

The six reasons why people smoke

Self-knowledge leads to self-help. People smoke for different reasons and by knowing why you smoke, you can help learn to replace reaching for a cigarette with other, less harmful activities.

The Canadian Cancer Society identifies 6 categories of smokers based on reasons why people smoke. Read through these categories and see how many apply to you.

Stimulation
If you are a stimulation smoker you tend to smoke heavily in the morning. You believe cigarettes give you a physical lift, help

wake you up, get organized and stay alert. As a substitute for cigarettes, try such stimulants as a cool shower, brisk walk or an exercise routine.

Handling
Some people crave the physical gratification of handling objects. Picking up a cigarette and watching the smoke satisfies that need. Try channeling that need into another area such as doodling with a pen or pencil, or playing with a coin.

Pleasure
Pleasure-seeking smokers like to light up after meals or finishing a

task. The cigarette adds to your feelings of relaxation and contentment. Substitute other pleasurable activities for smoking such as moderate exercise and social activities.

Relaxation
Some people reach for cigarettes when they feel upset or angry. They believe smoking relieves

tension. Such smokers are likely to light up when things go wrong or they feel pressured. At the first sign of stress, try taking several deep, long, slow breaths before reacting. Consider taking a leisurely walk instead of lighting up.

Craving
The thought of running

out of cigarettes seems unbearable or the desire for another cigarette begins the moment you put one out are both signs of a psychological and physical addiction to smoking. Your family physician can help you in a smoke cessation program designed to overcome nicotine addiction.

If smoking is an automatic response with little or no thought involved, chances are you fall into this category. Do you light one cigarette while another is burning in the ashtray? Habit-smokers find it easier to quit by making smoking a conscious behaviour and asking

yourself each time, "Do I really want this cigarette?" You might suddenly become aware of how many cigarettes you don't want!

Smoking cessation products abound

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readjust their social smoking patterns as well as ease

nicotine withdrawal and curb weight gain.
An array of smoking

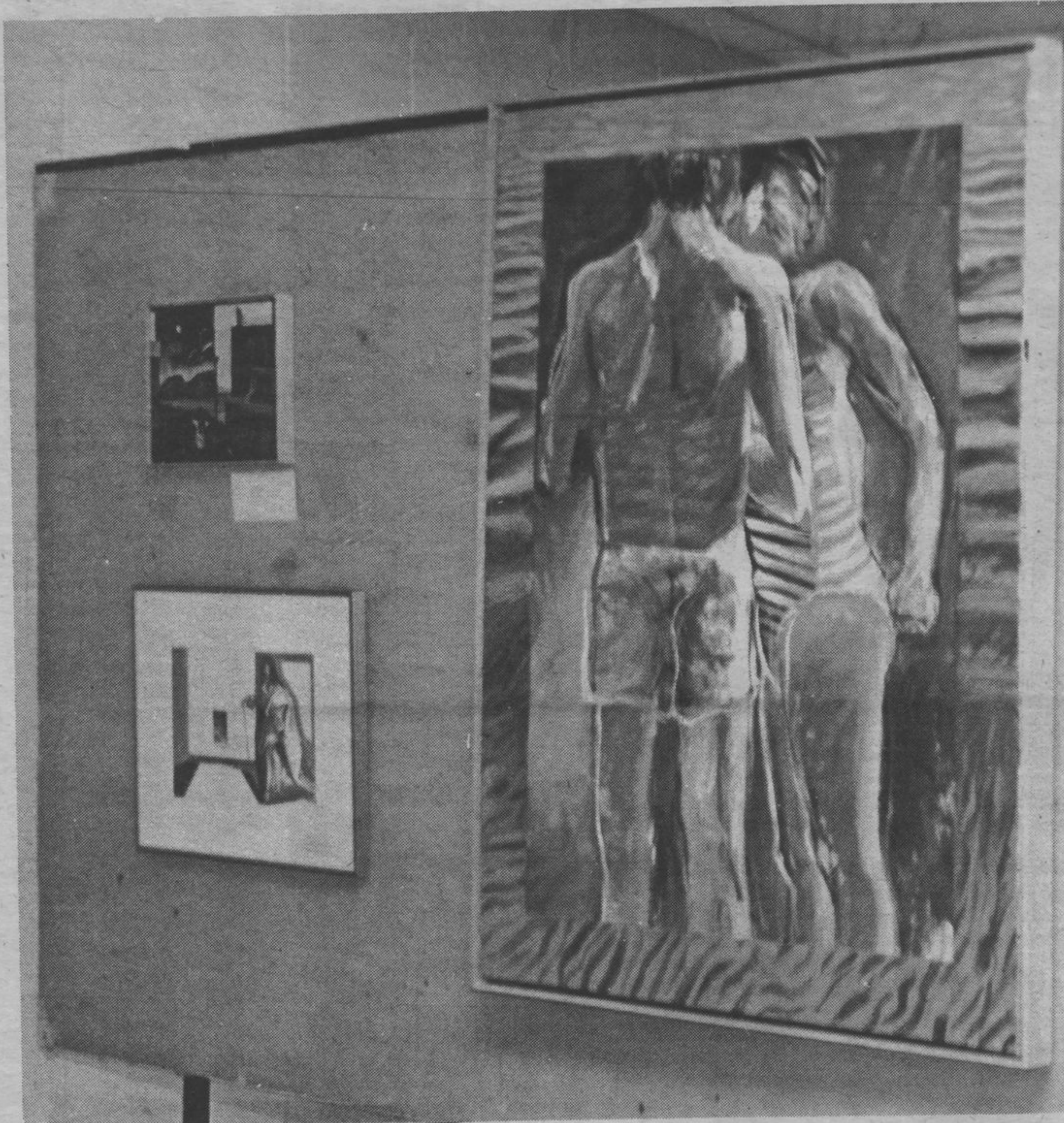
cessation products are available to beat the 'Quit Smoking Blues'. All are designed either to spoil the taste of tobacco, to substitute a drug with properties similar to nicotine, to prevent tobacco withdrawal and cigarette craving, or to provide substitute oral gratification. **Nicorette**, a nicotine-containing chewing gum, is the only prescription smoking cessation product available in Canada. It has been shown, in numerous studies worldwide, by aid cessation by giving smokers oral gratification while easing physical withdrawal. One piece of gum can provide up to the same amount of nicotine as one smoked cigarette, and studies indicate it is most effective with heavy

