

# QUOTABLES

## “What Does The National Smokeout Accomplish?”



- Wendy Lavine - non-smoker: "If they can do it for one day then they can continue to stop smoking."



- John Grimes - smoker: "It causes a lot of unnecessary nicotine fits."



- Diane Morton - non-smoker: "If people are thinking of stopping it gives them a chance to try it for a day."



- Tom Klopman - non-smoker: "It sees people to try to stop smoking."



- Carolyn Buckner - non-smoker: "Tries to make people aware of how dangerous it can be."

photos by Rolf Orsagh

## If Holly Can Quit For Day, So Can You

(She's smoked a pack a day for six years)

BY CHARLOTTE SCHMICKLE

Thursday, November 21 is the GREAT AMERICAN SMOKEOUT for 1985 and the day belongs to you. Of course, you can count on some help from your friends in this endeavor. Find a non-smoker or another smoker who is willing to quit for at least 24 hours and start a support group. Sign the adoption papers on this page, bring them to Founders Lobby, Wednesday, November 20, 11:30 a.m. - 12:30 p.m. and receive some survival aids. Pick up supplies for a balloon launch at 12:45 p.m. in front of Founders. Prepare for the best! It's not easy but the rewards are tremendous. All students, faculty and staff are encouraged to attend the balloon launch.

**HISTORY OF THE GREAT AMERICAN SMOKEOUT**

1985 is the ninth year as an annual nationwide celebration. The first mass movement began in Monticello, Minnesota in 1974 when Lynn R. Smith, editor of the Monticello Times, started the movement. "Adopt-A-Smoker" began only last year as a means to support people anxious to quit but skeptical about their ability to do so alone. The smokeout idea has spread to several foreign countries including Canada, Great Britain, Ireland, France, Australia, South Africa, Norway, Sweden and Finland.

According to the American Cancer Society, in 1984, 33.6% of smokers attempted to "give up the habit" for one day. A Gallop survey showed that 10% of those succeeded for a full 24 hours. One to five days later more than 5% (3.1 million) Americans were still not smoking. Isn't it your time to become an important, positive

national statistic?

### A GUIDE FOR ADOPT-A-SMOKER

On Smokeout Day, we should all be especially kind to smokers who are trying to quit. Some will be wearing stick on badges, so look for them and give a word of encouragement. DON'T NAG, THREATEN, PREACH, or SCOLD. Moral support, encouragement and incentives can help a smoker get through the day - and hopefully longer.

- Show you care.
- Provide a survival kit (sugarless gum, nuts, carrot and celery sticks).

- Be available to your adopted friend for the entire day; eat meals together if possible.

- Be sure your adopted friend is wearing a "quitters sticker."
- if you're an ex-smoker, share experiences on what worked for you, but don't preach!

- Plan something to help your partner get through the long evening hours... go to the movies (no smoking section, of course), swim, play racquetball, plan a small dorm party with fellow helpers.

- Offer congratulations at the end of the day.

- Urge your partner to "stay off" now that one day is over!

### "QUIT TIPS" FOR SMOKERS

- Throw out all cigarettes.
- Clean out and put away all ashtrays.

- When the urge hits, take a deep breath, hold it, then release slowly - that's fresh air you're breathing.

- Exercise to relieve tension.

- When tempted to reach for a cigarette reach mentally for the most negative smoking image you can remember and dwell on it for 15 seconds.

- Use your survival kit (sugarless gum, carrot and celery sticks, apple slices, etc.).

- Eat three meals. Avoid sweet or spicy foods which may trigger desire for a cigarette.

- Change habits associated with smoking (e.g. have toast instead of a cigarette for breakfast).

- Drink lots of liquids (6-8 glasses per day) avoiding caffeinated, sweet or alcoholic beverages.

- Keep your hands and your mind busy. Work on a crossword, wash your hair, balance your checkbook.

- Carry this with you as an instant reference on you day - November 21.

### SOME GENERAL FACTS ON SMOKING AND HEALTH.

- Lung cancer is largely a preventable disease. It is estimated that 83% of the deaths from lung cancer could be avoided if individuals never took up smoking.

- Cigarette smokers, who represent less than one-third of the adult population, account for about 83% of all cases of lung

cancer.

- Lung cancer is the number one cause of cancer death among men. But in the last 30 years, there has been an increase of more than 300% in women's lung cancer death rates. This year, lung cancer is expected to surpass breast cancer as the number one cancer killer among women.

- Cigarette smoking has been implicated as a cause of cancer in parts of the body other than the lungs, including the mouth, pharynx, larynx, esophagus, bladder, and pancreas.

### Adoption Papers

I, \_\_\_\_\_, as a nonsmoker, will take it upon myself to help \_\_\_\_\_ on the path to smokelessness. For my part I will provide you with constant encouragement, fruit and peanuts if need be, and a shoulder to cry on.

It will be expected that \_\_\_\_\_ will assist me by adhering to the following suggestions:

1. Hide cigarettes, ashtrays, lighters and matches.
2. Tell all your friends that you have been adopted and will not smoke on the day of the Great American Smokeout (GAS), the third Thursday in November.
3. Call on your foster nonsmoker (me!) in times of weakness.
4. Refrain from frequenting smoke filled rooms.
5. Repeat to yourself over and over "not smoking is a GAS."

I, \_\_\_\_\_ the foster nonsmoker will try to cajole the aforementioned smoker to continue on the road to smokelessness following the Great American Smokeout, but this formal arrangement will conclude 24 hours after it begins.

Signed: \_\_\_\_\_ (nonsmoker)      Signed: \_\_\_\_\_ (temporary smoker)      Date: \_\_\_\_\_