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Smokeout offers help quitting

By Stephanie Sisson
 Oregon Daily Emerald

Amy Sanseri does not intend to smoke for the rest of her life.

A University sophomore, Sanseri began smoking at parties and around friends two years ago. Since last summer, she has smoked cigarettes on a regular basis, usually 10 to 15 a day.

"I'll quit maybe the first of the year, for a New Year's resolution or something," Sanseri said. "I'll quit cold turkey ... I don't think tapering off works."

Quitting cold turkey isn't easy, but the American Cancer Society has designated today, Nov. 18, as the 17th Annual Great American Smokeout to give smokers incentive to quit.

"The American Cancer Society is always promoting non-smoking, and this time of year we're really encouraging smok-

ers to give it up for one day," said Sandra McMullin, board member for the society. "If they can quit for one day, they can do it forever."

Today from 11 a.m. to 1 p.m., smokers who are interested in quitting "cold turkey" can trade in a pack of cigarettes for a slice of turkey sandwich at American Cancer Society booths at two Albertson's stores, located on Coburg Road in Eugene and 58th and Main in Springfield.

The Sacred Heart Hospital Cancer Care Unit, one of the major sponsors of the smokeout, is also encouraging smokers to quit "cold turkey" with a free turkey raffle. Entry forms, which are available at both Albertson's and in today's *Register-Guard*, and offer participants a chance to win one of 12 turkeys.

The American Cancer Society offers several tips to help quit-

- ting:
- Hide all ashtrays
- Have a large supply of gum, carrot sticks or other foods to chew on
- Exercise to relieve tension and stress
- Drink liquids, except for coffee and alcohol, to help flush the nicotine out of your system
- Tell everyone you're quitting
- Try the buddy system and ask a friend to quit also

Tobacco is the single greatest cause of premature death in the United States, and lung cancer is the number one cause of death from cancer, according to a press release from the American Cancer Society. The society anticipates 170,000 new cases of lung cancer and 149,000 lung cancer deaths in 1993.

COMMUNITY UPDATE

• "There are a lot of opportunities in Oregon to do cross-country skiing, but not many people know about the resources which are out there. That's why we are putting this ski week together," said Roger Bailey from River House.

The Nordic Ski Week is taking place this week at the Hult Center, and Bailey is one of the people behind the program. "The City of Eugene started this unique celebration of nordic skiing and it has been going on for a dozen years."

This year the University of Oregon Outdoor Program is one of the main sponsors, and together with the City of Eugene Recreation Services and River House they will discuss equipment, shelter, safety and telemark gear and techniques. "We are having an increase of teenagers doing telemark, since the young are realizing that there is more to do on skies than just cross country," says Bailey. "We are hoping that this week will make more people aware of the fun of the telemark turn."

The telemark ski was the model around which the new ski type was developed, around the year 1700. Only one ski, of about 3 meters length was used, as well as a shorter ski or andor. The latter was covered in animal skin, which allowed the skier to kick off more efficiently.

The ski week takes place at the Hult Center Studio 1, and the door opens at 7:00 p.m. The last day is Thursday, Nov. 18.

• Kaplan Education Center has scheduled an open house today for its newest test preparation center in Eugene.

The open house begins at 3 p.m. and will run until 7 p.m. at the new center, 720 East 13th Ave. Kaplan is a subsidiary of the *Washington Post* and is the oldest and largest test preparation center in

the world. The center helps prepare students for tests such as the SAT, ACT, MCAT, GMAT and LSAT.

Open house guest will have the opportunity to view the facilities, examine preparation materials and talk with staff members. For more information, call 345-4420.

• The history, economics and environmental impact of light rail and trolley systems in Lane County will be discussed at a panel presentation tonight at Eugene City Hall, 777 Pearl St.

The program begins at 7 p.m. and is sponsored by Friends of Eugene and Lane Historic Preservation Council. Panelists include Neale Hyatt, originator of the Eugene/Springfield Regional Rail Transportation plan and Dick Feeney, executive director of Portland's Tri-Met light rail system. University associate professors from the planning public policy and management department will also speak.

For more information, call 342-2772.

• The Lane County League of Women Voters will sponsor a presentation on the North American Free Trade Agreement today at the Black Angus restaurant, 2123 Franklin Blvd.

The meeting is free to the public and begins at noon. Joe Stone, University associate dean of social studies and economics professor will present the case for Nafta. Political science professor Daniel Goldrich will speak in opposition to the trade agreement. Both speakers will answer questions about the agreement.

A buffet luncheon will be served starting at 11:45 a.m. and is available for \$7.50. Coffee or tea is \$1.50. For more information call Kathy Walter, 942-3611.

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