclose the many hazards.

Documented evidence shows cigarette smoking to be a cause of heart and lung diseases such as emphysema, a crippling illness that fills the victim's lungs with a heavy fluid.

National surveys have shown a decrease in the number of smokers, yet the sales of the burning tobacco sticks continues to soar higher than ever.

PEER GROUP

Many young persons are introduced to the habit through peer group pressures in high school. Bob Graves, circulation manager at The Herald was one victim of this, but has now kicked the habit.

"I was about 16 years old, and all my friends smoked," he says. "Not wanting to be different, I guess I just decided to try it and then kept on."

When Mr. Graves decided to quit last year, he was smoking more than one large package per day. Suddenly, he realized cigarettes just weren't agreeing with him.

"I always felt like a cigarette but as soon as I lit up, I didn't want it anymore, but felt

compelled to smoke it anyway. I decided cigarettes weren't doing me any good and made the move to quit."

DIFFICULT

"I've been off them since, but it sure was difficult for about the first five months. I hated to be around anyone who smoked, and always wanted to have just one cigarette."

Mr. Graves had quit for four months the previous year, but

like so many other smokers, couldn't stand it and started up again.

Now that he is off them, he says he will never go back. "I don't even think about cigarettes anymore, and it doesn't bother me to watch someone smoke. I guess I've got it licked."

Bob says he now feels much healthier because of it. "I don't cough like I used to, and it really feels good."

Neither Mr. Graves nor Mrs. Wall had smoked for more than five years, but what about the person who has smoked for twenty or thirty years. Many of these people must feel it is impossible to give up cigarettes after having them for so long.

Are you smoking right now? How does it taste? Well you can give it up without too much trouble, just ask Thea, Bob, or Enrico. They did it and feel better for it now.



ENRICO CARUSO, who owns a fruit market in Georgetown, smoked for 40 years before being "scared" out of the habit. The greatest

improvement he noticed was the loss of a cough he had suffered most of his smoking life.



THEA WALL, a cashier at Stedman's Department Store, is pictured serving a customer. She gave up



cigarettes three years ago, and says she feels great for doing so. Before working here, she was a cashier in a

cigarette store, and says it was a bit difficult to quit when she was selling them all day.

They scared me. I'm stubborn sometimes, and I guess that was just one of those times. Besides the doctors really had me scared, and there was no way I was going to smoke."

Although Mr. Caruso does not remember how he started smoking, he does know he was quite young, and surmises it was probably because of peer group pressures.

The only side-effect he experienced from it was a sudden weight gain, brought on by increased food consumption, probably to fill the gap opened by not smoking.

A positive aspect he noticed was the loss of a cough. "I used to cough terribly every morning while I smoked, but this has left me now, and it sure feels good let me tell you."

