

### Oh-oh...

No one was seriously injured in this crash that crunched the front end of this Chevy on Hwy 7 near McCowan Rd. about 8 a.m. on Monday. The car, driven by Theresa Malthaner of Willowdale, was damaged to the tune of \$4,000, while a Grey Ford pick-up, seen behind the car, racked up \$6,500 in damages. Both Ms. Malthaner and Rodney Lonquist of Orillia, driving the pick-up, escaped injury.

—Sjoerd Willeveen



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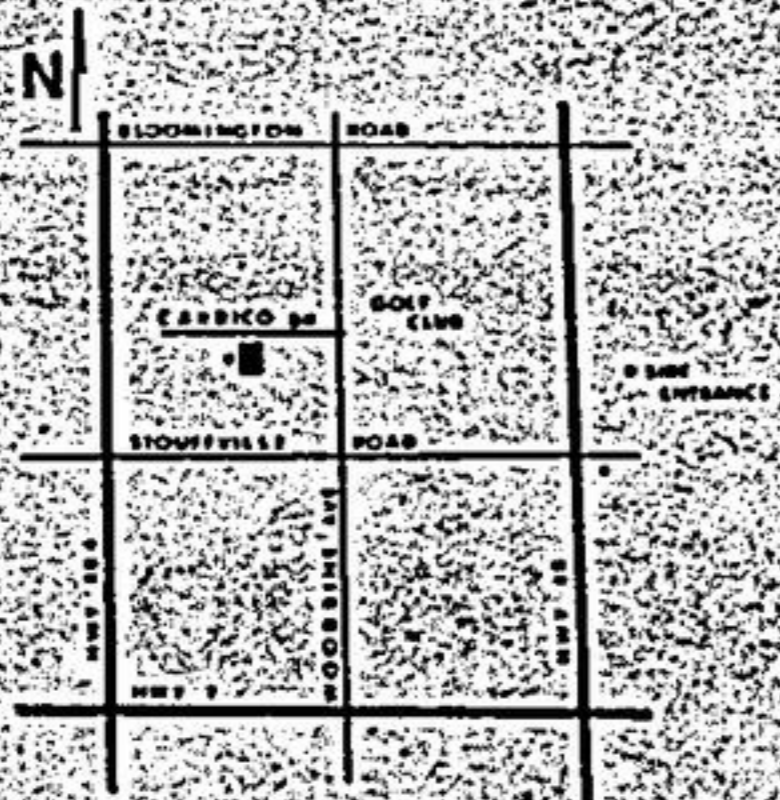
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## Smokers can butt out with hospital program

Centenary Hospital will offer a free introductory stop-smoking session to the public starting Tuesday, Sept. 15.

"Smoke Stoppers", a 10-hour program spread over five weeks, is based on behavior modification and is recognized by National Health and Welfare Canada for its high success rate.

Officials claim that at the end of one year, 68 per cent of participants abstain from smoking.

This figure exceeds the success rates of Smoke Enders and the Lung Association's programs (40

per cent and 32 per cent respectively).

Designed for the hardened smoker, the three-phase program uses aversion therapy which allows people to smoke under controlled conditions while developing a negative attitude toward their addiction.

Stress management and nutritional counselling are integral parts of the program.

Phase one of the program, a one-hour introductory session, prepares the individual psychologically and physically for the quit-

ting experience.

Pre-registration for phase one is not required. The first sessions will be held on Tuesday, Sept. 15 and Wednesday, Sept. 16 at 5:30 p.m. or 7:30 p.m. in Centenary's Shoniker Building auditorium, 2877 Ellesmere Rd., Scarborough.

At the end of the sessions, registrants receive a binder of materials explaining a series of daily exercises called "The Quitter's Countdown."

Five days later phase two begins. Participants learn about proven techniques that neutralize and prevent the desire to smoke.

In phase three participants meet as a support group to share experiences and to maintain their new non-smoking behavior.

The program fee is \$275 and is tax deductible. Reduced rates for students, senior citizens and members of the same household are available.

Centenary is the only hospital licensed to offer the Smoke Stoppers program to the Scarborough and Markham communities.

A Centenary staff member has been trained to lecture hospital staff, corporations and the general public.

• **George Ashe is a Strong Voice** advocating control of government spending — by investing instead of trendy spending, deficit reduction over mortgaging the future. An absolute priority is planning ahead to assist growth in a dynamic private sector.

• **George Ashe supports** a freer trade agreement with the U.S. We must not lose our chance to secure Ontario's economic future from the increasing mood of protectionism in the U.S.A.

• **401 Widening:** George Ashe would strenuously push to advance the scheduled widening of the 401 from Metro East to Brock Rd. We need this expansion to Westney Rd. NOW—not at the turn of the century.

• **Educational Priorities:** The Ontario Liberals, contrary to their 1985 election promises, have dramatically reduced the provincial share of Educational costs.

George Ashe will fight to reverse this damaging trend. The Peterson hand-out for elementary school staffing will do nothing to relieve the overcrowding of schools in Ajax and Pickering. 430 portable classrooms in Durham this September is unacceptable.

George Ashe relates to the concerns of his constituents, regardless of government jurisdiction.  
 — Door to door mail delivery is a must for all in Durham West.  
 — Support Services must keep up with our residential growth.

— George Ashe is actively promoting the need for Express Go Train service direct to Union Station.

If you have any questions, require any assistance or would like to get involved in the election campaign please give us a call.

Ajax 427-1487  
 Pickering 420-4000



Authorized by Durham West PC's

**RE-ELECT**



George  
**ASHE**  
 FOR  
**A STRONG VOICE**  
**REPRESENTING YOU**

**GEORGE ASHE X**

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**BARRY SAMBROOK**

Davidson Partners Limited is pleased to announce the appointment of Barry Sambrook, Account Executive, in our Markham Branch, 7030 Woodbine Ave., suite 100, Markham, Ont. L3R 1A2. Barry is a long-time resident of Markham. Call Barry at (416) 474-4363 at Davidson Partners Ltd., Your Financial Resource Centre.