



HAVING SUCCESSFULLY broken the habit of smoking, Fred Young, principal of J. M. Denyes School, can always break a cigarette whenever the urge to light up returns. His success is an incentive to those who are trying to quit.

Fred Young

Smoker conquers

By Rod Lamb
Fred Young is a success. He quit smoking. He gained control of his life and subsequently, his health.

"The benefits of quitting should be stressed," he said. "Not just what you avoid."

Speaking to a group of smokers who were in varying stages of kicking the habit, at Milton District Hospital Sept. 27, Mr. Young said the positive benefits should be emphasized.

"There is a sense of well being," he said.

"When I smoked, I used to wake up with jungle mouth."

"It would take me half an hour to get underway."

Now, he wakes up and faces the day with enthusiasm and energy.

When he smoked, he suffered from indigestion, heartburn and an ulcer.

"After I quit, these cleared up," he said.

Naturally, he put on weight after he quit.

Something to do with peers.

"That's because within a few days, you regain your sense of smell," he said. "Food smells good."

However, he licked that too.

"There comes a time when you want to control your eating."

So, he went on a diet and started exercising.

He brought his weight down and put himself into shape.

"The benefits that these represent should not be understated," he said.

Mr. Young quit two years ago, while as principal of Percy Merry School. This year he is the principal of J.M. Denyes School.

He attended a smoking withdrawal clinic held each year by the Halton Lung Association at the hospital.

"I entered it with the feeling I should," he said. However, his commitment was low.

"My resolve strengthened over the five nights the course ran." He was successful. He was able to control the craving people experience when they want a cigarette.

"Each person has to cure it his own way," he said.

"For me, I found I would put it off when the urge hit."

"I would put it off, saying I would have one in a few minutes."

"But, when the craving passed, I didn't want a cigarette."

His family was supportive.

His wife, a non-smoker, didn't nag.

"She had said she didn't like it," Mr. Young said.

But everything was low key.

Now, Mr. Young can smell a smoker as soon as he walks into his office.

"Coming from a former smoker, that's something," he said.

"The smoke hangs on a person's clothes."

Mr. Young began smoking when he was 17.

"I don't know why I began, probably so-nights the course ran." He smoked for 19 years.

Then he quit. And his life has changed as the result.

"I feel a lot better," he said.

Committee considers insurance

A recommendation on increasing regional insurance coverage will be sent back to staff so a uniform series of rates can be established.

The regional administration and finance committee was shown a recommendation for an increase at last Wednesday's regular meeting calling for an increase in liability from \$5 to \$10 million and coverage for "errors and omissions" be raised from \$1 million to \$5 million.

Prompted by a question for regional chairman Jack Raftis, on what each municipality carries, a wide variance was found to exist.

Mr. Raftis suggested staff find out exactly what each town or city is carrying from underwriters so insurance premiums can be standardized.

Treasurer Don Farmer had called for higher coverage because of the higher damages being awarded each year.

"If we have a big grader and it hits a train and the train is derailed, it could well cost \$10 million," he said.

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Transfer stations to be investigated

At the next meeting of the Halton Solid Waste Management Committee, two private firms will be asked to bring proposals on the operation of waste transfer stations.

In the meantime, the region staff are to consider ways of operating a transfer station at the Georgetown dump which is scheduled to close in four weeks.

For several weeks, Halton Hills Councillor Russ Miller has been warning of residents using any convenient

sideroad for waste disposal if nothing is to be done to extend the life of the Georgetown dump.

At Friday's meeting of the committee Mr. Miller spoke again and castigated regional council for moving slowly on the issue.

"If the region isn't going to do it, then we'll have to do it for ourselves."

"I feel Leferink (one of the private companies ready to use its land for a transfer site) should be looked at... just so we can get something off the ground," he said.

Mr. Miller was critical of previous recommendations.

He said he is tired of "motherhood" statements.

"I want something definite."

Mr. Miller noted the Leferink inquiry had come in July but action had only started to happen last week.

"Okay, I'm pleased at the way things are going but not at how long a time it took," he said.

Opposed to a transfer station was Joe Pitushka, Milton Public Works Director who said he could not "support a temporary station."