smokers who are nicotine dependent.

It is important to remember that when you make the decision to quit smoking, you are not alone. Family and friends will applaud your willpower, support and encourage you. Your family physician will advise you and recommend the best

smoking cessation treatment to suit your needs.

So, while 'Quit Smoking Blues' might seem unbearable at the start, in time they will pass. You will be able to look back on this period with pride that you, too, were able to defeat one of the most destructive menaces in our society, the cigarette.



Part of the travelling art show in Terrace Bay last week.

Canine capers

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and when it was delivered everything seemed fine. The next day I heard this funny squeal and went to the kitchen to see my little Cairn with a large brown mouse in his jaws. He quickly took the dead mouse outside and buried it in a snowbank.

So to be sure there weren't any more mice, we set a trap with a huge chunk of cheese and to our surprise heard it go off. When we went to investigate we saw "Muffin," our Laso Apso shaking beside the trap. So you see, it takes all kinds. P.S. The mouser can be rented out.

Put your flower needs in the hands of the Professionals



Flowers n' Things 824-2743

The Corporation of the Township of Terrace Bay



NOTICE

Re 1985 Dog Tags

By-law number 292 states that the owner, possessor or harbourer of every dog, shall on or before the 1st day of March of each year, cause the same to be registered, numbered, licensed and described, in the municipal office.

Tags are available and may be obtained at the municipal office.

Office Hours: 8:00 a.m. to 4:30 p.m.
Monday to Friday

Northwestern Ontario art show

If you were not at the Rec. Center on Jan. 21 and 22 then you missed a very interesting art show. Sponsored by Artists North of Superior, out of Thunder Bay, and titled Art Affairs North, it included 306 pieces of work from artists all over Northwestern Ontario.

Beginning Jan. 2, 1985 the show will travel to 13 towns and communities in this area, before starting the second phase, which opens at the Ontario North Now Pavilion in Toronto, May 17, 1985. The works will then travel to more than 10 public galleries in Southern and Central regions of Ontario, returning home for the final engagement in December 1986, at the National Exhibition Centre, Centre for Indian Art, in Thunder Bay.

The guide on this first phase was very knowledgeable and interested in all the works. He was able to explain the

paintings in depth, and really seemed to be enjoying his job. The guides are

employed in one month intervals, so to provide many people who are interested

in art, and familiar with the different regions, employment and experience.

Super MONSTER BINGO

\$12,000⁰⁰ in Prizes

Sat. Feb. 23

Schreiber Recreation Complex

Doors Open 6:00 p.m.
15 games of \$500.

Bingo Starts 7:00 p.m.
2 games of \$750.

Jackpot of \$2,000⁰⁰
10 draws of \$100⁰⁰

Admission \$50⁰⁰ covers the whole evening
Advance tickets only
Only 400 tickets to be sold

For tickets call,
824-2029, 824-2532, 824-2343, 824-2315.
Sponsored by The Schreiber Figure Skating Club

The Schreiber/Terrace Bay Community Corrections Board

REQUIRES

a Full-time Coordinator

Under contract to the Ministry of Correctional Services, the Coordinator will provide supervision of probationers and parolees, management of the Community Service Order program, counselling in the areas of drug & alcohol addiction, life skills and employment and liaison with other resource agencies within the communities of Schreiber, Terrace Bay, Rossport and Pays Plat.

Qualifications . . .

- excellent inter-personal counselling skills
- effective public speaking ability
- knowledge of budget preparation & basic financial management
- a general understanding of the Criminal Justice system
- willingness to undertake extensive training as an addictions counsellor
- university degree and several years of experience in social service work, or a combination of education and experience relevant to addictions counselling & supervision

Remuneration . . .

\$20,020.00-\$21,060.00 per annum dependent upon qualifications (under review April 1, 1985).

Starting Date . . .

Mid-February, 1985. This position is for 6 months with permanent contract possibly available August, 1985.

Applications must be received at the Community Corrections Office, P.O. Box 477, Schreiber, Ontario. P0T 2S0 by February 4, 1985.

H. Huskins, Chairman
Community Corrections Board

J. Cooper, Coordinator
Community Corrections