

Smoke Out participants trying different methods

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Ms Gorman said she's mostly a social smoker. She doesn't smoke at all during the day, but enjoys a cigarette with a good book at night. If she's with other people who are smoking, that's when she smokes the most, she said.

She spends about \$53 each month on a carton of cigarettes, and said she's looking forward to having that money to spend on something else.

Fortunately, Ms Gorman said she has the support of family and friends — particularly her parents, who were both heavy smokers when Ms Gorman was a child, but quit later in life.

Sean Miller

It was a visit to his family doctor that caused Sean Miller to decide he wanted to try Zyban, a prescription drug designed to reduce cigarette cravings.

"I was talking to my doctor and he said it was the most effective way to quit. He said it's 70 per cent effective," Mr. Miller said.

Zyban is a pill that's meant to be taken for 10 to 14 days before a targeted quit date. Last Wednesday was when Mr. Miller kissed his cigarettes goodbye.

Since high school, Mr. Miller has been smoking first a full pack and then a half pack of cigarettes daily — mostly when he's driving, Mr. Miller said.

He wants to quit because society's attitude toward smoking has changed drastically in the past few years, he said.

"My main desire to quit is because it's no longer socially accepted," he said.

When Mr. Miller first started taking Zyban, he said he actually began smoking more than usual because of insomnia and increased anxiety — side effects that are expected.

Before his quit date, he said he already noticed that cigarettes didn't taste as good as they once did.

"It's less satisfying," he said.

Diane Wolstenholme

Diane Wolstenholme had made up her mind to quit smoking January 1. So when The Champion was looking for participants for its Smokeout Challenge, she jumped at the opportunity.

She proudly announced she's been smoke-free since December 31 with the help of the Life Brand Nicotine Patch.

"I'm on the seven milligram patch, which is the lowest, because

I don't smoke many cigarettes," Ms Wolstenholme explained. "It's been surprisingly easy. I feel none of the side effects because it's a low dose."

When she has been on the patch for three weeks, Ms Wolstenholme said she'll begin taking the patch off — starting a few hours before bed and then taking it off earlier and earlier in the day.

Ms Wolstenholme said she's going to take the quitting process slow and easy. She's attempted to quit several times before. In fact, she once managed to quit for two years and then started again.

Her nine-year-old daughter has been the motivating factor, she said, because she has been learning about the dangers of smoking in school.

"Her grandpa died of emphysema, and she always says, 'I don't want you to be like grandpa.'"

Elizabeth Williams

Elizabeth Williams said she has always been interested in hypnosis and since other methods of quitting smoking haven't been successful for her, she was willing to give it a try.

Her sessions will take place at Positive Changes in Georgetown. "I tried cold turkey, but that didn't work. It was only for two or three days. I was so grumpy."

She said she also tried a nicotine gum but didn't like it.

Ms Williams said she's nervous that all of Milton will be able to watch whether or not she manages to quit.



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Notice of Liquor Licence Application



The following establishment has applied to the Alcohol and Gaming Commission of Ontario for a liquor licence under the **Liquor Licence Act**:

Application for a Sale Licence

Matt's Rib House
500 Laurier Avenue
Unit #15, Milton

Any resident of the municipality may make a written submission as to whether the issuance of the licence is in the public interest having regard to the needs and wishes of the residents. Submissions must be received no later than **March 1, 2004**. Please include your name, address and telephone number. If a petition is submitted to the Commission, please identify the designated contact person.

Note:

The AGCO gives the applicant copies of any objections.

Submissions to be sent to:

Licensing and Registration Department
Alcohol and Gaming Commission of Ontario
20 Dundas St. W., 7th Floor
Toronto, ON M5G 2N6
Fax: 416-326-5555
E-mail: licensing@agco.on.ca

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