He said he would favor a long-term solution.

Regional solicitor Dennis Perlin said the

committee should be "realistic".

Approving a transfer site now would not have it in operation by Oct. 31" or even Nov. 15 for that matter.

"I think we should get our consultants, Kilhorn, to look at transfer stations as part of the overall solid waste disposal package."

In the meantime, he said residents of Milton and Georgetown might have to "suffer some inconvenience... driving to Oakville or Burlington."

Milton Mayor Don Gordon said the issue of the Georgetown dump closure is serious.

"We have to solve Hal-

ton Hills' problem right now."

"Why can't we keep the Georgetown dump open," Mr. Miller asked.

"Why can't we at least keep it open on a part-time basis?"

"You've got to look after those people."

"It might cost a few bucks but the people up there are responsible people."

Burlington Councillor Walter Mulkevic put forward a two-part motion.

He proposed a temporary transfer station be established at Georgetown under regional control and the proposal by Leferink and Monarch Limited be

looked at in terms of private transfer site operation.

Ministry of Environment Area Director Alex Giffen was at the meeting.

He was asked if the Ministry would oppose temporary transfer and private transfer.

In terms of the Georgetown site, he said he had "every reason to believe you should be able to set up a temporary transfer station at the landfill site."

As for a private transfer station, Mr. Giffen said that would be a different measure and would have to be investigated.

Industrial study gets nod from region

Regional council will be asked to increase funding for Milton's Industrial Official Plan Amendment from \$8,800 to \$13,700.

R.V. Anderson and Associates Limited, the consulting firm handling the study, has been asked to take on four additional alterations and this is the reason the cost of the study is to increase.

The region's administration and finance committee has recommended the region make the \$13,700 available from the 1980 budget.

is also kicking in for the consultant's report on the industrial park.

