

Help a friend quit smoking

On Great American Smokeout Day, Thursday, everyone tries to be especially kind to smokers who are trying to quit. It's a time of light-hearted fun. Preaching and scolding are taboo. Never-smokers of former smokers who are "adopting" current smokers for the day should offer moral support, encouragement and incentives to help get them through the day — and hopefully longer.

- Show that you care — you have a vested interest in keeping your adoptee in good health.
- Provide your adoptee with a survival kit of low calorie nibbles — carrots and celery, cinnamon sticks or sugarless gum.
- Don't nag or threaten!
- Try to make yourself available either in person or by phone for the entire day.
- Take your adoptee out for breakfast or lunch. Or promise a special dinner in a favorite restaurant.
- Go public with your adop-

tion. Enlist the help of others in giving moral support to your adoptee.

- Especially if you're a never-smoker, consider giving up something for the day, too, like candy, desserts or coffee.
- If you're a former smoker, share your experiences rather than lecture on the dangers of smoking. What worked for you may work for others.
- Keep in contact.
- Send flowers for a post-smokeout celebration.
- Offer a lift to work or home in the afternoon.
- Schedule an evening activity that minimizes the temptation to smoke — see a movie in a theater that prohibits smoking in at least one section or try a strenuous activity like racquetball, bowling, or a swim at the local pool or stage a get-together with fellow adopters and their "foundlings."
- Urge your adoptee to stay off cigarettes now that he or she has made it for a day!

Snuffing the habit can save smokers' lives and families

By Kevin Dugan
Daily Nebraskan Staff Reporter

Some smokers say the Great American Smokeout is just a day when people give smokers more grief than usual.

But the facts of a recent report suggest smokers have a responsibility to quit — if not for themselves, then for others.

The most recent U.S. Surgeon General's report states that cigarettes contain Toluene, a narcotic affecting the central nervous system, and vinyl chloride, which causes liver cancer.

Apart from remaining healthier, non-smokers also can save more money. A pack-a-day habit costs about \$400 annually. Many insurance companies give discounts to non-smokers.

But even if smokers are not concerned with their health or pocketbooks, they have a public responsibility because smoking affects safety of others.

The American Cancer Society (ACS) claims that local, state and national fire data list cigarette-caused fires as the leading cause of fire fatalities.

A recent Gallup Poll indicates there are almost as many women smokers as there are men smokers. This is largely because of the fact, according to the ACS, that more men have given up the habit.

However, the ACS agreed more women are smoking and smoking more heavily than in the past.

Experts say lung cancer will surpass breast cancer as the nation's No. 1 cancer killer among women by the mid-1980s.

Contrary to the trend of fewer men smokers in an upper income bracket, women earning more than \$25,000 annually smoke more than any other group of working women, according to the ACS. The ACS also claims that blacks smoke less than whites.

Deb Tremblay, the southeast area executive director of the

able damage to lung tissue or a tumor, the human body begins to repair itself immediately.

Nicotine causes blood vessels to constrict, which increases a person's blood pressure, Lilla said. Within 48 hours after a person stops smoking, he said all traces of nicotine are removed from their body.

When a foreign material like smoke is ingested into the lungs, Lilla said, the cilia lose their ability to cleanse the lung. If a person stops smoking, the cilia loosen up and begin removing dirt and other airborne particles, he said.

Lilla did not downplay the withdrawal from a smoking habit, but he did say the benefits of quitting are substantial. He said a former smoker will feel better, have more energy and be less susceptible to colds and bronchitis. He said withdrawals subside after a couple of weeks and the body benefits from not being subjected to chemicals.

According to the ACS, after stopping smoking, the risk of a woman developing lung and laryngeal cancer drops steadily, equaling that of non-smokers within 10 or 15 years. Lilla said this holds true for men as well.

ACS data implies the people most likely to succeed in kicking the habit are those men and women at higher education and higher income levels. Half of the college graduates who smoked cigarettes are now former smokers, according to the society.

