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# Smoking control program helps people kick the habit

By Lori Stephens  
Of The Emerald

For people who have tried un-  
successfully 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 of-  
fered 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 encourage them to think  
of a lot of different strategies,"  
Kamarck says. One strategy  
would be to use substitutes in  
place of smoking, such as chew-  
ing gum or carrot sticks, dood-  
ling, or singing.

Another strategy would be to  
make smoking less convenient  
by avoiding or altering situa-  
tions where the person normal-  
ly 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 peo-  
ple feel about quit day?

"That's scary," Kamarck  
says. "Most people are pretty  
enthusiastic at the beginning of  
the program. . . . (But as quit  
day approaches) people start get-  
ting 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 pro-  
gram, clients are contacted at  
one-, two-, and three-month in-  
tervals. 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 non-  
smokers, 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 disap-  
pointed. . . . 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 in-  
formation, 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 "Tux-  
edo Junction"; moved into jazz with their Gram-  
my 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  
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