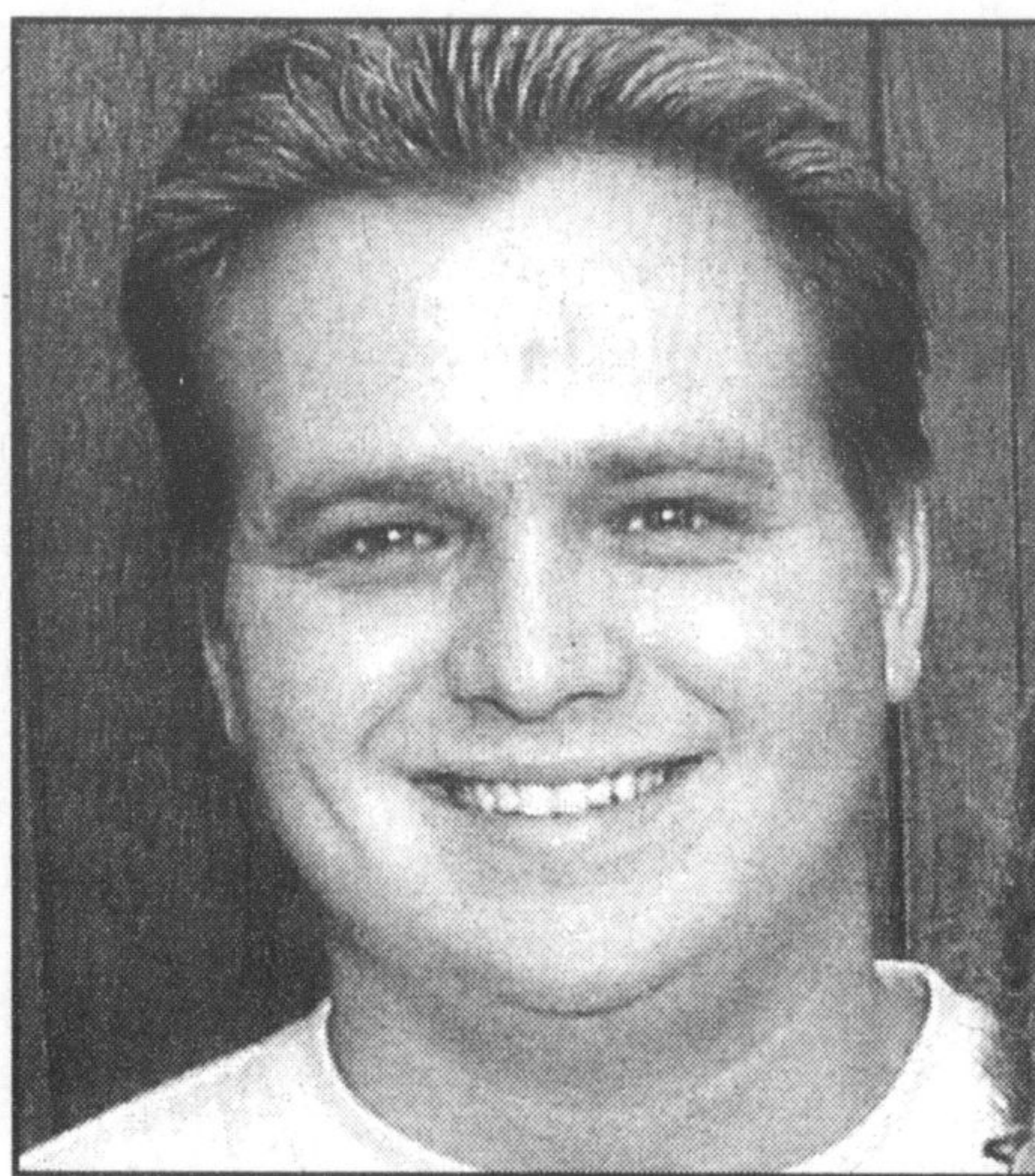


Diane Wolstenholme



Colleen Gorman



Sean Miller



Elizabeth Williams

Challenge participants are making progress

It's now been a month since the Champion Smokeout Challenge started, and progress has varied from participant to participant. It seems nobody knew just how they'd react once their quit date arrived. Although two participants have found it relatively easy to kiss the puffing goodbye, another is finding himself rather embarrassed to face Miltonians due to his results. And the fourth fits somewhere right in the middle.

Diane Wolstenholme

Diane Wolstenholme's plan was to go easy on herself. With the help of the Life Brand nicotine patch, she faced her quit date with ease.

The original plan was several weeks after quitting, she was going to begin removing the seven milligram patch earlier and earlier before bed. But about a week-and-a-half ago, she decided she was ready to remove the patch completely.

"I had enough of being on the patch," she said, adding she simply felt ready to go off it. "I was thinking, 'I hope I'm doing the right thing'. But I haven't even thought about having a cigarette."

Nicotine cravings haven't been a problem, she said, and the smell of cigarettes doesn't appeal to her anymore.

Exercising on a regular basis — for an hour every other day — has helped, Ms Wolstenholme said. In fact, any cravings she experiences are usually for exercise. She said she began exercising in November, realizing she had to have something to take the place of cigarettes.

A newly-acquired sweet tooth is now her biggest problem, but Ms Wolstenholme said she isn't going to worry about it — until bathing suit season, that is.

Colleen Gorman

When Colleen Gorman decided to quit cold

turkey, she thought she was in for a struggle. Surprisingly, she's finding it easier than she thought.

"It's not as hard as you think," she said.

Although Ms Gorman said she smoked one cigarette last week while reading, that's been the only one since her quit date. As she quickly discovered, the temporary pleasure of inhaling wasn't worth how she felt afterward.

"I felt awful," she said.

Ms Gorman said she still has cravings sometimes, but is finding it less of an issue as time passes. In a few weeks she said she expects to have no cravings whatsoever.

The worst thing Ms Gorman can do to jeopardize her success is to think too much about quitting. As soon as she does that, she said, the craving follows.

Thankfully, Ms Gorman said, she's a naturally busy person. Since she's never sitting around

doing nothing, her mind isn't usually focused on smoking. Now that she's realized it's not in her best interest to think too hard about the challenge, it's becoming easier, she said.

"Before, I felt deprived because I was thinking about it."

Sean Miller

With a sheepish look on his face, Sean Miller admitted he's not yet smoke-free.

"I still have one or two a day," he said, adding it's the cigarette when he's driving to work in the morning and the one right before bed that plague him.

But since he was smoking about 25 cigarettes each day before the challenge began, he said he's definitely making progress.

Mr. Miller is continuing to take Zyban, designed to reduce cravings, and said he can now

• see ZYBAN on page 10

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