The Great American Smokeout

ACS, said the lung condition of a smoker will improve if smoking is stopped.

The ACS claims that according to the experience of many former smokers, quitting "cold-turkey" seems to work better than a gradual tapering off. Eight million people have given up the smoking habit in the past six years, claims the ACS.

Gene Lilla, director of public information and education for the Nebraskan division of ACS, said no matter how long a person has smoked it is always more beneficial to quit, regardless of the ramifications of shock-trauma to the body and nervous system. He said that apart from irrepar-

Advice column...

Continued from Page 2

Men can write in as well.

Le Sage graduated with a social science degree from Emporia State in Kansas. He spent the last nine years doing freelance writing — mostly marketing and promotional writing.

Le Sage said people and relationships interest him. He has been "acutely aware of male/female relations" throughout his life. He hopes to advise women about their relations with men.

He said most women don't know what men think and feel. Le Sage said he thinks his column will serve as an outlet where women can get male feedback — through

him, and other men who write in.

"It seems like there's got to be some movement of men expressing themselves," he said.

Le Sage predicts that he will get many similar questions on certain topics. He plans to study these topics in depth and form a commentary that answers many questions at once.

Le Sage said he thinks this column will be a learning experience for him, as well as his readers.

"I look forward to learning more about women," he said.

"I'm very much of a thinker. I will give each person an honest, useful and fair response."

To do this, Le Sage said, he

thinks about each question to give the best response.

Le Sage is single, but only because he chose to remain that way, he said.

"Freelancing doesn't promise a steady income," he said. "I do look forward someday, to a long-term relationship or marriage."

"The newspaper is easy for women to relate to," Le Sage said. "This (column) could easily be incorporated in the same manner as Ann Landers."

People with questions can send them to: Guy Le Sage, Box 777, 1025 Jefferson, Santa Clara, Calif., 95050. Writers who want personal replies must include a stamped, self-addressed envelope.

GET

Sidetracked

Play

"KNOWLEDGE IS GOOD"

TRIVIA & GENERAL KNOWLEDGE CONTEST
EVERY TUESDAY — 8:30 PM

Tournament Champs Win \$100.00

Bring your own 5-Member team or
"Walk-on" — No Entry Fee

GET

Sidetracked

7th & P

Serving the finest in jewelry

Come satisfy your taste.

BRODKEY'S

2nd LEVEL CENTRUM 475-4101

College of Hair Design

Serving Lincoln for 25 Years
Complete Barber Services

PIVOT POINT International Approved School

11th & M Sts.
CALL 474-4244
For Appointment & Bring Coupon.

the time is NOW the place is HERE

REDKEN PERM only \$14.50 With Coupon

GOOD THRU DEC. 8th

Clip Coupon \$14.50 Special Coupon PERM College of Hair Design 11th & M St. Call for Appointment 474-4244

Permanent does not include hair cuts. No other discount applies with this offer. Good only if your hair is suitable for this particular permanent. Good Thru Dec. 8th, 1984

Board...

Continued from Page 1

A plan to get residence hall students more involved in campus activities is another goal of the board, according to Marcy. The plan has two objectives:

- To give information to residence directors and student assistants so they can inform residents about campus activities, thus encouraging participation.
- To reach out to residence hall students with flyers and information sessions, explaining campus programs.

The board also discussed removing the big-screen television in the union. Marcy said the board's video committee has a programming contract with Campus Network to produce shows that will be shown on the television. The nature of these shows will be decided in a later meeting. The board also has ordered a new television to replace the one currently in use.

O'Neil presented the planning committee's report on how the union will use space in the recently acquired Commonplace Building at 333 N. 14th St. She said the chapel in Commonplace would be ideal for large group meetings. Smaller rooms could be used for office space. The union bought Commonplace to provide more space for offices and meeting rooms.