

Zyban, hypnosis seem to be helping the participants

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go longer without a cigarette.

One of the reasons he's finding it tough to quit totally is many of his friends smoke.

Mr. Miller said he should have gradually cut back on the number of cigarettes he smoked as the quit day approached, but he didn't, so it was a big shock to his system. "I wasn't ready."

He said he'll soon set another quit date and try to go from two cigarettes per day to zero.

As far as side effects from the Zyban, Mr. Miller said the only one that really bothers him is a dry mouth. Since he often plays squash, he said this has been particularly irritating.

Elizabeth Williams

Elizabeth Williams said she was surprised when she went for her first hypnosis session at Positive Changes in Georgetown.

"It wasn't what I expected," she said. "I expect-

ed to be in a trance. You're not. I was very relaxed and on the verge of sleep, but I was aware of my surroundings. They can't make you act like a chicken or bark like a dog."

She said the person doing the hypnosis makes "suggestions" into a set of headphones such as, "You don't want to smoke, you want to be a clean air breather."

Ms Williams said she also receives tips on how to deal with cravings, such as drinking lots of

water and putting a bit of baking soda on her tongue when they hit.

Now that she has gone to Positive Changes 10 times, Ms Williams said she's now down to two or three cigarettes each day, down from the 12 she used to smoke daily. She still has some cravings, but is confident they'll soon go away.

Ms Williams said since beginning her sessions, she's sleeping better and, interestingly, doesn't crave coffee as much as she used to.



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Police chief says he has little or no control over some costs like salaries

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"That's not even a dime a day," said Mr. Somerville.

"Most people wouldn't have a problem with that."

Member Keith Bird, though, reminded the board that it was the Region that sent the budget back to it.

"This is the easy part," he said. "Now we have to walk it down the hall (to regional council)."

Defending his budget, Chief Algar explained that he has little or no control over many costs, ranging from salaries (87.6 per cent of the budget), benefits, debt associated with capital expenditures and provincially-mandated Adequacy

Standards. Unknown expenses like homicides and disasters as well as occurrences such as last August's massive blackout, also have an impact.

The 2004 budget includes funds for 19 uniformed officers and 11 civilians. It also encompasses a host of other costs, including \$2.5 million for the Ontario Municipal Employees Retirement System (OMERS).

All this is set against a backdrop of dealing with the impacts of growth, resulting in increased calls for service as well as criminal offenses and the crime rate, which have jumped 12.48 and 8.7 per cent respectively.

Other statistics include a rise in violent crime (2.8 per cent), property crimes (9.8

per cent), motor vehicle collisions (4.7 per cent), motor vehicle deaths (114 per cent) and impaired driving (3.2 per cent). At 36.6 per cent, Halton's clearance rate is down from 37.5 per cent, a number that's still above the provincial average.

In addition to growth (Halton's population increases by 12,000 to 15,000 people each year), Chief Algar said 2004 budget challenges include a rise in sophisticated frauds and counterfeiting.

For board member Joan Lougheed, a major cause for concern remains the policing costs of Milton's Maplehurst Correctional Facility, a jail that draws inmates from across Ontario but local officers have to cope with. A rising number of incidents — plus deaths that require individual inquests, said Chief Algar — put increasing pressure on the budget.

"It almost seems it's become another small division," said Ms Lougheed, who urged Chief Algar to continue his negotiations with the Province over funding.

Board members Sandy Martin and Jeanne Hay agreed, adding that funding must also be found to deal with increasing calls for service at Mohawk Racetrack in Campbellville.

Another nagging problem that needs to be dealt with, explained Chief Algar, involves the service's deteriorating facilities like the Oakville police station on White Oaks Boulevard.

According to Jim Watson, the service's director of community policing administration, he's working closely with the Region to develop a joint facility plan, including ways to soften the blow of construction/renovation costs through debt-structuring options.

One idea being considered, said Mr. Watson, is to have the Region pay for the buildings then lease them back to the service in order to spread its costs over 20 years instead of 10.

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