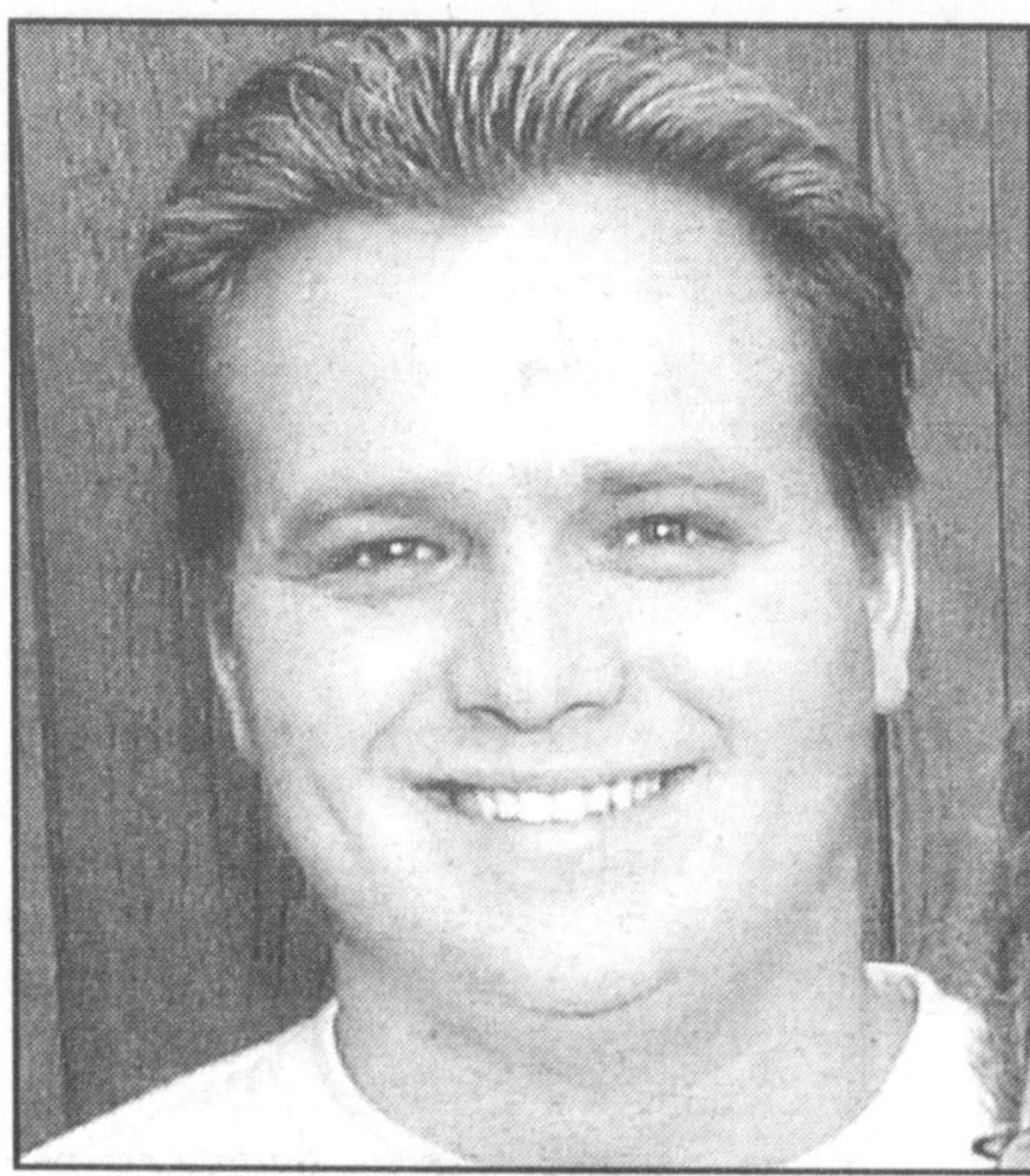


Diane Wolstenholme



Sean Miller



Colleen Gorman



Elizabeth Williams

One Smokeout participant declares defeat

Now entering the fifth month of the Champion Smokeout Challenge, all four participants are breathing easier — either from cleaner lungs or relief over the fact the contest is soon over.

Elizabeth Williams

Elizabeth Williams continues to be a true success story. Yes, she smoked two cigarettes last-month, but compared to the half-a-pack each day she smoked earlier this year, few could give her anything but applause.

She said she continues to have cravings, particularly when she's "fed up with work".

But those are the exception rather than the rule, she said.

"Most days I just fly right through — I'm so

busy I don't even think about it (smoking)," Ms Williams said, adding she purposely stays busy. "I'm getting more housework done!"

The fact that her husband quit smoking when she did made all the difference, Ms Williams said, explaining they hold each other accountable and encourage each other.

