

FreshStart tries to help smokers quit to start over

By LINDA MONTANARI
Staff Writer

"Gotta cigarette?" they were pleading jokingly, but no one would have taken one, for they were really there to break the smoking habit and get a "fresh start" on their lives.

Six local residents discussed their victories and setbacks and offered support Wednesday in the last meeting of the American Cancer Society's (ACS) FreshStart quit-smoking program.

The program, consisting of four free group discussion sessions, has been led in Chapel Hill by Margaret Hudson since 1980.

"It's almost all group support," Hudson said. "It's an educational program in order to educate people on the dangers of smoking, to the different ways of being hooked on cigarettes."

No follow-up study has been done on FreshStart, but a smoke-ending program in Michigan showed 52 percent of the participants were still not smoking after two years, she said.

In North Carolina, it is sometimes difficult to carry off programs like this because of the positive attitude toward tobacco, Hudson said.

"What (tobacco) brings into the economy is taken back out of the economy in illness," she said. "The amount of money spent on medical care because of smoking is phenomenal."

Smokers can smoke out of habit, out of a psychological addiction or out of a physical addiction to nicotine, Hudson said.

"What kind of withdrawal, how they feel about themselves, why they're quitting, how did they get started in the first place - those are the questions (we ask)," Hudson said.

People use cigarettes for different purposes, such as to handle stress, to reward themselves, to relax and to get going in the morning, she said.

"Go out and walk instead," Hudson said.

Hudson said she recommended trying to quit cold turkey, but that tapering down the number of cigarettes per day and delaying the first cigarette of the day also work.

Gayle and Joan, two group members, said they were finding themselves eating instead of smoking; but Hudson said it would take 75 extra pounds to do the damage that one cigarette does.

"It's not just lung cancer, and it's not just emphysema, and it's not just throat cancer," she said. "We're finding out now bladder cancer and pancreas cancer (are linked to cigarette smoking). It ages your skin like crazy."

"I don't find (quitting) that difficult," Joan said. "I'm more conscious now . . . (about) what this hand is doing, and most of the time I really don't want that cigarette."

One group member suggested that printing the word addiction on the side of the cigarette package might make people think twice about smoking.

The ACS will hold another FreshStart program at the end of April. Interested people can call the ACS office in Carrboro at 942-1953 or 929-5421.

Motorcyclists lured by low costs, speed

By TRACY HILL
Staff Writer

For the joy, rush and risk of speed, the motorcyclist and his bike bond together and conspire to go fast.

Driving a car feels dull, awkward and slow by contrast.

And aside from the lure of excitement, there are practical reasons of economy and efficiency for motorcycling. A motorcycle costs less to buy and operate than a car, and it is more maneuverable and easier to park.

But the hazards of motorcycling force a rider to be constantly alert to his safety.

Ed Raine, a political science major from London, England, has been a "thoroughbred motorcyclist" for about two and a half years. Primarily, he said, he rides for financial reasons. For \$2.50 he can fill his gas tank and drive for 120 miles.

After some reflection, Raine added that he was really drawn to biking by the challenge, sense of freedom, immediacy and speed. "It's the thrill of danger, and because you know how catastrophic any slipup on your part would be," he said.

Given the right riding conditions, Raine said he would take his bike as fast as he could get it to go. "But only when I'm really sure all the conditions are safe. . . . No one wants to come off a bike at 90 miles per hour — if you want to stay alive."

University Police Sgt. Ned Comar, who has been a motorcyclist for over a decade, said he would promote motorcycling as an alternative to car driving, but added that it is inherently unsafe. "A bike doesn't stand much of a chance in an accident with a car.

. . . There are more pitfalls to riding a motorcycle."

Chapel Hill motorcyclists have a good safety record, Comar said, but it could be better if car drivers were more aware of the bikers. A greater number of bikers on the roads would force drivers to get used to them, he added.

Raine said he wished drivers had more respect for motorcyclists, because cars pose the greatest threat to a biker's safety.

Last summer he toured the States without mishap. "After 9000 miles, my first day back in Chapel Hill I almost got killed (by a car that pulled out in front of him). I've had more close calls in this town than anywhere else."

Statistically, motorcycles are safer than mopeds. Comar attributed the difference to the strict licensing law for motorcyclists. A moped requires no license.

To be licensed, a biker must pass a skills test and a written exam. Highway patrol stations administer the skills test, which consists of riding through an obstacle course slowly, within a given amount of time. A biker also has to know the correct way to lay down his bike in case of an accident.

All the rules that pertain to cars apply equally to motorcycles. In addition, safety regulations require bikers to wear a helmet and to burn their front light at all times to improve their visibility.

Tickets for traffic and parking violations cost the same for both motorcycles and cars. "If everybody rode a motorcycle, the problem of parking on this campus would be



DTH/Dan Charlson

Motorcyclists enjoy the thrills and fuel efficiency of two-wheel traveling

wiped out," Comar said.

Many students bike mainly for the low-cost convenience of commuting to classes.

Chesca Varcoe, a junior political science and economics major from London, said she rides her Honda 125 just to get around Chapel Hill, because it's cheap and easy.

The season determines how enjoyable motorcycling can be, she said. "It's lovely in the summer, but it's pretty miserable in the winter."

Rian Hamby, who works at

Kawasaki-Suzuki in Chapel Hill, said most of his student customers come in looking for a small to mid-sized used motorcycle that they plan to ride locally and park near classroom buildings.

Motorcyclists can save about 40 percent by buying a used bike, Hamby said. The price for a commuting motorcycle runs from \$750 to \$1700 depending on engine size and quality.

Helmet cost from \$19 to \$350. Those made of plastic are least expensive, but experts do not recom-

mend them for street use.

Hamby pointed to a poster on the wall. "The sign demonstrates our feeling on helmets: 'If you have a \$10 head, wear a \$10 helmet.'"

He recommends that inexperienced riders practice off the road on a dirt bike or take a rider-training course from the American Motorcycle Association before taking a motorcycle out on the streets.

"The excitement associated with motorcycles should be colored with prudence," he warned.

Ugly man

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convert your strengths to weaknesses."

Carpenter is a senior from Wilson.

His "twin," Davenport, said he wanted to spread ugliness around the world and into other people's lives. "I look into the mirror and see how I can make myself uglier," said the junior from Winston-Salem.

A sophomore from Cheshire, Conn., Surowiecki said his editor (Scott Fowler) convinced him to run, and he was running on his reputation. "I'll win because I'm a Big East fan, and I don't like Carolina basketball," he said.

Schmitz, a junior from Raleigh, and Courtney, a junior from Greensboro, could not be reached for their opinions on the contest.

All the contestants will be present at APO's Campus Chest auction on April 3 in the Great Hall of the Student Union, where the winner will be announced about 8:30, Krizek said.

She said the winner would receive a dinner for two at a nice restaurant, and the sponsor would be awarded 5 to 7 PTA pizzas. The second-runner-up prize had not yet been determined, she said.

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