

# The Enterprise

The Voice of Ponchatoula for Over 80 Years

Ponchatoula, Louisiana



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## Tobacco

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tion within seven to 10 days. But there is a psychological dependency that is much more difficult to overcome. But Swindle says a new drug, Chantix, has been a huge help to those who are now taking it.

Among her most recent graduates are Kama Labu and Wendy Henry, both of Ponchatoula, who were in an earlier class with Ponchatoula resident Glen Thompson. Labu and Henry work at Florida Parishes National Bank; Thompson is retired.

Labu said, "My boss wanted us to quit and he said he was going to figure out a way to accomplish that goal. When the classes became available, he urged me and Wendy to go, giving us a \$200 bonus incentive if we were able to be quit for six months. He also paid for our Chantix prescriptions -- he was that serious about it." While Labu and Henry haven't yet received the bonus, they are well on their way. They have been quit for nearly two months.

Thompson came into the class thinking he really wasn't going to be successful because he had no motivation to quit. He was taking the classes at the request of his wife. He put off getting the pills, but kept going to the sessions. That particular session was over and he hadn't yet quit. But Swindle began another class and, after going to his doctor for a

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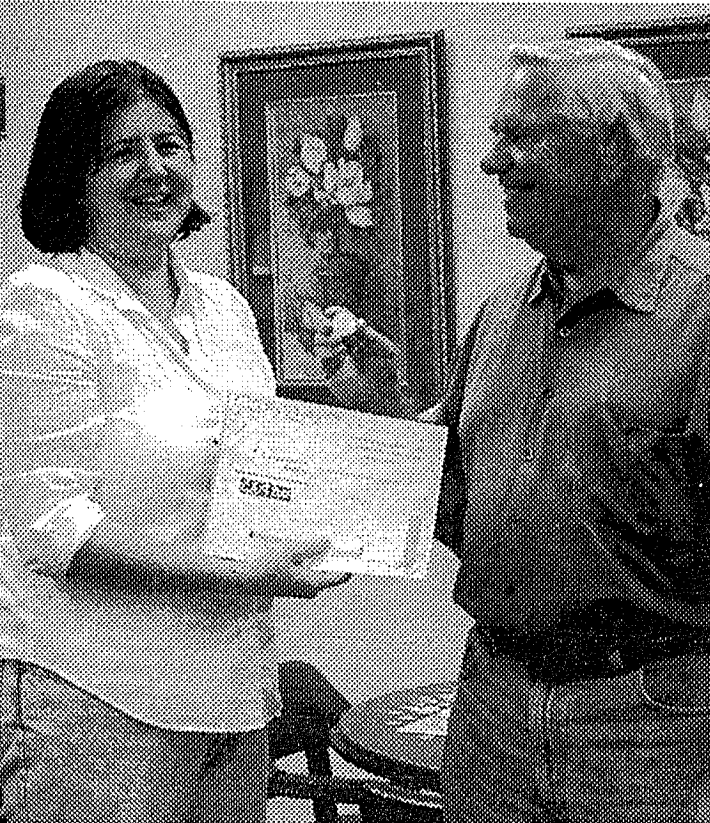
## Tobacco

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prescription, Thompson continued to attend. He has now been tobacco-free for about three weeks.

"It's really a great feeling," he laughed.

Although the present session is about over, Swindle said she hoped Mary Bird Perkins would continue the program with additional classes. Anyone interested in attending smoking cessation classes can contact Tammy Swindle at 985-974-3301. The classes are free and open to anyone who signs up.



Tammy Swindle, Facilitator with the Mary Bird Perkins-sponsored Smoking Cessation classes, congratulates Glen Thompson, Ponchatoula, with a coin and a certificate for his success in having broken the smoking habit. Thompson was a two-pack-a-day smoker. (Enterprise photo)

## Smokers are kicking the habit ...with help

Mary Bird Perkins Cancer Center has been holding "Smoking Cessation" classes for the past six weeks at its facility in Hammond under the direction of Tammy Swindle, a facilitator who travels throughout the Florida Parishes to help smokers break the daunting habit. Swindle, who also teaches at Southeastern Louisiana University, says she really enjoys holding the classes for those smokers

Swindle said, "and it is even more difficult to quit it than heroine or cocaine."

Swindle doesn't ram the need to quit down students' throats. Rather, she talks with them (not to them) and listens to how they developed the habit, why they want to quit, why they have decided to take her class. Discussions often drift onto other topics; but in many ways, they seem to come full circle, back to tobacco de-