Sean Miller

After a failed attempt to quit smoking using the prescription Zyban, and talking for several months about setting another quit date, Sean Miller has officially declared defeat.

Not only is he still a smoker, he's a heavier smoker — now up to three-quarters of a pack each day.

Gone is the thinking that he's going to cut out the "pointless" cigarettes.

"I've given up hope," Mr. Miller said. "I tried

(to quit) and I haven't given it much thought since. With work, my social life, family, I don't even think about it (quitting)."

His birthday in mid-May gave him another excuse to keep puffing, he said, explaining nobody quits on his birthday — or, apparently, on the 30 days surrounding it.

Diane Wolstenholme

The warm, sunny days of the past month have been Diane Wolstenholme's greatest enemy.

Why? Because they make her want to smoke. And, the fact that she isn't giving in is bringing on cases of the grumps.

In fact, her cravings have become so bad, she said she feels almost like she did when she first quit smoking five months ago using the patch.

The sunny weather also seems to draw smokers outdoors more often, Ms Wolstenholme said,

which means she often struggles as she walks through a cloud of smoke to enter a mall or her workplace.

Nevertheless, Ms Wolstenholme said she refuses to give in to the cravings.

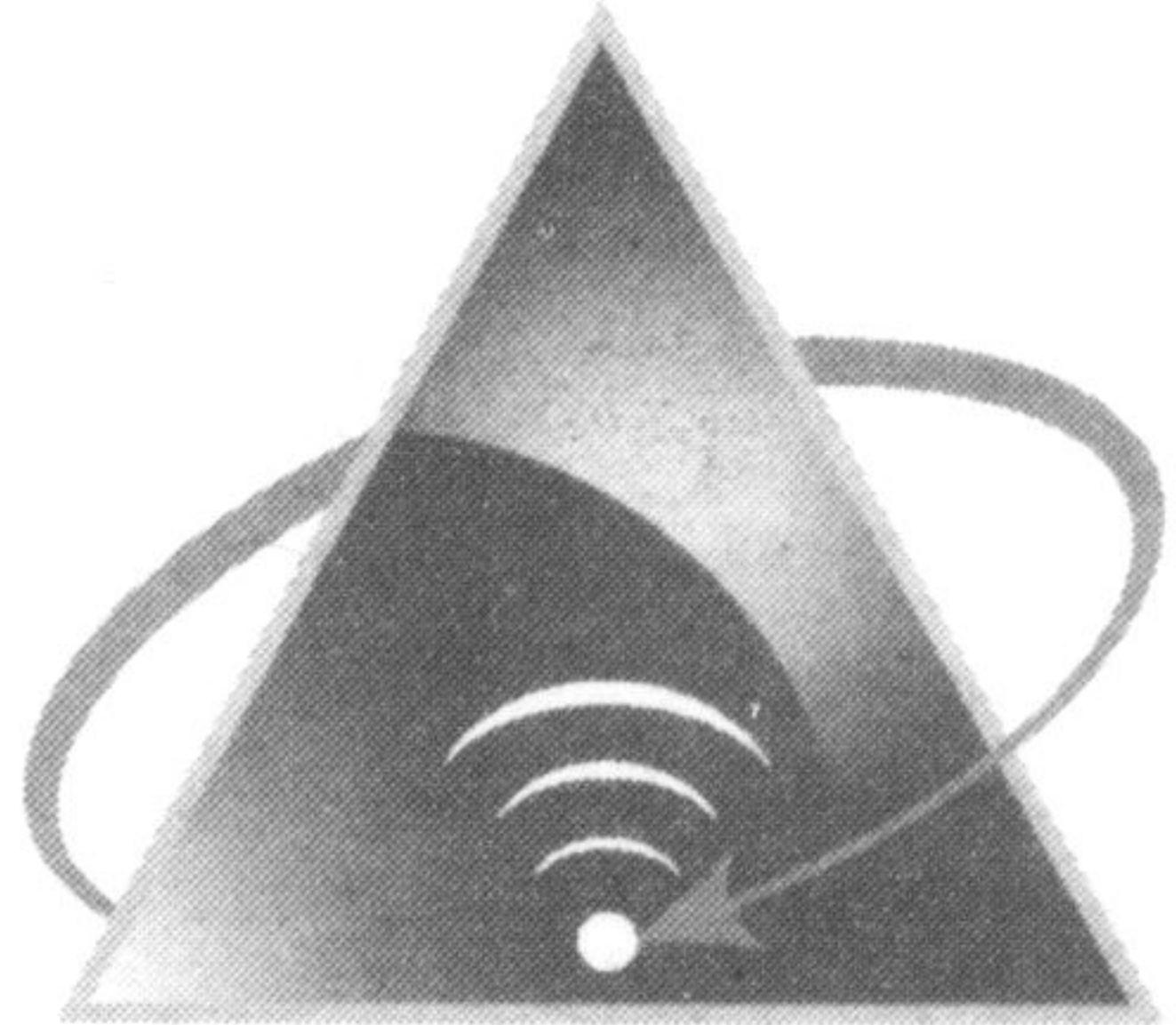
Colleen Gorman

Colleen Gorman said she's now able to think of herself as a non-smoker. And although she still has tough days, she said she's never going to go back to smoking.

