

Quit nicotine habit the YMCA way

There is not one magic way for everybody to quit smoking. But there are a great many effective ways. One method that has met with outstanding success has been the YMCA's smoking cessation program called "Y SMOKE".

Hundreds of former smokers can attest to this successful way to kick the habit.

"Y SMOKE" is an eight-week program where the smoker continues to smoke while he learns how to stop. It is not enough to plant an idea in your subconscious mind. If the idea is to take root the soil must be carefully prepared. This involves serious and intelligent preparation.

If you do not fully understand the task you have set for yourself, you are unlikely to stick with it. "Y SMOKE" helps you understand the complexity of your habit, then shows you how to eliminate it.

Come out to a "free" introductory meeting Sept. 21 at the Gordon Alcott Arena Hall in Georgetown at 7:30 p.m. and hear how you can stop smoking by Oct. 28. Space will be limited, registration taken at introductory meeting only.

Participation advice

Question: Any other advice?

Answer: Sure. A lot of folks let themselves go to seed as they get older. And they wind up with a lot of complaints. They're always tired, always weak, always aching here and there... and always depressed.

Question: Well, isn't that just part of growing old?

Answer: That's a lie, Cy! Those aren't symptoms of growing old — those are symptoms of inactivity!

Question: Inactivity?

Answer: There an echo in here? Listen, if you stay active, do regular exercise that's appropriate to your age, you're likely going to reduce the chances of getting those aches and swellings and you're going to feel alive!

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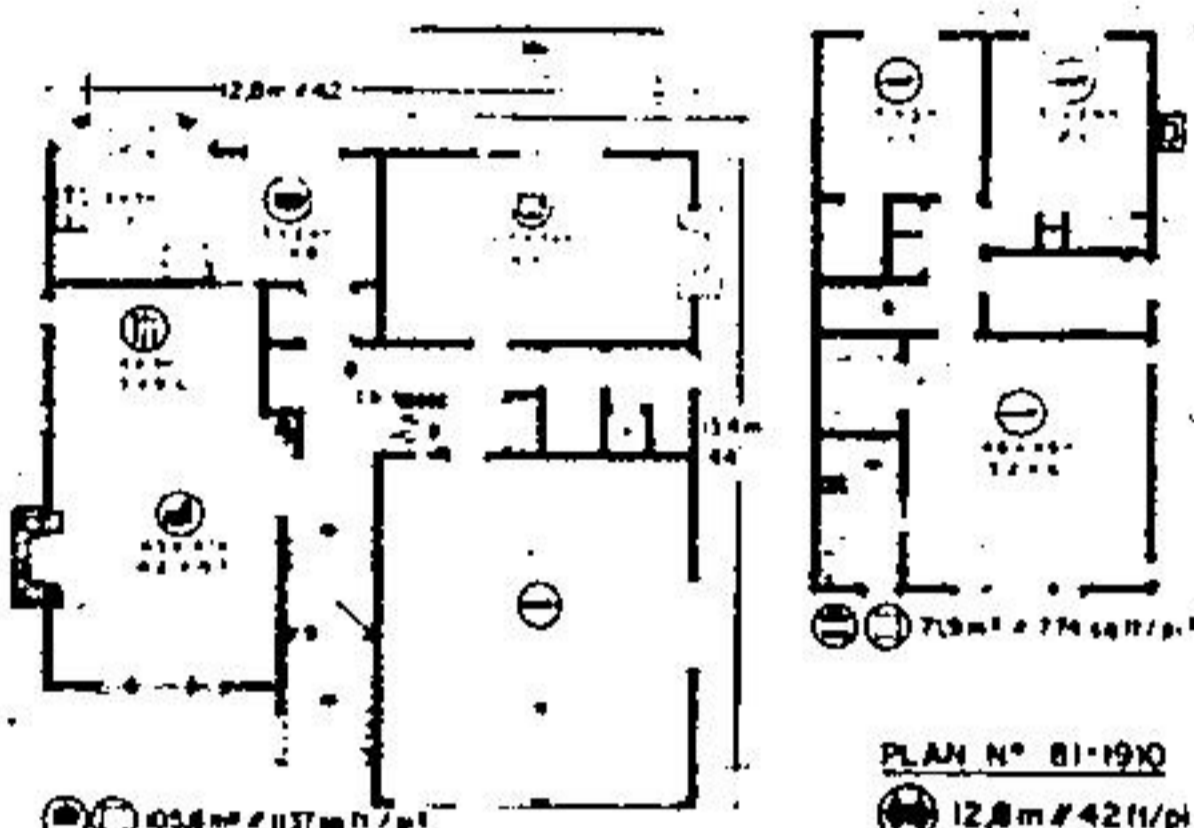
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HOME OF THE WEEK



SPACIOUS SPLIT LEVEL HOME DESIGN HAS ALL THE AMENITIES

Here's an impressive split level home design which is perfectly suited to the medium frontage residential building lot, and which provides almost 2,000 square feet of well-organized finished floor area on its three finished levels; with another 600 square feet of additional living accommodations or recreational area available for future development in the un-finished partial basement. The imposing exterior is finished in horizontal channel siding, with brick veneer accents and chimneys, topped with a bi-level roof which could be alternately finished in either shingles or shakes, according to individual family preference and regional material costs.

The elevated weather-recessed main entry leads into a compact reception foyer landing, from which traffic moves up two stairs to the outerwear storage area, and naturally to left into the long rectangular living-dining room combination. The living room features a raised-hearth masonry fireplace and wide, front-facing windows for excellent view and natural light. The dining area separates from the dinette via convenient pocket door, for easy access and good separation of formal and informal dining styles.

The well-planned, closed U-shape kitchen and dinette combination is a homemaker's delight. It provides generous countertop work surfaces, ample cupboard storage and an ideal work triangle configuration. The sinks and surrounding preparation counter are surrounded by a large projecting bay window, ensuring excellent natural light where it is most often required. The dinette area is sufficiently spacious to allow either a standard dinette suite or built-in banquette-style nook furnishings.

The spacious family room is positioned on the lower level, sunken seven steps from the main living level. It features a second raised-hearth masonry fireplace and a wide sliding glass walk-through window leading onto the large rear patio. This lower level also contains a large mud room facility con-

necting to the two-car garage, and a three-piece vanity bathroom with shower, which latter separates the commode and shower from the vanity area, for greater convenience.

Access to the un-finished partial basement is gained via short stairway from the mud room. Here is ample space for the future development of additional recreational facilities, plus a generous storage and utility area left over.

All three bedrooms are positioned on the upper level, accessible via half stairway from the entrance foyer and outerwear storage area. Each of the bedrooms provides generous closet storage facilities and excellent exposure for view, ventilation and natural light. The spacious master bedroom suite has a full walk-in closet and a three-piece ensuite bathroom with an elevated tub behind a space-saving pocket door.

An outstandingly practical interior layout which provides all of the conveniences and amenities which are so characteristic of the better quality modern home today.

Plans for design No. 81-1910 may be purchased either by the single set, at a cost of \$130.00 for the first set and \$25.00 for each additional set, or by the package. A five-set plan package, including the first set, is economically priced at \$185.00 and an eight-set package, also including the first, is only \$225.00.

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