

# Smoking: kicking the habit with help

By CHRISTINE CONRON  
Staff writer

The next time you are in class, take a look at the people sitting on either side of you. Now imagine that all three of you are smokers, and that one of you will die prematurely from a tobacco-related disease.

Each year, smoking kills more people than AIDS, alcohol, drug abuse, car crashes, murders, suicides, and fires combined, and on average, smokers die eight years earlier than non-smokers.

These statistics show why it isn't surprising that half of all people who have ever smoked have successfully quit. Even one day without smoking decreases your likelihood of having a heart attack, and after fifteen years the risk of heart disease is no greater than if you had never smoked. Also, by quitting smoking you will have more self-confidence for taking control of your addiction.

On Nov. 7, the Smoking Cessation program, which offers support and educational workshops for leading a smoke-free life, will be held in the Commons Building.

By joining other smokers, the program encourages its participants to quit smoking as well as to maintain a healthy lifestyle. The program will provide suggestions as well as the moral support that is needed in order to successfully quit smoking.

When making the decision to quit, there are several ways that you can choose to do so. Many choose to use the aid of nicotine replacement therapies, such as patches or gum, which will suppress cravings by giving off nicotine.

Other forms of nicotine replacement therapies include nasal sprays or inhalers, which also help with cravings, though a prescription is needed.

Other ways to quit include gradually decreasing the amount of cigarettes per day, until you can eventually

quit, or attempting to stop smoking completely, which may be difficult for most people when dealing with withdrawal symptoms.

According to the University Health Services, before attempting to quit smoking, you first need to prepare by knowing your triggers and barriers.

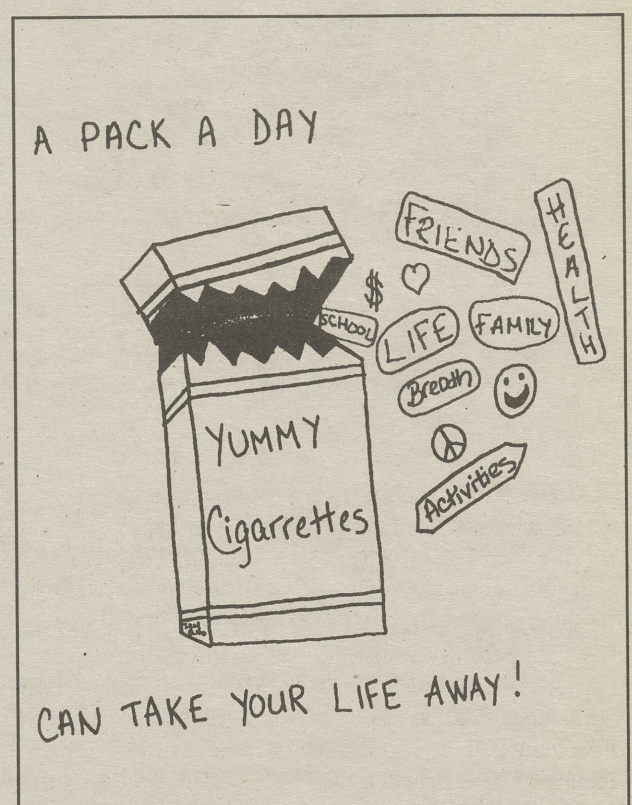
Think about when you smoke the most and what situations or emotions trigger you to smoke. By knowing when and why you smoke, you will be prepared to deal with the withdrawal symptoms such as shakiness or irritability that will occur, which you would usually suppress with nicotine.

You also may have created barriers, which have kept you from quitting in the past. Many smokers fear that they will lose control, once they can no longer rely on nicotine to calm them down or pick them up. Therefore, other stress-reduction strategies such as exercise or gum chewing are needed in order to quit successfully.

It is also important to maintain a healthy diet, and to establish a regular aerobic exercise program. Many experience weight gain when quitting smoking, since nicotine is an appetite suppressant, so eating healthy and getting regular exercise is important in keeping you from getting discouraged. Moral support is also essential in your preparation, in order to keep you motivated.

Other helpful suggestions in helping you to quit are to set a definite quit date for yourself. You should choose a time to quit when you aren't under an unusual amount of stress, and write it down with your signature so that you will stick to it.

Also, plan rewards to motivate yourself for each week that you successfully meet your goal. Try to avoid using food, so that you don't gain weight, as well as alcohol, which is a diuretic and increases your urges to smoke. You will most likely experience symptoms of withdraw, which can be easily suppressed if you are prepared in advance.



For grouchiness or irritability, taking a few short breaths will usually help to calm you down. You may also have trouble getting to sleep, so in order to relax try taking hot baths or meditating at the end of your day.

For the first few days, you may also feel fuzzyheaded due to the toxins being released by your body. To help, you can drink extra water or take fast-paced walks.

For additional information, or if you are having trouble quitting smoking, call your doctor or visit the Student Life office in the Commons Building.

## Dean's List for Summer 2001 Announced

To be eligible for Penn State Delaware County's Dean's List, a student must earn a 3.5 average or better out of 4.0. Listed by hometown, the following students have made the Dean's List for the Summer 2001 semester:

**Aston:** Jessica Michel, Morgan Schwalbe  
**Chadds Ford:** Alison Potter  
**Gladwyne:** Kimberly Matthews  
**Holmes:** Alison Long

**Kennet Square:** Terri Goida  
**King of Prussia:** John Kendig  
**Media:** Kirat Kharode, Derek Kunz  
**Villanova:** Carmen Belasco  
**Wallingford:** Casey Colonna, Justin Soss  
**Wayne:** Marilu Giurastante  
**West Chester:** Kenneth Byers, Dawn Guy, Keith McDonnell, Donald Tracy, Arthur Webb  
Congratulations!

THE LION'S EYE  
WOULD LIKE TO GIVE OUR  
HEARTFELT THANKS TO



LINVILLA ORCHARDS FOR  
DONATING THE  
PUMPKINS FOR OUR FAMILY  
DAY FESTIVITIES.

## In brief

By JENNIFER RUFO  
Staff writer

### Bookstore Buyback:

It's that time of year again where students begin registering for next semester, or preparing to graduate. A crucial part of the process is selling back your textbooks to the bookstore, called 'buyback.' The best time to sell your used textbooks back to the store is during finals week but the books must be in good condition (that means no gum between the pages, please). You will get 50% of the book's selling price back if it was requested by your professors for required use next term and the bookstore is not overstocked. If these criteria are not met, the money you get back is determined on the current national demand. If you are returning a study guide, or workbook, it must be like new, without any writing on the pages. Keep in mind that some books are old editions or out of print and have little or no value and the bookstore cannot buy them back.

### New Face in Registrar's Office:

Stephanie Robinson of Chester was recently hired at Penn State Delaware County as an administrative support staff member in the registrar's office. Robinson's responsibilities include assisting with student registrations, preparation of office brochures, and all aspects of student records.

Prior to working at Penn State, Robinson was a medical secretary for the Surgical Care Associates in Springfield. She received a diploma in Computer Technical Support from the Chubb Institute, and a certificate in medical office management from the National Education Center.