

# Kicking The Cigarette Habit Is Harder For Women

**By Maritza Blair**  
Kicking the cigarette habit is never easy, but a Duke University researcher reports that women — especially married women — usually find it more difficult than men to stop initially and to quit permanently.

Working under the supervision of Dr. Robert C. Carson, chairman of the Duke psychology department, Ms. Heidi Coppotelli, a doctoral student, is conducting research to determine why women smoke and to develop better ways of helping them quit.

Her study, primarily concerned with married women, is based on

previous research on women and smoking by Dr. Tracy Orleans from the Duke department of psychiatry.

As part of Ms. Coppotelli's project, she is offering a free service for married women or women in a similar relationship who want to quit smoking. By calling a hotline at (919) 471-0378, women can obtain information, assistance and support, Ms. Coppotelli said.

Those who go on to quit will be asked to complete two mail survey questionnaires about their experiences.

They also will receive a copy of the American Lung Association's book, "Lifetime of Freedom from Smoking."

In an interview, Ms. Coppotelli suggested some reasons why women may be less successful than men at giving up cigarettes.

"It has been reported that the effect of withdrawal symptoms may be exacerbated for women, and that greater difficulty with these symptoms was associated with women's lower success," she said.

Also, Ms. Coppotelli

said that women are more likely than men to use smoking as a means of managing stress, anger and anxiety. Quitting is stressful, and women lose one of their main means of combating stress when they quit, she added.

Many women report that they use cigarettes to define themselves as adults. According to Ms. Coppotelli's research, this would be particularly true for the woman who spends much of her day caring for her children and managing her house.

"The women an-

tipate with pleasure the smoke they have with a friend over coffee or with their husbands at those valued times reserved for the two of them," Ms. Coppotelli said.

She said that when women do stop smoking, they often have a strong need for support and encouragement at a time when they are least able to give this others. This can create problems.

"Women who are experiencing the unsettling effects of quitting often violate the expectations that they be the peacemakers of their

families and that they maintain a supportive, even emotional keel. Many resolve the conflict by turning to cigarettes, their allies in upholding the peacemaker role in the first place," said Ms. Coppotelli.

The problem is a serious one, she contends. Studies indicate women are becoming increasingly vulnerable to lung cancer, and heart, lung and coronary disease. Women in their child bearing years run the special risks because smoking can aggravate problems associated with oral contraceptives and

pregnancy, she said.

"The number of women smokers is rapidly growing," she said, citing statistics indicating one-third of all women between the ages of 21-54 smoke and the greatest increase in smoking rates is in the 13-35 year-old range.

"The lifetime exposure of women to smoke is increasing dramatically as women start to smoke younger, consume more daily, indulge for more years, and inhale more deeply; in other words approximate male patterns of smoking," she said.

## Furniture Moods

(Continued from Front)

ment on the matter because the matter has not been settled.

Each option, however, poses its own set of problems.

It is not clear at this point what the impact would be on the overall plan if the city decided to move the proposed civic center location, but sources say the impact would probably be too great to make this a viable option.

However, finding Burtney and Williams a comparable building downtown could establish a precedent that could affect negotiations for six other properties for the complex that remain to be acquired.

