

Smokeout asks, 'Can you quit for a day?'

By Patrick Low
Of the Emerald

The eighth annual Great American Smokeout begins today, and an estimated 51 million intrepid smokers around the nation are expected to marshal their willpower and quit smoking cigarettes for 24 hours...or more.

The smokeout, sponsored primarily by the American Cancer Society, is a good-natured effort to remind smokers of what a full day of clean air feels like, and a day for the ACS to warn the public of the potential dangers of cigarette smoking.

During last year's Great American Smokeout, nearly 36 percent of American smokers attempted to give up cigarettes for the day, according to the ACS. A follow-up survey conducted by the Gallup organization indicated that more than 8 percent of those who participated were successful in quitting for the

full 24 hours, and 4 percent quit for one to 11 days.

Not a particularly staggering success rate perhaps, but then the ACS has always meant the smokeout to be a day of celebration and fun. This year, as in previous years, the ACS distributed "smokeout kits" to campuses, corporations and various organizations with fun promotional suggestions, such as parties, parades, marathons, contests and mass balloon releases.

In Eugene, Prince Puckler's ice cream stores are encouraging smokers to quit today, offering one free ice cream cone to anyone who turns in a full pack of cigarettes and a half-priced cone for those who turn in a half pack of cigarettes. Prince Puckler's stores are located at 861 Willamette St. and 686 E. 13th Ave.

The Student Health Center is organizing a Go-Cold-Turkey raffle at the EMU Lobby outside

the Fishbowl cafeteria today to celebrate the smokeout. A basketball hoop will be set up for smokers to slam dunk their cigarette packs, after which they will receive a raffle ticket. The drawing for the raffle is at 3:30 p.m. and the prize is, appropriately enough, a frozen turkey.

Bob Petit, the medical administrator for the Student Health Center, will perform the opening slam dunk at 9:30 a.m.

Petit, who smokes about two packs of cigarettes a day, has pledged to refrain from smoking for at least a day.

For those who plan to participate in the smokeout, here

are some tips from the ACS on how to alleviate withdrawal symptoms:

- Throw out all cigarettes by breaking them in half and wetting them down, or bring them to Prince Puckler's if you have a penchant for ice cream. Hide all ashtrays, matches, and lighters in the home, office or car.

- Engage in plenty of exercise to relieve tension.

- Get a good supply of low-calorie cigarette substitutes, such as sugarless gum, pumpkin or sunflower seeds, apple slices, carrot sticks or celery.

- Avoid sugar-laden or spicy foods, coffee, soft drinks with caffeine and alcohol, as these

items can trigger a desire for cigarettes.

- Keep your hands and mind busy. Try working on a crossword puzzle, knitting or fixing something around the house.

- Scramble up your day and change habits connected with smoking, such as eating lunch in a new place if you normally have a cigarette after a meal.

Smokers are more successful in kicking the habit if they have support from friends and relatives, which is why the ACS encourages non-smokers to "adopt" a smokeout quitter and help him or her get through the day.



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