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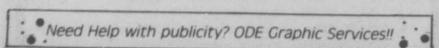
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Smoking control program helps people kick the habit

By Lori Stephens

For people who have tried unsuccessfully to quit smoking, the University Smoking Control Program offers an effective, behavior-oriented method for kicking the habit.

Researchers in the program have been doing clinical studies on smoking-control methods for 15 years under the direction of Psychology Prof. Edward Lichtenstein, and counselors have been working directly with smokers for almost six years.

"We try to deal with both the physical and the psychological aspects of smoking," says Tom Kamarck, one of the counselors at the clinic. "We think of smoking in part as something people have learned, and we help them to develop skills it may take to unlearn it."

The six-week program is offered once each term. For the first three weeks, clients reduce their daily nicotine intake by switching cigarette brands. They also record their smoking habits and learn "ways to alter their environment while they're practicing quitting," Kamarck says.

"We encourge them to think of a lot of different strategies," Kamarck says. One strategy would be to use substitutes in place of smoking, such as chewing gum or carrot sticks, doodling, or singing.

Another strategy would be to make smoking less convenient by avoiding or altering situations where the person normally smokes, he says.

The clients meet as a group once a week to discuss their progress and problems, and the last day of the third week is ''quit day.'' How do most people feel about quit day?

"That's scary," Kamarck says. "Most people are pretty enthusiastic at the beginning of the program. . . . (But as quit day approches) people start getting nervous and joking around."

After quit day, an emphasis is put on preventing a return to smoking. The group members work specifically on coping with situations where they would normally smoke and overcoming rationalizations. All members are expected to make a public commitment to quit, and participation in the group process helps to

strengthen that promise.

After completing the program, clients are contacted at one-, two-, and three-month intervals. At the six-month mark, they are asked to come in to the clinic, fill out a questionnaire and take a carbon-monoxide test that shows whether or not they have been smoking. Their last follow-up contact is one year later.

Between 60 and 70 percent of the participants successfully quit smoking by the end of the program, and after one year 30 to 35 percent are still nonsmokers, Kamarck says.

"Everyone comes away with a certain feeling of satisfaction that they've accomplished something, or at least made some progress," Kamarck says. "If they've quit, they feel a great deal of accomplishment, and if they haven't, they're disappointed. . . . Our approach is to encourage them to try again.' The program costs \$40, \$25 of which is an "incentive deposit" and is refunded after the six weeks. The Smoking Control Program is located in Room 475, Straub Hall. For more information, call 686-4903.

Manhattan Transfer returns to Eugene

The Manhattan Transfer is one musical group that appears to defy categorization. The vocal quartet turned out '20s and '40s tunes in their first album, with hits like "Operator" and "Tuxedo Junction"; moved into jazz with their Grammy award winning "Birdland"; and then had hits with their renditions of '50s and '60s bebop songs like "Trickle Trickle" and "Boy From New York City."

The group's new work also crosses many genres, including contemporary music, older hits, and a touch of experimentation, all with their signature four-part harmonies.

This cross-genre aspect sometimes makes

popular success on the radio difficult (since AM radio is so narrowly defined), but the Transfer's following makes itself felt during tours in sell-out concerts with standing ovations.

Sunday, the Manhattan Transfer returns to Eugene for one night only at the Hult Center in what promises to be another sell-out concert. Hot off the release of a new album, "Bodies and Souls," the Transfer is back to dazzle audiences with their distinctive harmonies and original arrangements.

Tickets are \$14.50 and \$18 and are available at all Hult Ticket Outlets. This is an NW Entertainment production.





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