

Broiling sun retreats over Musselman's Lake

Large crowds flocked to Musselman's Lake to beat the weekend's intense heat, but beaches were much more quiet and peaceful later in the day as the sun began to set. This scenic summer

setting was captured on the south side of the Whitchurch-Stouffville lake near the old Glendale Beach pavilion. Musselman's Lake has become famous for its blazing sunsets.

Chris Shanahan

Smokers finish last pack in newly-devised program

By CHRIS GARBUTT
STOUFFVILLE — The Last Pack is what people need to quit smoking, according to Andre Henriques, a Stouffville resident who's launching the program locally.

"The emphasis is not to just get people to quit smoking, but to become non-smokers," he explained.

The program, created by Addiction Management Systems and marketed by Shaklee Canada, began distribution six months ago. And Mr. Henriques claimed it really works.

"It's very effective. It was started by a man who smoked three packs a day...he's a non-smoker now."

The program offers help in a group seminar format, or individually.

"A lot of people do not want to be in a group situation and this program accommodates them," Mr. Henriques explained. "Unlike

other programs, it is self-administered. And it is a day by day program — that's the important thing."

There are six weeks of seminar, and the entire program lasts 12 weeks. The first day of the third week, the smoker must quit smoking completely.

"The first two weeks is a period of self discovery," he said, noting that eating habits, exercise, and stress are investigated during that time. "They keep smoking regularly while we try to find out what are the triggers that cause them to smoke, and what causes those triggers."

The program usually takes 5-10 minutes daily involvement, and requires a certain amount of commitment, Mr. Henriques explained.

"It basically involves behavior modification. You have to want to quit."

One of the key ingredients for the program is the "quitting bud-

dy. This person is there to help the smoker through the program.

"It gives the smoker moral support. The quitting buddy is your conscience," he explained.

Mr. Henriques claimed 80 per cent of smokers would like to quit, and most of them have tried before.

"The Last Pack is for all smokers, with a special emphasis for those who have tried to quit before," he said.

Also, legislation is coming down, and many buildings will be totally non-smoking.

Mr. Henriques said he hopes The Last Pack will be as successful as it has been in previous uses.

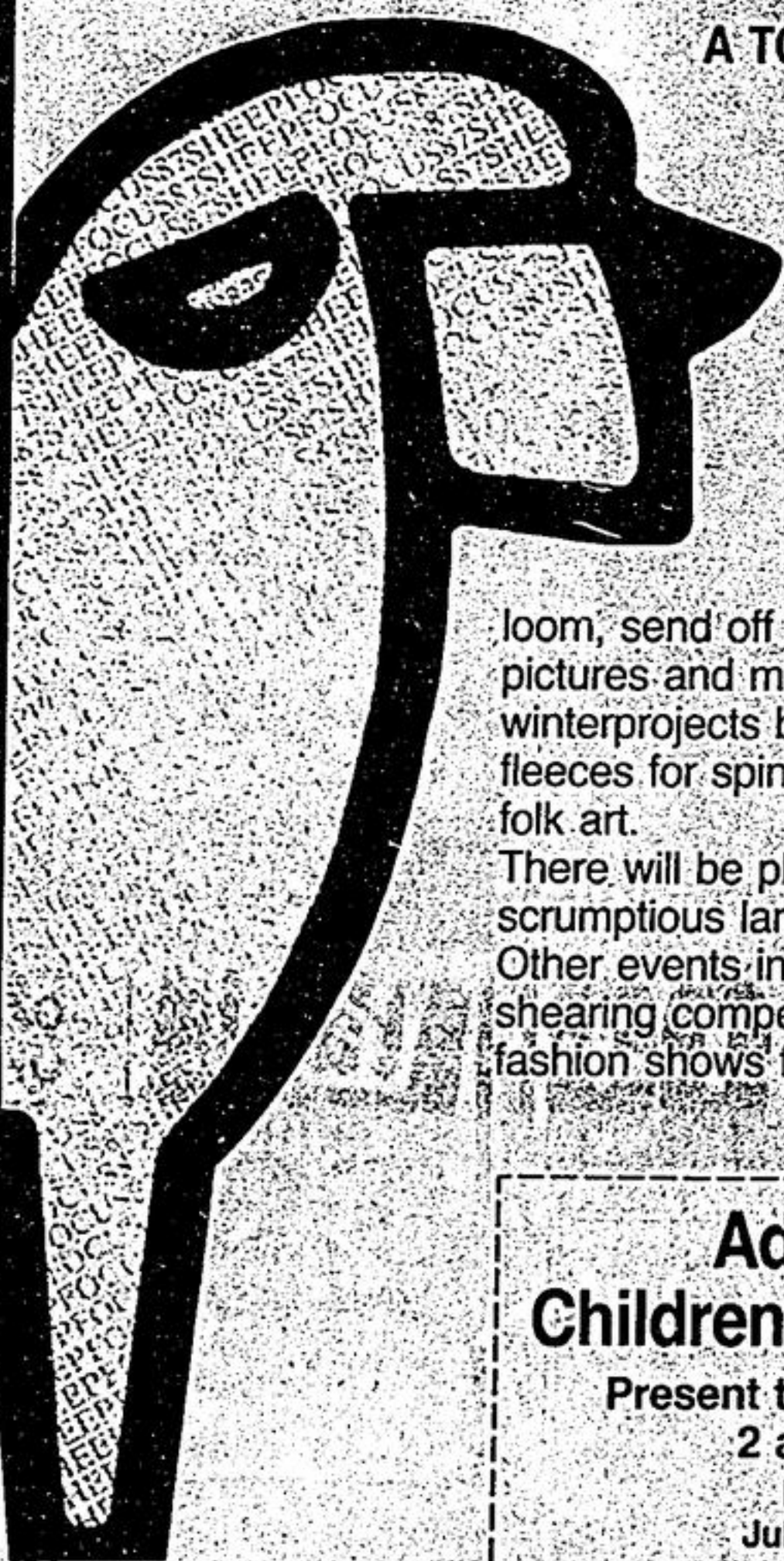
"Let's face it...smoking is dangerous. We're not here to condemn those who do smoke, but encourage people who do want to quit."