SMOKED 40 YEARS

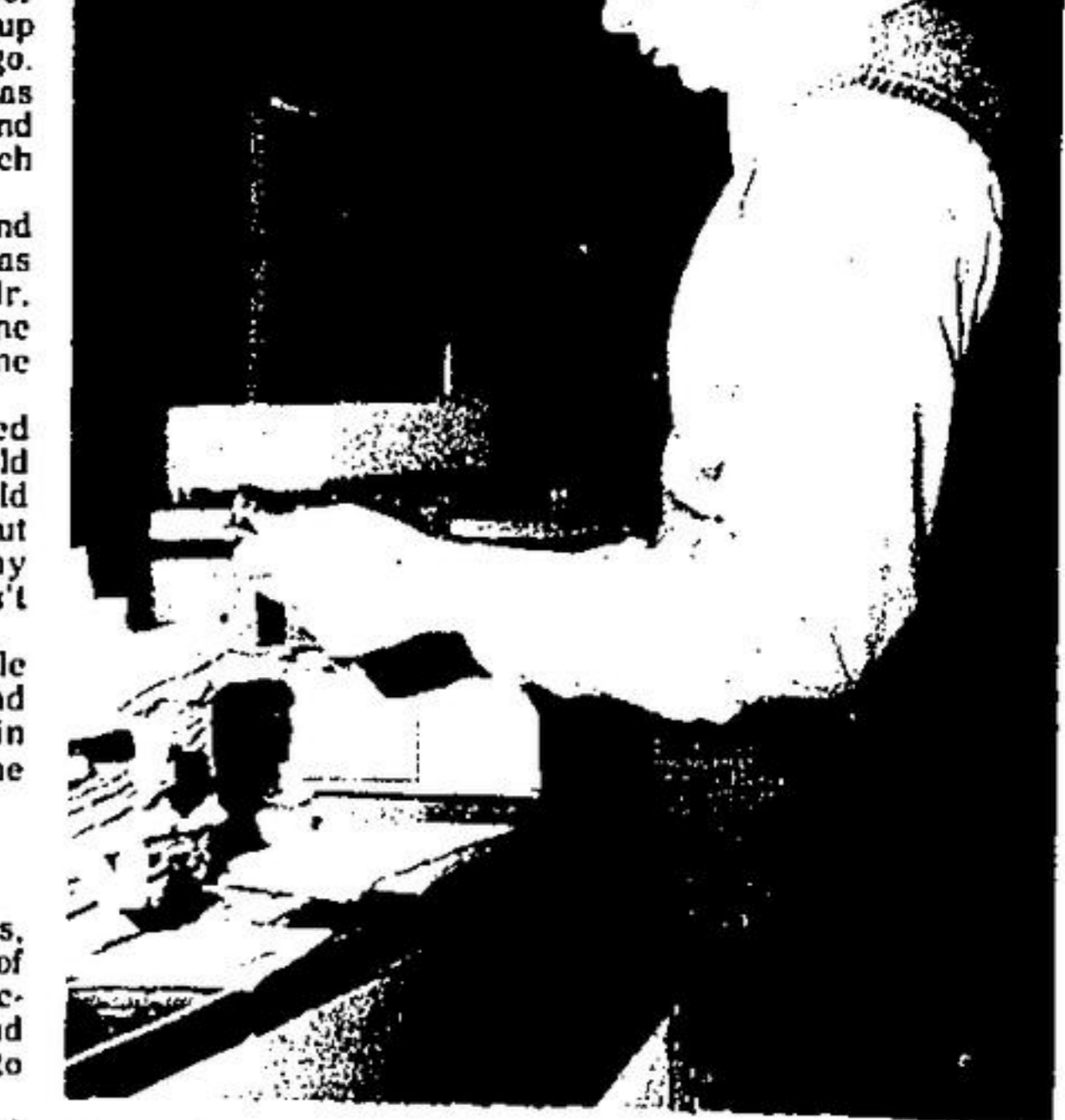
Enrico Caruso, owner of Caruso's Fruit Market, smoked two or three packs a day for nearly 40 years, and gave it up instantly about four years ago.

Mr. Caruso said he was scared out of smoking, and insists he will never touch another cigarette.

"I went to the dentist, and didn't like what he said was going on inside my mouth," Mr. Caruso explained. "He sent me to a specialist, and he gave me two choices."

"He said if I continued smoking, the problem would get worse, but if I quit, it would clear up on its own. I walked out of his office, threw my cigarettes away, and I haven't touched them since."

Mr. Caruso found it a little trying at first, but said he had relatively few problems in giving up his near lifetime companion.



BOB GRAVES, circulation manager at The Herald, gave up cigarettes last year,

and says now he doesn't miss them at all.

Children Raise Money

Several children living on McGilvray Crescent spent Christmas Eve singing carols to raise money for the children's ward at Georgetown and District Memorial Hospital.

They went to each house on their street singing carols and raised a total of \$16. They were accompanied by Mrs. Garth Perkins.

The children were: Bonnie, Connie, Heather and Robert Van Horn; Brenda, Kim, Sherry and Jamie Perkins; Diane Pauline; Terry and Tim Legere; and Mark Hornby.

They sent out a big thanks to all who listened to them sing and donated money.

