

Smokeout urges you to adopt a smoker

By Keryl Knake

The American Cancer Society will try to get smokers throughout the United States to breathe in a day's worth of fresh air Thursday by sponsoring the seventh annual Great American Smokeout.

The cancer society's members hope to get one of every five smokers to quit smoking for 24 hours. Members of the Adopt-A-Smoker program, which asks non-smokers to provide support and encouragement for smokers during the day, will try to help the society achieve its goal.

Lincoln Mayor Roland Luedtke will participate in

the local Adopt-A-Smoker program. Luedtke said he plans to adopt his two sons to help them stop smoking for the 24-hour period.

Luedtke, a non-smoker, said he thinks it is important to help a loved one to quit smoking. Smokers must decide to quit on their own, he said, but he said he can provide his sons with encouragement and support.

One of Luedtke's sons, David, is a freshman at UNL. He said he thinks the Smokeout is a great idea, and he thinks he will be able to quit for the full 24 hours. He has been smoking for about three years,

but has never participated in the Smokeout. It isn't difficult to quit for one day, David said, but it is hard to quit for good.

There will be non-smokers in the Nebraska Union Thursday to help smokers quit, said Barb Schumacher, spokeswoman for the American Cancer Society. They will have containers for cigarette disposal as well as banners and literature on the effects of smoking.

Last year, 19 million smokers nationwide tried to give up cigarettes for the 24 hours, and 4.5 million smokers succeeded, according to the American Cancer Society.



What to do when the urge hits

To help people participating in Thursday's Great American Smokeout, the American Cancer Society offers these tips:

- Break all cigarettes in half and wet them down. Put away all ashtrays, matches and lighters in your home, office or car.
- When the urge to smoke hits, take a deep breath. Hold it for 10 seconds, then release it slowly.
- Exercise to relieve tension.
- When tempted to reach for a cigarette, think of a negative image about smoking. Select your worst memory connected with the habit, such as the time you burned a hole in your shirt, and imagine this experience for 15 seconds.
- Use such oral substitutes as sugar-

less gum, lemon drops, sunflower seeds, carrot sticks or unbuttered popcorn.

- Eat three meals. This maintains constant blood sugar levels, thus preventing urges to smoke. Avoid sugar-laden or spicy foods, drinks with caffeine and alcohol as they can trigger a desire for cigarettes.
- Change your day's schedule and habits connected with smoking. Keep your hands and mind busy.
- Spend your day with friends who don't smoke or in places where smoking is prohibited (a library, museum, theater).
- Treat yourself with kindness. Indulge in a bath, massage, nap. Realize you don't need a cigarette to have a good time.

Adopt a Smoker

Adoption Papers

_____ as a nonsmoker, will take it upon myself to help _____ on the path to smokelessness. For my part I will provide you with constant encouragement, fuel and peanuts if need be, and a shoulder to cry on.

It will be expected that _____ will assist me by adhering to the following suggestions:

1. Hide cigarettes, ashtrays, lighters and matches.
2. Tell all your friends that you have been adopted and will not smoke on the day of the Great American Smokeout (GAS) November 17.
3. Call on your foster nonsmoker (me!) in times of weakness.
4. Refrain from frequenting smoke filled rooms.
5. Repeat to yourself over and over "not smoking is a GAS."

_____ the foster nonsmoker will try to capture the aforementioned smoker to continue on the road to smokelessness following the Great American Smokeout, but the formal arrangement will conclude 24 hours after it began.

Signed _____ Signed _____
(nonsmoker) (foster smoker)

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