She said she's enjoying using the money she's saved — especially with the recent cigarette price increase — on little treats for herself.

Lately, restaurant lunches have become a favourite stress buster, she said.

"You can go out five times in a week for lunch at a restaurant — that's the equivalent of a carton (of cigarettes)," Ms Gorman said.



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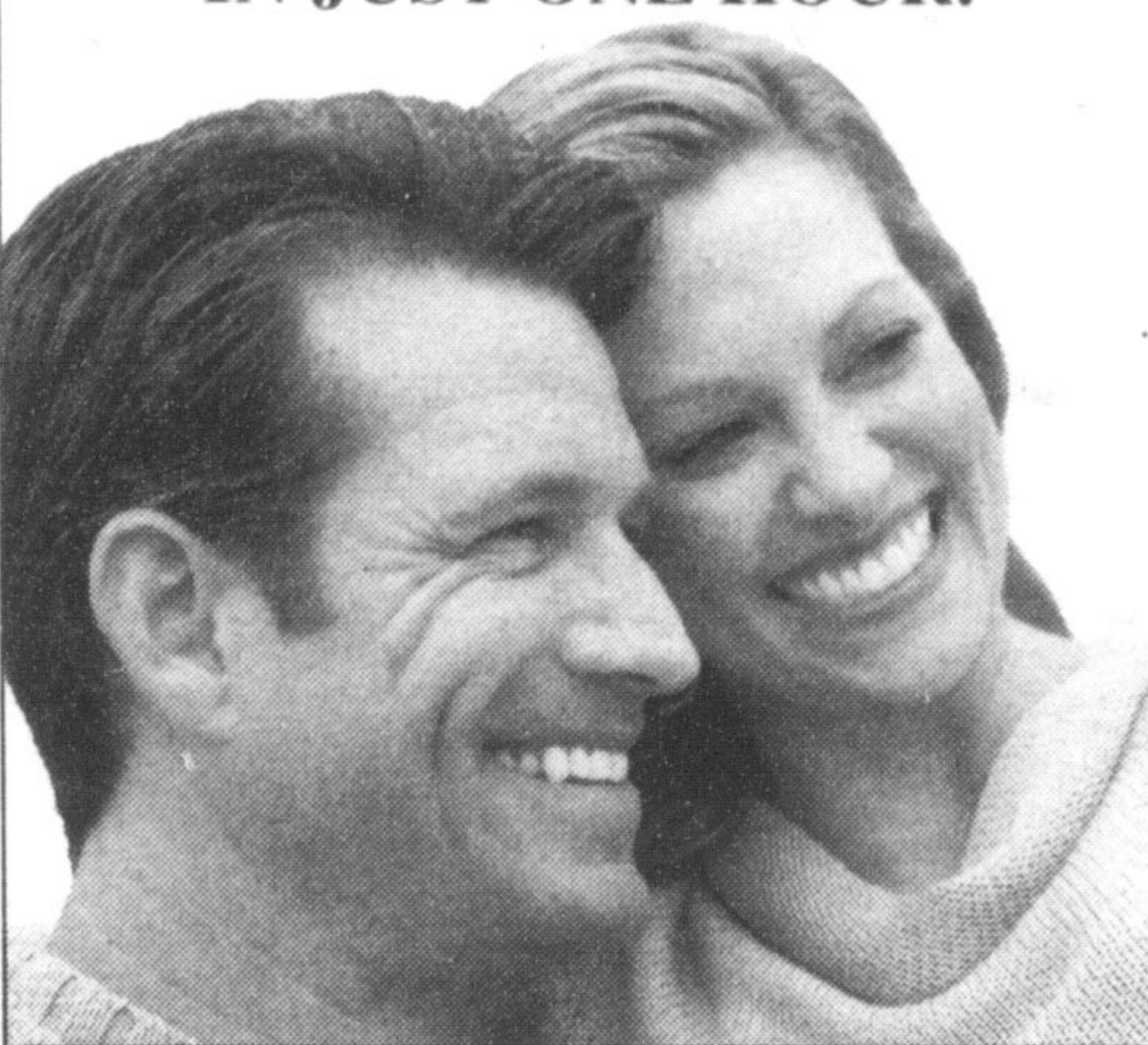
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