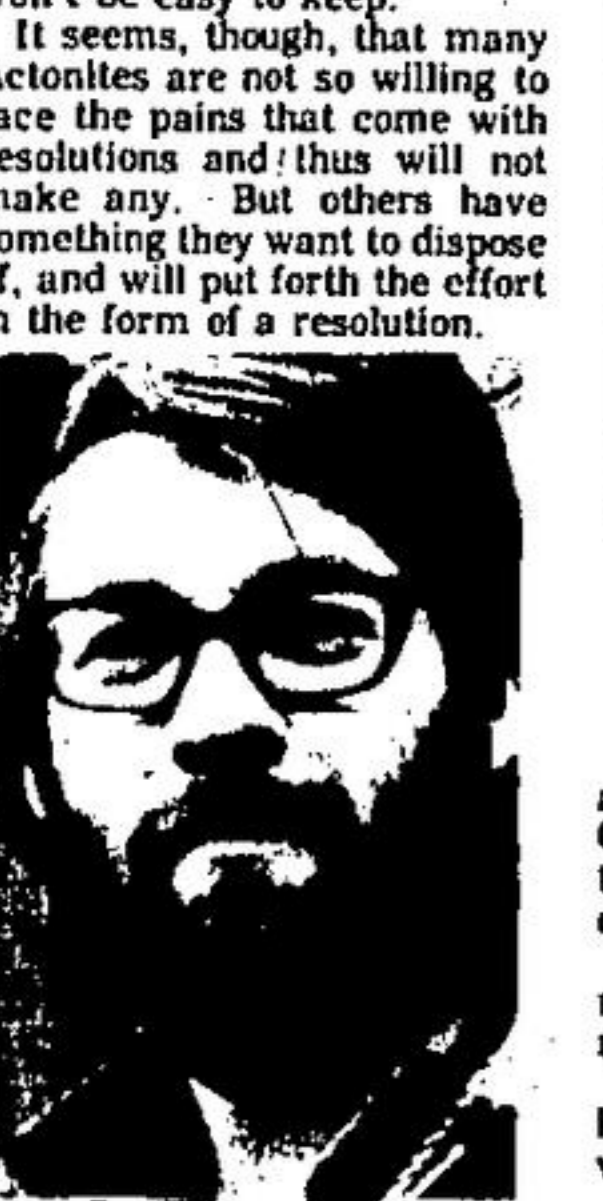
New Year's Means Many Resolutions But Just How Many Will Be Kept

The new year arrived again this week, and with it, the tradition of making resolutions.

Some may have decided to throw away their cigarettes, others might have decided to be pleasant to their mother-in-law, but no matter what it was it won't be easy to keep.

It seems, though, that many Actonites are not so willing to face the pains that come with resolutions and thus will not make any. But others have something they want to dispose of, and will put forth the effort in the form of a resolution.

past were always broken very soon after. She has only smoked for two years, but still feels it will be fairly difficult.

