



**NEW TUNES:** Quitting smoking and a lucky draw earned Acton High School OAC student Katie Hendry this stereo in a province-wide anti-smoking campaign. Halton public health nurse Laura Bainbridge (right) and public health worker Sara Sanchez delivered the prize on Monday. Acting principal Bill Taylor and acting vice principal Heather Stewart are proud Katie kicked the habit. – Submitted photo

## AHS student wins prize for butt out

Acton teen Katie Hendry is breathing easier these days and listening to a new stereo system.

The 18-year-old OAC student is one of 16 Acton High School students who quit smoking over a month ago as part of a province-wide student smoking cessation program.

"I wanted to quit and this was a good opportunity,"

Hendry said on Monday after receiving an expensive stereo when her name was randomly selected from students province-wide who butt out, beginning mid-October.

Hendry was awarded the prize after passing a carbon dioxide breathalyzer test to confirm she'd quit and her lungs were clear of toxins.

Hendry, who was very anti-smoking until she got hooked

on cigarettes during an exchange trip to Denmark last year, said she needed the help of a buddy, a fellow non-smoking student, to provide encouragement and support as she struggled with quitting.

Halton public health nurse Laura Bainbridge said along with the 16 student quitters, 35 students signed a pledge to never start smoking.

"Three student leaders and teacher Leah Bertrand really helped make this program a success," Bainbridge said on Monday, adding they made up "survival kits" – doodle pads, hard candies and no smoking hotline stickers – to help the quitters resist lighting up.

Bainbridge said statistics show the number of Halton and Ontario teens who smoke has dropped by 10 per cent over the past few years because of education, policy changes that made it harder



**FLYING COLOURS:** Acton High School student Katie Hendry passed this carbon dioxide test on Monday and accepted the prize of a new stereo in a province-wide anti-smoking draw. Katie was one of 16 student smokers who quit and 35 students who pledged never to start in a youth anti-smoking campaign. – Submitted photo

for youths to buy cigarettes and an increase in smoke-free areas. Twenty-eight per cent of Halton youth in Grades seven to OAC smoke cigarettes and 64.2 per cent of youth smokers have tried to quit.

Two Acton High students, Ray Peterson who quit smoking and Mandy Johnson who pledged never to begin, received \$50 gift certificates from HMV, provided by the health department, in random draws after the one-week no smoking challenge at the school.

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Annual Senior Christmas Light Tour

### Christmas Lights Tour

December 18th 2002

Starting at 6:30pm

Pick up by bus is between 6:00 and 6:30

Refreshments will be served following the tour

Please sign up at the Acton Seniors Centre or call 853-5951

to reserve your seat.

There is limited seating so don't be disappointed.

RESERVE EARLY!

## ACTON SENIORS' RECREATION CENTRE

By OWEN COULTRUP

The Fish and Chips night previously scheduled for November 28 has been cancelled due to the press of other events around the same time.

Tickets for the Christmas Dinner on December 13 are on sale now at the front desk. The fee is \$18.00. Please pay when you put your name down on the list. Florence Hansen of Kitchener will provide sparkling and unique, variety entertainment at our Christmas Dinner. It will be a festive Christmas variety show of traditional, popular, religious, and special novelty numbers on her Alpine Bells, violin and hammered dulcimer.

There is to be a Christmas Lights Tour at 6:30pm on December 18. Pick-up at the Elizabeth Street Seniors apartment will be at 6:00pm. Since seating will be limited it is suggested you call the Centre at 853-5951 to reserve your place on the bus. Do this early if you don't want to be disappointed. After the tour refreshments will be served at the Centre.

There are still some seats left on the Festival of Lights trip to Niagara Falls on Wednesday,

December 4. Cost is \$48.00 per person.

For those of you who are renewing your annual membership, remember that there are gift certificates you can purchase as encouragement for potential new members.

See you at the Centre.

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