

Going Cold Turkey

How To Quit Smoking

The following information is provided as a service by the Duke University Medical Center.

Kicking the smoking habit is as difficult as taking physics first semester freshman year.

So if you want to quit smoking, it is important to plan your counterattack against the nicotine impulse. It's one thing to jump in the '73 Toyota on the spur of the moment and head for Ft. Lauderdale for spring break, but kicking the smoking habit takes planning.

How do you plan your freedom from cigarettes?

Robert Shipley, Ph.D., director of Duke University Medical Center's Quit Smoking Clinic, said planning your freedom from cigarettes depends on skill rather than will power.

Those skills include the knowledge of how to prepare yourself to quit, how to break the physical addiction to nicotine and how to maintain a nonsmoking lifestyle.

"Smokers have to learn how to relax without a cigarette, how to deal with the temptations to smoke, how to handle their anger in other ways than having a cigarette, and how to handle other activities usually associated with smoking," Shipley said.

First, students should determine a practical rather than an ideological reason to quit. Quitting smoking because you lose your breath from climbing the dormitory stairs can be more motivating than quitting only because you 'ought' to quit.

Shipley, who smoked for 10 years before quitting, said that most ex-smokers soon forget why they quit in the first place. He said those wanting to quit should post their reasons in prominent places to constantly remind themselves of their intentions.

Next decide whether you want to try quitting cold turkey or whether you want gradually to reduce the amount of nicotine inhaled.

Shipley said you should avoid trying to quit by gradually reducing a love affair by gradually seeing the person less and less. Perhaps it can be done, but it is very painful.

If you choose a gradual route, try to reduce your nicotine by no more than 40 percent each week. If you're smoking Marlboro Kings now, which contain 1 milligram of nicotine, you should switch to a brand with .6 milligrams of nicotine, such as True 100s, for one week, then to a brand with .3 milligrams, such as Kent III Kings. Then, with less nicotine in your system, quit cold turkey.

"A lot of smokers who switch to low-nicotine cigarettes don't like the brand so they find it easier to quit altogether," Shipley said. Also, smokers usually feel better after gradually reducing nicotine intake and it gives them the self-confidence to quit, he said.

Those switching to brands lower in nicotine are cautioned, however, not to compensate by smoking more cigarettes, or drawing smoke deeper into the lungs.

No matter how you plan to quit, it is important to enlist allies, Shipley said. Tell these friends or relatives of your plans to quit, ask for their support and discuss with them specifically how they can help. You might ask them to help talk you through an urge to smoke.

Finally, look at the calendar and plan a quit-smoking date. And don't choose a date associated with stress, such as exam time.

Then avoid temptations to smoke by destroying your cigarettes. Keep away from smokers and smoky places. Shipley said quitters also should avoid the party scene for at least a couple of weeks.

If you go to a party and drink, the temptations may be too great to avoid a drag.

Pulling out of the party circuit for a while may be difficult, but no one said quitting smoking was easy. "Under the best of circumstances, quitting smoking is a very difficult habit to break," Shipley said. "Studies have shown that quitting the smoking habit is as difficult as quitting heroin or other drug addictions."

Once smokers kick the habit, they should develop coping techniques to help them from picking up another cigarette. Remind yourself that urges to

smoke are only temporary. Think about what you can buy with the money no longer wasted on cigarettes.

Properly express your frustrations and anger. Pound a pillow. Take a walk. Find a cigarette substitute, such as gum or sunflower seeds.

But, most important, stay on the wagon. Three of four ex-smokers who have 'just one' cigarette after the quit date return to regular smoking.

And, after six months of freedom from smoking, celebrate. You deserve it.

All That Jazz

By: Pat Gaskill

Jazz lovers, come out of the closet! This issue's column will share some of my recent discoveries in the world of jazz. The albums reviewed have all been previously released, but they are definitely worth returning to.

A staple instrument of the jazz genre, the saxophone, becomes a powerful yet subtle force in the hands of a young man named John Klemmer. Two of his albums, "Magnificent Madness" (1981) and "Hush" (1980) showcase his mellow, controlled style of playing. On "Hush," the title track and "Life Is So Beautiful" are haunting and sensual. Backed by guitarist Larry Carlton and pianist

Russell Ferrante (on "Life"), Klemmer is at his best as he weaves magical spells around the listener with his perfect intonation and sense of note placement. "Hush," a tranquil album, is worthy of anyone's attention.

"Magnificent Madness" is more upbeat than "Hush," with the exception of the languid and flowing "We Couldn't Start Over." Here, the singer asks his lover not to stat over with him, but to begin their relationship right then. The title cut, however, is the only one that seems to be a bit lacking. The vocals merely repeat the title, smothering a lovely melody. Klemmer should have omitted the

words and concentrated more on the development of the excellent instrumental track.

Moving to guitar, no one is a more respected player than Earl Klugh. His 1980 album, "Dream Come True," contains all previously released material. This backlog of Klugh's career highlights includes "I Don't Want To Leave You Along Anymore," a sentimental lover's plea introduced by a country-tinged layering of guitar voices. I am unable to find a bad note phrase anywhere in the album. The only things missing are a bottle of vintage burgundy, a quiet beach at dusk, and someone to share all of it with.

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