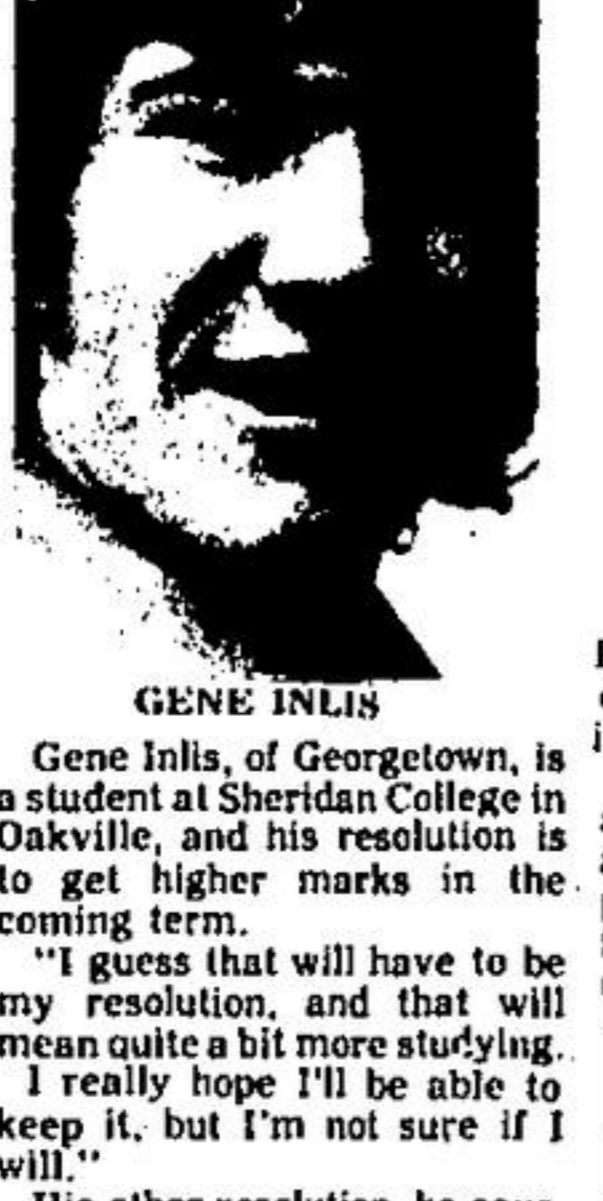


TOM EASTMAN

Tom Eastman, of 14 Main Street, says he will not make any resolutions, and claims that he never has and never will.

"I like all my habits so why should I give something up," he stated. "There is no use in stopping something if I don't want to or if I like doing it."

He added that some of his friends will probably make resolutions, but if it is like any other year, they won't be able to keep them. Mr. Eastman works at a foundry in Guelph.



GENE INLIS

Gene Inlis, of Georgetown, is a student at Sheridan College in Oakville, and his resolution is to get higher marks in the coming term.

"I guess that will have to be my resolution, and that will mean quite a bit more studying. I really hope I'll be able to keep it, but I'm not sure if I will."

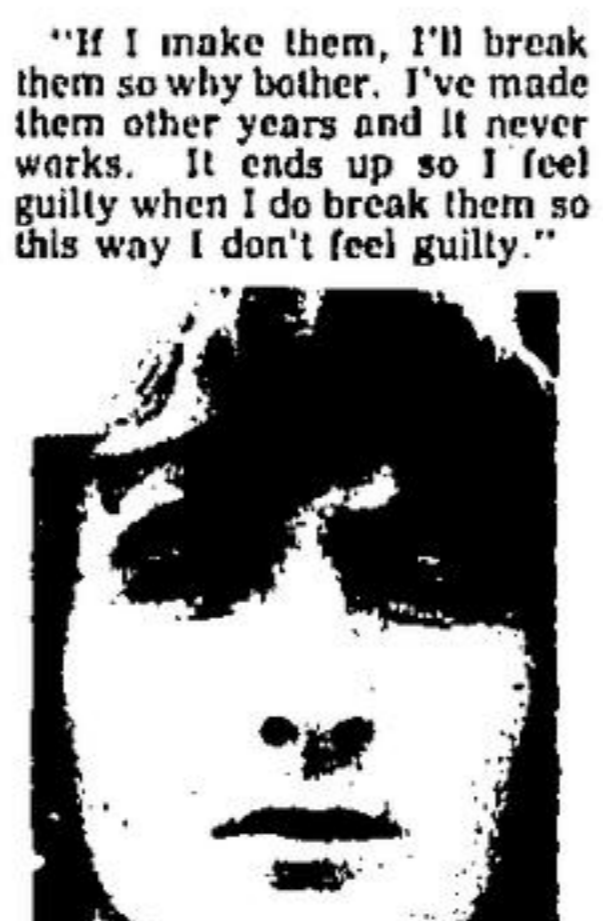
His other resolution, he says, is a bit flippancy, but he hopes to make more money and adds that he isn't quite sure how he intends to do it. "That one I really want to keep though."



JOHN McADAM

John McAdam, of Churchill Road, wants to lose weight, and claims this is the year he will do it.

"This will be my resolution and I will keep it," he said authoritatively. "I know in the past my resolutions may have fallen by the wayside, but this one I intend to keep."



JOHN CAMERON

John Cameron, who is visiting in Acton from Atlanta, Georgia, said he doesn't really want to make any resolutions either, but says it is because he just can't be bothered worrying about keeping it.

He planned to stay in Acton until after new year's day, but said he would then be going back home, without any new resolutions.



JANICE McCLUNG

Janice McClung, a Kingham Road housewife, says she never even thinks about making resolutions. There's no reason for it, she adds, and she and her husband never bother.

In Georgetown, resolutions are the same as anywhere else. Some people have them. Some people don't. Many people remarked that they were afraid of adopting a new year's resolution for fear of breaking it.



