

Aversion method disdained

New approaches curb smoking

New approaches to controlling smoking may not only help people kick the habit, but could also aid them in permanently staying off cigarettes.

Only about 20 percent of the people who take part in stop-smoking clinics are generally successful in avoiding cigarettes for more than a few weeks or months, according to University of Oregon psychologist Edward Lichtenstein.

In contrast, the U.S. Public Health Service estimates that 90 percent of current smokers either have made an effort to stop smoking, or would do so if an easy method were available.

Lichtenstein, head of the Oregon Smoking Control Program, said the new approaches are aimed at increasing the percentage of long-term quitters by placing a greater emphasis on maintaining a cigarette-free lifestyle.

A major element of the method entails helping people to learn more about why and under what circumstances they smoke so that they can more successfully avoid relapsing in-

to old habits after they quit.

Meanwhile, Lichtenstein has abandoned the use of one smoking control tactic with which the UO program has long been identified. Known as the aversion or "rapid smoking" method, it required smokers to take a drag on their cigarettes about once every six seconds, a rate between six and eight times faster than normal. The process continued until the smoker was unable to continue without becoming nauseous.

Although the method produced some spectacular results, about 50 percent, he said it was given up because of findings indicating that it could place strains on the body's cardiovascular system.

That method could not be used for many people—those over 40, pregnant women or individuals with poor health—all people who would especially benefit from quitting.

The three-stage method now preferred is more complex and may not produce the same success rates. However, it is available to all people, it can be tailored

for individual smoking habits and it seems to offer greater hope for maintaining long-term abstinence.

In the first step, people are made aware of their own habit by keeping a detailed record of when they light up, under what circumstances and for what reasons.

In the second phase, the one in which people actually stop smoking, a target date for quitting is set. Although that point may be reached by various means—altering the situations in which a person smokes, "fading off" nicotine by smoking successively lighter cigarettes or going cold turkey, it is vital for such a date to be firmly established.

The final stage involves preparing people for a life without cigarettes and generally making them aware of the circumstances under which they might be tempted to relapse. The detailed information kept by the smoker in the first phase of the process may be used again here to provide warnings of situations in which the smoker might be tempted back into old habits.

An important part of the final phase is impressing people with the fact that smoking just one cigarette doesn't imply failure.

"For many people that one slip can be devastating," Lichtenstein said, noting the former smoker in this situation is likely to convince himself that he has no will power and cannot stop smoking.

However, Lichtenstein said that he knows of many successful non-smokers who have weathered such instances without relapsing.

Taxes to aid campaign fund

Oregonians filing a federal tax return may have a part in financing the 1984 presidential election campaign and it won't cost them one penny extra, according to the Internal Revenue Service.

When filing their 1980 federal tax returns, taxpayers may designate a dollar of their taxes to the 1984 campaign by checking the appropriate box or boxes on the tax return form.

Woodcutting

opening himself up to federal felony charges, McCormick said.

In addition to the felony charge of theft of government property, which applies whenever the value of the property exceeds \$100, civil charges amounting to two or three times the value of the theft can be levied under Oregon state law, the agent explained.

The popularity of the woodcutting program, uncertainty of the economy and the favorable market for wood have created some tense situations on forest service lands in recent years. McCormick described several confrontations he has had with woodcutters during his patrols.

In one incident he was on forest service roads which were amply posted with woodcutting restrictions and regulations. "I had passed 53 signs, some of them warning that improper woodcutting is a felony crime," he said, when he came upon three truckloads of wood, with seven people at work.

There were numerous indications of illegal woodcutting, and McCormick expressed amazement that all seven of the people involved

had driven past the warning signs. "There seems to be a real lack of concern for the legalities," he said.

In another instance, he encountered two men who had committed multiple violations, yet who were hostile when he arrived. "They got belligerent and irate, even though they were violating half a dozen laws," he said. To further increase the agent's apprehension, the men were armed.

Gordon Pearigen, the law enforcement coordinator for the Zigzag Ranger Station, said he has not yet encountered serious antagonism, but has heard enough stories to convince him it exists.

Pearigen emphasized that a high percentage of the

woodcutters in the district are "legitimate, mom and pop" operations in which there are no violations. Nonetheless, the district has issued 15 citations since last Oct. 1 for illegal woodcutting.

Pearigen and Dean Hartley, a Clackamas County deputy sheriff who patrols the Zigzag district, pointed out that they are aware of many violations for which they cannot issue citations.

"We can't prove that a person is selling wood they cut on a free use permit unless we establish an unbroken chain of evidence," Hartley said. "We must see

them cutting the wood, follow them out of the forest and actually observe the sale before we can charge them."

Agent McCormick suggested that taxpayers should make themselves aware of what wood theft is costing them at the county level. He said that 25 percent of all forest service receipts from wood sales go back to the counties in which the sale is made.

Based on the "math game" McCormick suggested, this could deplete county coffers by as much as \$3 million to \$9 million per year if the stolen wood had been sold by the forest service instead.

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CCC to ask voters to OK two new levies

Clackamas Community College is asking Clackamas County voters to support two new serial levies that would become effective June 30 when the current three-year levy expires.

CCC is asking for authority to levy up to \$1.14 per \$1,000 of true cash value on district property to be used for college operations, and 35 cents per \$1,000 of true cash value for capital construction during each of the next three fiscal years.

CCC president John Hakanson said the combined levy amount of \$1.49 is still less than the currently authorized rate of \$1.60 which, he noted, has never been fully levied.

College officials estimate that these tax rates, if approved, should produce \$6.68 million for operations and \$2.05 million for construction in the first year.

Hakanson said that since 1970, the full-time student equivalent population has doubled in size to 4,000. Student population is expected to increase by at least 50 to 60 percent in the coming decade.

"The college is already suffering a shortage of space," Hakanson said. "We need to move on with our long-range plans for construction. We just don't have the luxury of stopping."

Hakanson said that the college has placed priority on the construction of an industrial occupations building, a learning resource center, remodeling of McLoughlin Hall and of student and college services space and an off-campus center in North Clackamas County.

"These projects can only be realized through the voters' support," he said.

Auto accidents claim 41 in first month

Forty-one people died in Oregon traffic during January, two more deaths than in January of last year when 39 people lost their lives in traffic, according to the Motor Vehicles Division.

Thirteen of the January victims died in non-collision accidents when their vehicles left the road. Seven victims died in head-on collisions with other vehicles.

One January victim died when his vehicle struck a train. Another victim died when she fell out of the doors of the van in which she was riding when it rounded a curve. A truck driver when the raised cab of his vehicle struck a freeway overpass.

Five January victims were pedestrians and two were bicyclists.

Traffic accidents during the 1981 New Year's holiday weekend claimed 12 lives, as compared with eight who died in traffic during the four-day holiday weekend a year ago.

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