

BA/Friday, Nov 21, 2003

LOCAL

Zanesville Times Recorder

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Smokeout

effect you when you get old," Brune explained. "But, when they tell you to expect to live 10 or 20 years, it's amazing how fast that time goes and then you're there wanting more. The young people just don't understand the horrible effects tobacco will have on them when they are my age."

While Brune stays active, he still knows he has limitations. "The damage has been done," Brune says. "There is no taking back what I've done to my body. You can stop creating any more damage, but you can't heal what is already there."

While Brune went cold turkey, just put the cigarettes down and never smoked again, he says everyone is different and needs different assistance or aids.

"There are all kinds of help today," Brune said. "There are patches and gum and pills. Each person is different. They just need to find a method that works for them."

A side bet with a friend helped with Brune's motivation. "I bet a friend \$1,000 to not be the first one to pick up cigarettes again," Brune laughed. "That's a great motivator and it

worked well for me. I wasn't going to lose that bet."

At Adornetto's Pizza on Maple Ave., Bonnie Burns presented Adornetto with a plaque for participating in the campaign by offering free salads for a pack of cigarettes.

"We're a smoke-free restaurant," Adornetto said. "We did it really because the employees are mostly high school and local college kids who encouraged me to do it. They said it was the right thing to do and without trying to make any of my smoking customers angry, I had to agree."

After presenting Adornetto with the plaque, members of the local cancer society sent hundreds of white helium balloons into the air symbolizing being free from smoking.

John Largent, executive director of the local office for the American Cancer Society, said the day went well.

"Even if we just touch one person, we feel we're going in the right direction," Largent said.

Largent said quitting smoking is "very difficult and people need to remember if they are going to do it, get a support system going."

"We just hope those that participated in the campaign today will stay away from tobacco," Largent said. "Their future may depend on it."

The best advice Brune has for those who don't smoke, "Don't start," he says.

For those who smoke — stop. "Whether you stop gradually, by use an aid, whatever, just stop," Brune says. "It's a slow death."

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Tribute

face and whistled all the time. He was so sweet. It may be 48 years since he died, but I miss him terribly."

Berit was 18 years old and just starting nursing school when her father was killed. "He left my mom with babies," Berit says. "Many of the miners killed left behind families. I want something for them to be able to look at and know that their fathers, husbands, brothers and sons were heroes."

Berit contacted Cottrill after she saw photographs of the proposed Monument for Life being created by Cottrill to honor the Quocrook miners and rescue workers who were almost lost near Somerset, Pa., last July.

"I saw that and just knew I had to have Alan make the statue I wanted for my memorial," Berit said.

To pay for the piece, Berit has been going door-to-door in her community selling hand-made \$2 perfumed sachets.

"I can sell them at some of the businesses in town and stuff, but I'd rather go door-to-door," Berit said. "Once I started and let people know what I was doing, the money started coming in. Everyone in the community wants this and wants to be a part of it."

Within six months, the \$25,000 needed to complete the project was raised.

"We're just so excited," Berit said. "The entire town is going to show up for this."

Cottrill is transporting the statue to Berit personally.

He is hand-delivering the five-foot, 10-inch sculpture at 1 p.m. Sunday by the CVS Pharmacy at the corner of Goodenough and Main Streets in Nanticoke.

"This is the heart of mining country," Cottrill said. "It's a day of honor for so many people who have had coal mining in their family histories."

Cottrill says the dedication is near to his heart because "these men were rough, they were tough and they made it on their own."

Berit calls Cottrill "an angel."

"My dad was so very special and Alan has been able to capture his essence," Berit said, her voice breaking from tears. "He's just like an angel sent to me from heaven."

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