RON KNIGHT

Ron Knight of RR 2 Georgetown said he didn't have any 1974 resolutions.

"I never have any resolutions," he said. "I think that they are good things for someone who wants to quit something though."

"I used to but I don't anymore," she said. "I break them too easily."

WISHES?

So there you have a random sampling of new year's resolutions and the lack of same in the Halton Hills area. And how about you? Do you make resolutions? Or do you just make wishes?

Congratulations to Gayle Lyons, daughter of Mr. and Mrs. Clark Lyons of Norval and Brian Robinson, son of Mr. and Mrs. Norman Robinson of Brampton, who were married in Norval United Church on Friday evening December 28.

Previous to her wedding Gayle was honored with several showers.

Her cousin, Mrs. Brenda Kissner, and eight of Gayle's high school friends visited her in Humber Memorial Hospital when she was a patient there, where they held a personal shower.

Mrs. Edith Reid, aunt of the bride, held a miscellaneous shower for the Laidlaw relatives at her home in Hamilton.

A cousin of the bride, Mrs. Shelly Rahn, was hostess for a kitchen shower at the home of her mother, Mrs. John Lyons, Cheltenham, for the Lyons family relatives.

Mrs. Hugh Webb, Norval, was hostess for a pantry shower for neighbours and friends.

Mrs. E. Fenton, Brampton, entertained friends and relatives of the groom and they presented the couple with a mirror and a swag lamp.

Aunt of the bride, Mrs. Marie Widdis, Brampton, held a bathroom shower, and Norval United Church Women held a miscellaneous shower.

Following the rehearsal, Mrs. Norman Robinson, mother of the groom, entertained the wedding party at her home.

Mr. and Mrs. Robinson will reside in Norval.

St. Paul's Anglican Church Sunday School enjoyed their annual Christmas concert and birthday party for the baby Jesus on Sunday afternoon, December 16.

The pupils of each class decided on what they were going to do for the program.

Mrs. C. Coomber's class of preschoolers acted out "The Parade of The Wooden Soldiers" to music.

Mrs. Paddy Brown's class of 5-8 year olds did "Rudolph The Red Nosed Reindeer" and Mrs. Ruggie's class of 8-10 year olds acted in pantomime "I Saw Mummy Kissing Santa Claus" while a few of the girls sang the song.

After the program lunch was enjoyed with a cupcake complete with a lighted candle for each one representing the birthday cake of the baby Jesus.

Santa Claus arrived and gifts, oranges and candy canes were distributed.

Norval Presbyterian Church Friendship club held a games night recently at the home of Robert and Karen Carney. Euchre and crokinole was enjoyed. Euchre winners were Mrs. Art Davis and Jim Davis, and second prize winners were

Mrs. Harold McClure and Harold Reed.

The enjoyable evening was planned by Elmer and Lillian Carney and ended with a pot luck lunch and a social time with a good number in attendance.

—Mrs. Dorothy McLean

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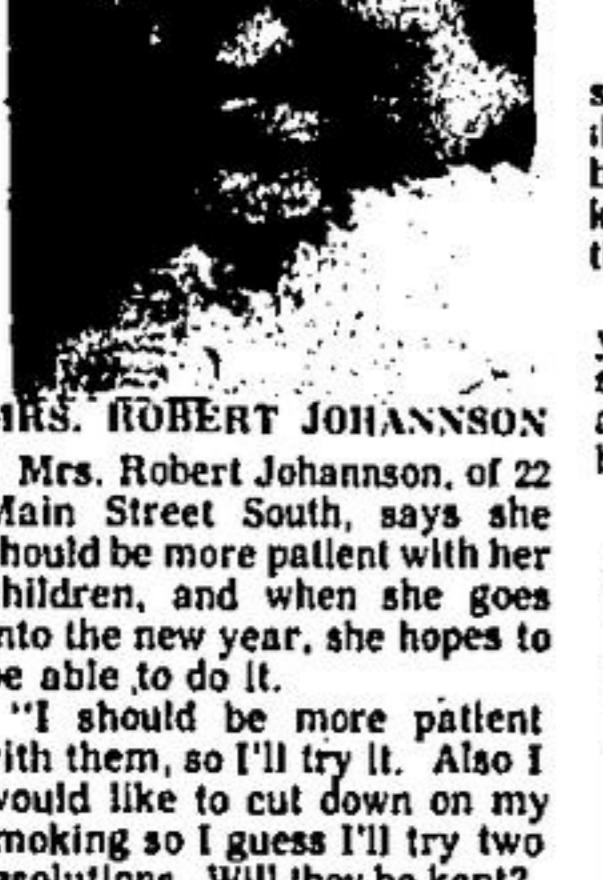


