

# Neo-Nazis are No-Shows

continued ▲ from Front

munity values beyond just denouncing hate."

Mayor Tom Potter added his voice to the gatherings.

While local skinheads haven't been in the news

much lately, Potter said, "They've been here all along. Just because we haven't seen a lot of them, doesn't mean there aren't people who will do harm to others because of their color, gender, religion or sexual preference."

Student Molly Georgetta recalled keeping secret the fact that she has "two moms" for fear of "hurtful and homophobic comments." She expressed gratitude for diversity in her community and the positive reactions of her generation.

"At Wilson, we have white kids, black kids, brown kids, Jewish kids, Christian kids, Mormon kids, straight kids and gay kids. But, all I see are my peers making these distinguishing terms obsolete," she said.

# You Can Quit Smoking for Good in 2005

## Oregon Tobacco Quit Line can help

Kicking the nicotine habit ranks as one of smokers' top New Year's resolutions. And the Oregon Department of Human Services' Tobacco Prevention and Education Program encourages smokers and tobacco chewers to quit in 2005.

"Most smokers—at least 75 percent—say they want to quit," says Dr. Mel Kohn, state epidemiologist at the Department of Human Services.

Medical authorities say much of the damage caused by smoking can be reversed. Within just 20 minutes, a person's blood pressure and pulse drop to normal. The chance of heart attack decreases in 24 hours, and during the next several months, respiratory health be-



Dr. Mel Kohn

gins to recover. One year later, the risk of heart attack has decreased by half.

"Most people don't quit smoking overnight," says Kohn. "Once you are committed to quitting, it's a good idea to devise a plan and then begin to implement changes

that will make it easier for you to quit.

"The first step for a tobacco user who wants to quit is to pick a date to quit and take time to get ready," says Kohn. "It's also helpful to figure out what personal habits and triggers cause nicotine cravings and then find ways to overcome them."

He adds that experts agree taking action to deal with nicotine urges is an important step in kicking the nicotine habit. Most of the time the triggers that tempt nicotine use can be dealt with by avoiding situations that cause urges, by changing daily routines and by staying occupied.

Another important step is choosing a method to quit. While many people try to quit cold turkey, combining nicotine replacement therapy and counseling seems to have the best success for most people, according to Kohn.

Nicotine replacement therapy is

available over the counter as nicotine patches, nicotine gum and nicotine lozenges. It is also available by prescription as inhalers and nasal spray.

In addition, experienced cessation specialists are on-hand through the Oregon Tobacco Quit Line to help create personalized quit plans. Specialists can also make recommendations and answer questions about pharmacological products such as the nicotine patch or nicotine gum available in grocery stores and pharmacies. Some health insurance plans pay for these products.

To talk to someone at the Oregon Tobacco Quit Line, call toll-free 1-877-270-7867 or 1-877-266-3863 for Spanish callers. Cessation specialists are available from 5 a.m. to 9 p.m. seven days a week.

The Oregon Tobacco Quit Line was established in 1998 and is funded by voter-approved tobacco tax dollars.

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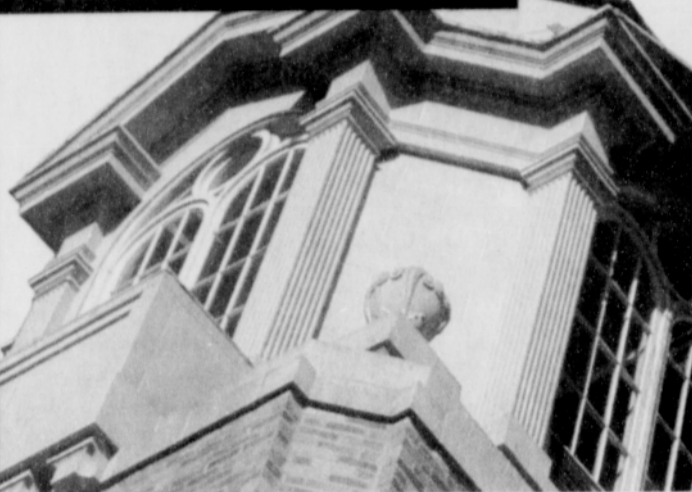
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Ruby, 4 and Steve, 11 are siblings waiting for adoption.

teny that helps them feel safe. These healthy children will flourish with strong parental support, guidance, and nurturing to keep them on track.

The siblings are among about 300 Oregon Children available for adoption through the state, generally because of abuse and neglect.

For more information on the availability of these children or how to become a foster or adoptive parent, contact the Special Needs Adoption Coalition at The Boys and Girls Aid Society or the Department of Human Services at 503-542-2392 or 1-800-331-0503.



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