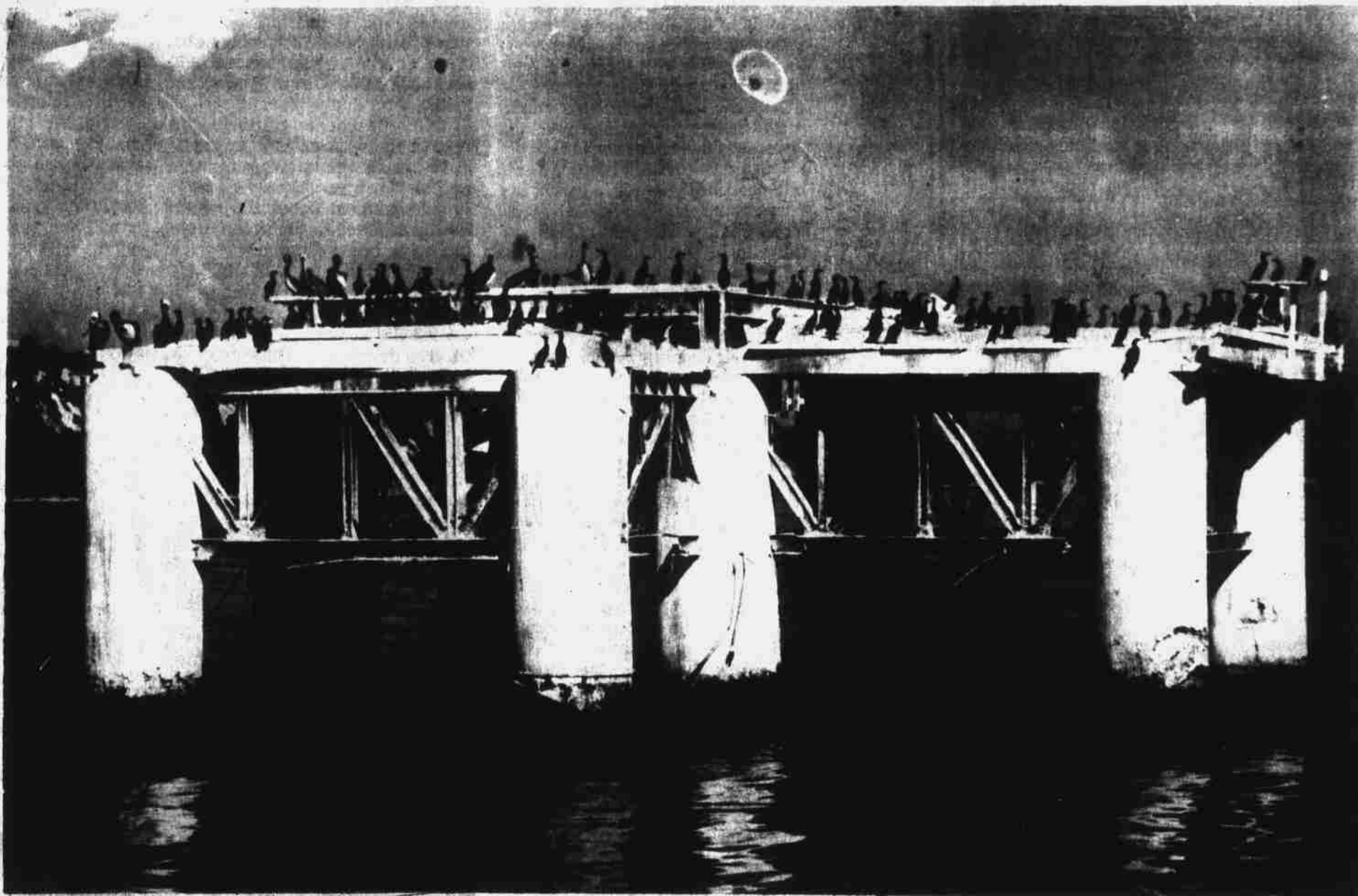
Condemnation is also not that attractive,

because though a judge could speed up the process for the city by ordering that the land become its possession and then settling on the price, the judge could also require the city to finalize its plans for the civic center before it is ready to do that.

So the fencing continues.

The city hopes, according to sources, to settle with Penny, and maybe encourage Burtney and Williams to come back to the bargaining table.

Right now it also seems that the city would like to avoid a drawn out court battle that could delay the whole downtown development issue for several years.



**FOR THE BIRDS**—Drilling operations have long since ceased from this petroleum pier, but what's left of the concrete and steel structure has taken on new life. That's because birds of a feather—mostly cormorants, seagulls and pelicans—have roosted together, making the structure their home and refuge from predators. Known as Bird Island and located in the Santa Barbara

(Calif.) Channel, the 1930's vintage structure is a remnant of an oil-boom era enjoyed by a predecessor company of Aminol USA, Inc., the energy subsidiary of R.J. Reynolds Industries, Inc. Aminol continues to produce oil from the Santa Barbara Channel area.

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**By the way...**  
By Joe Black

Unemployment is prevalent; many families have been forced to sell their homes; and too many of our youths have been forced to curtail their college educations because of the financial plight that beseges this nation. It has been many, many years since so many Americans have been out of work. One of the hurting aspects of this negative situation is the fact that the "axe" has fallen on thousands of employees who were "cut loose" because of the recession, or depression, that we are experiencing. These people don't want to be a statistic, they want to work.

And when we view the sad story from a Black perspective, our dismay is increased because there are 2 unemployed Blacks for each inactive white worker. Additionally, recently the Labor Department acknowledged that it has halted proposals to ease anti-discrimination guidelines for federal contractors. The new proposals include limiting back-pay awards and eliminating a requirement for formal Affirmative Action Programs for many of the 200,000 contractors with government contracts.

Remember the old children's rhyme: "Rain, rain go away, come back another day"? It sure would be great if we could wish our troubles away. We are challenged to utilize the hardiness and pride that we have acquired from our foreparents and overcome these "hard times."

The task will not be easy and before we can counter-act this uncertainty we must face some harsh facts. The primary reality is, regardless of which party is in office, most of the domestic cuts will not be reinstated.

Black people must begin to look inward for solutions to their problems. If we have a gross annual spendable income in excess of \$130 billion dollars, then why can't we build and create jobs within the Black community?

My friends, we have arrived at the time when we must decide which is of greatest importance—a self-help economic plan or retaining the reputation of being trend setters in the fashion world?

*Joe Black*

Vice President  
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