ROBIN HATT

However, Robin Hatt, a grade 12 student at Acton District High School does not share the same pessimism about resolutions, and says she has one in mind.

"I smoke far too much and I want to quit, so I guess that will be my resolution," she asserted. "I don't know if I will be able to do it, but I'm sure I'll cut down at least."

She says the only thing discouraging her is the fact that resolutions she has made in the



MRS. ROBERT JOHANSSON

Mrs. Robert Johansson, of 22 Main Street South, says she should be more patient with her children, and when she goes into the new year, she hopes to be able to do it.

"I should be more patient with them, so I'll try it. Also I would like to cut down on my smoking so I guess I'll try two resolutions. Will they be kept? Who knows?"

Mrs. C. E. Nelles, RR 1, Acton, never makes resolutions, and says it is her policy not to do so.

"I live each day by the golden rule, so there is no need to change just because it is new year. I hope I can be nice all year so there would be no need for a resolution."

Mrs. Nelles says this has been her policy for as long as she can remember and she doesn't intend to change it.



MRS. MARY VAN DAN

Mrs. Van Dan, 61 Cook Street, says she couldn't keep one if she made one so she doesn't bother anymore. "If I could keep them I would make them," she explained.

"But I can't I found out other years, so this year I will keep safe by not making any at all, and then I won't be able to break them."



JOE SMITH

Joe Smith of 218 Delrex Blvd. said he never made new year's resolutions.

"The only time I made resolutions was when I was nine or ten," he said. "I vowed never to drink to excess, not to marry until I was thirty, and not to smoke." Although Mr. Smith started smoking cigars at the age of fifty, he maintains he has kept all his resolutions.

"The big thing," he said "is to be in control of yourself."

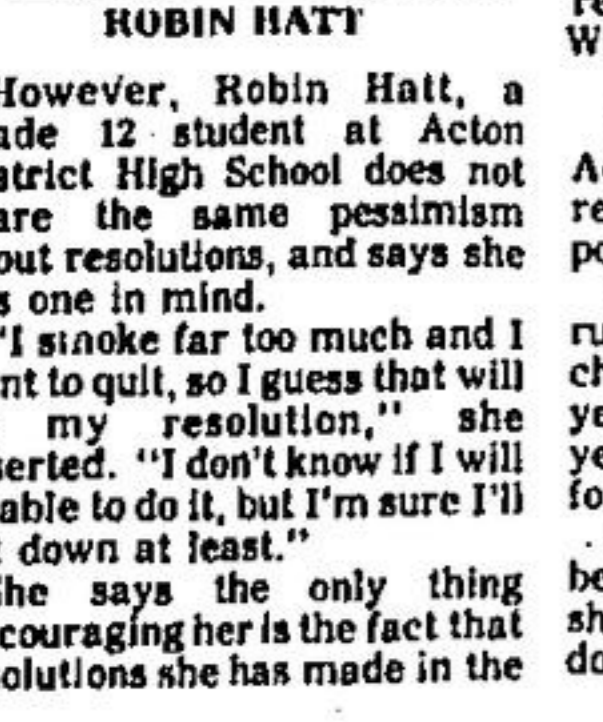


RICHARD COE

However, Mr. and Mrs. Richard Coe, RR 3 Acton, have decided on their resolution, and it will be a team effort. The pair want to get back into shape, together.

"We are going to join a physical fitness class," explained Mrs. Coe. "We're both in pretty bad condition and that will help us get healthy again."

Mr. Coe said he wants to do it because it will prepare him for the approaching golf season.



DEBBIE MCGILLOWAY

Debbie McGiloway, of Young Street, shares the same pessimism and says she will not make any resolutions either.

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