The program kit costs \$200 and with the seminar it is \$350. Further information may be obtained from Mr. Henriques at 640-3060.

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NON-IDENTIFYING INFORMATION, IF AVAILABLE, SUCH AS THE BIRTH FAMILY'S BACKGROUND AND MEDICAL HISTORY, WILL BE RELEASED ON REQUEST TO ADULT ADOPTED PERSONS (THOSE 18 OR OLDER); AND INFORMATION ABOUT THE ADOPTIVE FAMILY'S BACKGROUND WILL BE GIVEN TO ADULT BIRTH RELATIVES, UPON REQUEST.

INFORMATION THAT REVEALS THE IDENTITY OF AN ADULT ADOPTEE OR A BIRTH RELATIVE WILL BE SHARED ONLY IF BOTH PARTIES HAVE VOLUNTARILY ENTERED THEIR NAMES WITH THE ADOPTION DISCLOSURE REGISTER AND CONSENTED TO DISCLOSURE. THE CONSENT OF ADOPTIVE PARENTS IS NO LONGER REQUIRED.

IF BIRTH RELATIVES HAVE NOT REGISTERED, AN ADULT ADOPTEE CAN REQUEST A SEARCH. HOWEVER, CONFIDENTIALITY IS PROTECTED THROUGHOUT. IF LOCATED, BIRTH RELATIVES CAN SIMPLY DECIDE NOT TO HAVE THEIR IDENTITIES MADE KNOWN.

THE ISSUES AND EMOTIONS SURROUNDING ADOPTION INFORMATION ARE COMPLEX, SO PROFESSIONAL ADVICE IS PROVIDED AT EVERY STAGE. THE PROCESS WILL ALSO TAKE TIME, SINCE A LARGE NUMBER OF REQUESTS ALREADY EXIST.

ALL THE NEW PROCEDURES AND SERVICES ARE OUTLINED IN A FREE PAMPHLET, AVAILABLE IN ENGLISH AND IN FRENCH. CONTACT YOUR LOCAL CHILDREN'S AID SOCIETY OR WRITE THE ADOPTION INFORMATION UNIT, 700 BAY STREET, 2ND FLOOR, TORONTO M7A 1E9. IN TORONTO, CALL 963-0709. ELSEWHERE IN ONTARIO CALL TOLL-FREE 1-800-387-5477.

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