

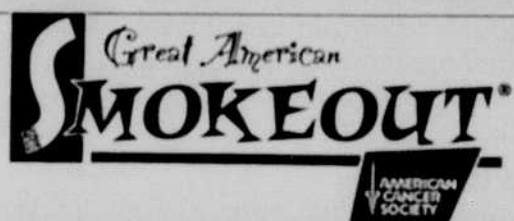
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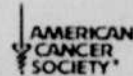
**Resources for a
Tobacco-Free Life:
November 16 & beyond**

- ☉ American Cancer Society
484-2211
- ☉ American Lung Association
343-5864
- ☉ The Smoke-Free Line
1-800-223-8023
- ☉ Acupuncture
Consult the Yellow Pages
- ☉ Your friends and family
(You know their numbers)

Also, the **Health Education Program** offers a **Smoking Cessation Workshop** every term for students. Call 346-4456 for more information.



Student Health Center



Smoking: Some doctors offer options such as nicotine patch, acupuncture

Continued from Page 1

This program asks the smoker's non-smoking friends to help them get through the day without a cigarette. The 24-hour program is designed to bring non-smokers into the process.

McIntyre said the program helps smokers by providing them with a support person. "You do everything you can to help that person not smoke for 24 hours to show him or her that it is possible," she said.

Joanne Frank, the director of health education for the Health Center, said smokers have a range of options and need to explore what works best for them. They can get information from their doctor about options such as the nicotine patch and others.

"Acupuncture works for some people," she said. "Going cold turkey works for some people. It all depends on what works for the individual."

On campus, smokers can participate in a free, smoking-cessation class that the Health Center provides every quarter. The next available class begins next term.

Frank said smokers can also call a hotline at 1-800-223-8023

"The Smokeout is a good way to put out information about the effects of smoking."

— **Lindall McIntyre**
Peer Health Educator

for support and information.

Smokers can get information on quitting year around at the Student Health Center and at the American Cancer Society, the Smokeout's national sponsor.

Pat Cookson, an American Cancer Society community education volunteer, said this year's Smokeout includes the start of a new event: the Great American Smokescream.

The Smokescream will occur at 11 p.m. when middle-school students throughout the nation scream together against tobacco use.

"What we're seeing is that with adults there is a reduction in smoking, but the area that is increasing is among young adults," said Cookson. "This event let's them become part of the program in an active way."

SMOKING FACTS

Statistics from the American Cancer Society:

- More than 400,000 people die annually from smoking-related diseases.
- After 1 year, there is a significant drop in the risk of heart attacks among those who quit.
- Cigarette smokers have 70 percent more heart attacks than non-smokers.
- Heart attacks, strokes, and lung cancer are the three most frequent causes of death among smokers.
- Pregnant smokers have a greater number of stillbirths, and their infants are more likely to die within the first month.
- Non-smokers are also at risk of lung cancer if their partners smoke.
- In 1981, 2,300 deaths were blamed on smoking-related fires.

DENNIS BOLT/Emerald

Event: Kids suffer most from hunger

Continued from Page 1

modity foods program, a program providing food to needy families, is one program that has already been cut.

When people can't get food, children are often among the hungry, she said. Twenty-nine percent of children in the United States less than 12 years of age are at risk for hunger.

"This means one-third of the kids in school in Eugene miss at least one meal a day," she said. "The U.S. is second for economic output, but for children's health and nutrition, it totally

"It's not unemployment that's the problem; it's underemployment."

— **Cheryl Crumbley**
Food for Lane County

flip-flops. We're third from the bottom."

Kevin O'Dea, a freshman geology major, ate a middle-class meal of beans and rice. He said the event made him think about

hunger around the world.

"You really start to think about it," O'Dea said. "You come here and actually learn something."

Kalpna Krishnamurthy, the state chairperson for OSPIRG, said the dinner is successful in teaching people about the politics of hunger.

"As a global community, we produce enough food to feed everyone in the world a first-class meal," she said. "It's not necessarily a country problem; it's an economic thing."

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WINTER CLASSES AVAILABLE

HISTORY

HIS 408 CRN 22926
U 14:00-15:50 Century C, EMU
1/9, 1/23, 2/6, 2/27, 3/5

ENVIRONMENTAL STUDIES

ENVS 407 CRN 26257
M 15:00-16:50 102 Deady
1/8, 1/22, 2/5, 2/26, 3/4

ENGLISH

ENG 408 CRN 22450
H 15:00-16:50 203 Chapman
1/11, 1/25, 2/8, 2/29, 3/7

ALL MAJORS

PPPM 410 CRN 24473
H 15:30-17:20 112 Esslinger
1/11, 1/25, 2/8, 2/29, 3/7

BUSINESS

MGMT 410 CRN 26028
M 15:00-16:50 227 Chiles
1/8, 1/22, 2/5, 2/26, 3/4

MUSIC

MUS 408 CRN 24076
U 19:00-20:50 105 Fenton
1/9, 1/23, 2/6, 2/27, 3/5

ECONOMICS

EC 408 CRN 22205
U 16:00-17:50 203 Chapman
1/12, 1/26, 2/9, 3/1, 3/8

SOCIOLOGY

SOC 410 CRN 25812
H 18:00-19:50 203 Chapman
1/11, 1/25, 2/8, 2/29, 3/7

PSYCHOLOGY

PSY 410 CRN 24656
F 13:00-14:50 127 Chiles
1/12, 1/26, 2/9, 3/1, 3/8

SCIENCES

BI 407 CRN 25884
CH 408 CRN 25605
PHYS 408 CRN 25642
W 19:00-20:50 171 Onyx
1/10, 1/24, 2/7, 2/28, 3/6

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