Regional solicitor Dennis Perlin said the

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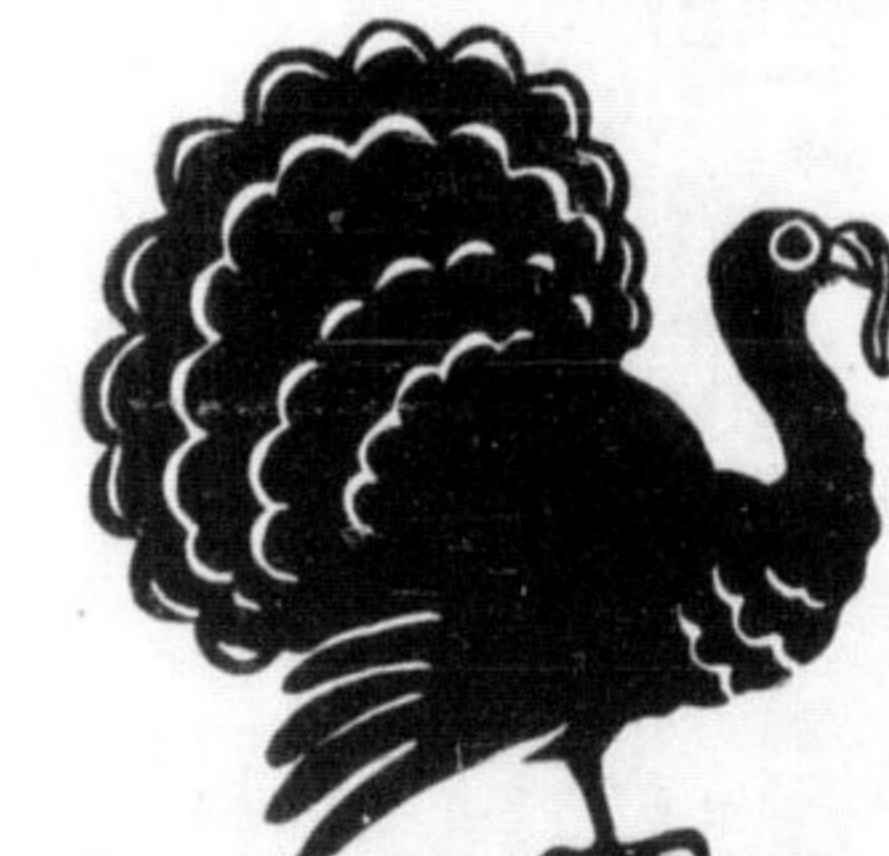
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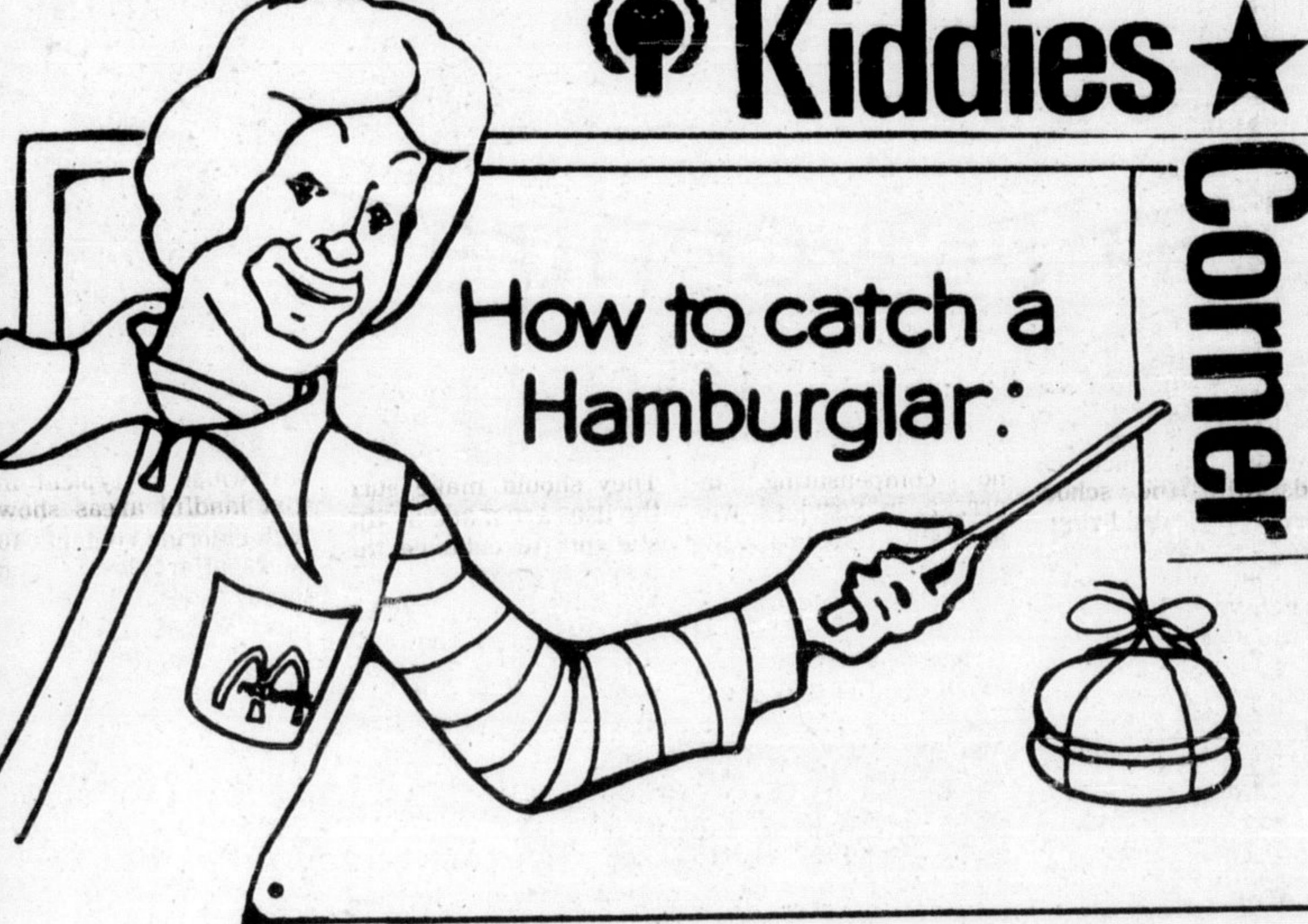
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