

Great American Smokeout offers end to nicotine habit

Natasha Shepard
For the Oregon Daily Emerald

For the last 18 years, the third Thursday of November has been important to smokers. The Great American Smokeout is a day designated for smokers to quit smoking, and the idea is that if they can do it for one day, smokers might be able to do it for another day and another one.

Peer Health Educators organized a table that will be at the EMU today, Wednesday and Thursday to promote the Smokeout and provide information about quitting smoking. It will also offer support to people who may want to quit smoking.

The Great American Smokeout is organized nationally by the American Cancer Society.

"If you can do it for a day, you might be able to do it for another day," said Mark Warnell, a peer health educator who is coordinating the event on campus.

According to information from the American Cancer Society, in 1993 20.5 percent of the smokers in the United States, totaling 9.4 million people, stopped smoking or at least cut down on the day of the Smokeout last year. Eight million continued to either reduce their smoking or stopped smoking for the next one to 10 days.

Throughout Eugene, 39 work sites will be encouraging their employees to quit smoking on Thursday, and events across the country will include contests, rallies, jazz funerals for cigarettes and "cold turkey" lunches to encourage people to quit.

Warnell said he hopes signs and posters on campus will remind smokers about the significance of the day.

"We want to make sure smokers know enough in advance so that they don't wake up in the morning, smoke a cigarette, realize that today was the day and think 'I've already smoked, why bother?'" he said.

According to the American Cancer Society, non-smokers can also support friends who smoke by giving words of encouragement, helping the smoker keep their sense of humor throughout the day or make an agreement to give up something the non-smoker loves, such as chocolate or coffee.

Information about quitting will include facts about withdrawal symptoms and how to ward off or lessen the effects of nicotine withdrawal.

The American Cancer Society said the first three or four days are the most difficult because this is the time most of the nicotine is being eliminated from the body. Symptoms can include irritability, headaches, anxiety and an "intense craving for tobacco."

Drinking a lot of liquids can help clean the nicotine out of the system, so people who quite smoking should make sure to get enough fluids. Exercise can also help quitters and can minimize weight gain for those who decide to quit for good.

For more information about the Smokeout, contact the American Cancer Society in Eugene or stop by the EMU.

DIVERSITY

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The state chapter of the National Association for the Advancement of Colored People objects, but it is not a party to the suit and would have to start new legal action.

The 1981 settlement was abandoned after a judge decided it wasn't working.

In the current settlement, the state has agreed to big expenditures again, including \$65 million to finish buildings promised to historically black campuses under the first settlement.

■ ET ALS

MEETINGS

Japanese Student Organization will meet today at 5 p.m. in EMU Cedar Room E. For more information, call 484-1307.

African American Male Support Group will meet today at 5 p.m. in EMU Century Room F. For more information, call 346-4379.

Lesbian, Gay and Bisexual Alliance will meet tonight at 6:30 in EMU Century Room F. For more information, call 346-3360.

Sierra Club Program will meet tonight at 7:30 at Roosevelt Middle School, 24th Avenue and Hilyard Street, Eugene. For more information, call 342-4527.

MISCELLANEOUS

College Pro Painters will sponsor an informational meeting today from 10 a.m. to 5 p.m. in EMU Century Room D. For more information, call 346-3235.

U.S. Marines will sponsor a table today from 10 a.m. to 2 p.m. in the EMU. For more information, call 346-3235.

Career Center will offer open sign up today beginning at 8 a.m. in Room 244 Hendricks for interviews with the following organizations: Nike, Tektronix, Meier and Frank, Timberline and Bi Mart. For more information, call 346-3235.

Society of Professional Journalists will be in the EMU Lobby today from 11 a.m. to 4 p.m. For more information, call 341-1241.

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