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Derrick Bell, the Harvard Professor who last year made national headlines when he refused to teach until a female would be hired to lecture, has now been issued for the March ballot.

Bell opened his presentation with the singing of Amazing Grace, and the audience was urged to join him. He then told a story. A Chronicle of the Space Race. There were three survivals. First, a deserted space ship landed in the United States. The second survival was an English document and sounded like Ronald Reagan. While people couldn’t see the aliens for they were invisible.

Black’s said they were like the KKK and reds were everywhere. However, the whites (united) asked to send for Black. The third survival, was the aliens wanted to give the government to help bailout savings and loan industry chemists to clean up the pollution in America and a nuclear engine to solve the nation’s energy problems.

The only thing the visitors wanted was to take all Black Americans back with them. National constitutional convent ion was called. Blacks complained, "you haven’t even seen them. Why don’t you just go?"

Blacks were banned from leaving the inner city and they were not allowed to leave the county. The debate was over.

The former treated a White nation. For survival, we stopped being Black. Blacks were being transposed to the coast. Americans voted 75% to 25% to accept the Space Trade proposals.

Blacks left as they just asked for the slaves do.

The story left the audience spellbound, and Bell concluded by giving authorial statement of the fate of Blacks in America. A questions and answers period followed.

By Cheryl Brown

San Bernadino kicked off the “1991 Year of the Lifetime Reader” with a day long seminar at the Central Library. The all day event started at 8 a.m.

Most of the same will now make to the community contribute to panel discussions, moderated by Mary Jo O’Dell.

The importance of reading was shown through the reading with the messages from Black Voice News and the Mantoumap by Richard Gorton. One of the front panel presentations was made by Mary Ann Ponder, Colton Library Director, she read a chapter from a book The Three Little Pigs, a favorite of young students.

The panel said he had a bad rap and he wanted to clear up the misconception. The chain of events that led to the “lil pigs” takeover, says the wolf were unfounded. He only went to the store to get little pigs to get a cup of sugar for his collection. The wolf’s where that he had once been taught to be in love with the beach. Corte Ferral, Aldaone Library Literacy Director shared a segment of the life of George Carver. Also a segment of the Life of Lili Evangeline, Site Supervisor Literacy Center.

The message was given to the audience about the importance of the Lifelong Learning that she pump.

Connie Hare, of Connie Martin Talks Books, a syndicated television program, shared statistics and quotes with the audience.

The evening panel discussion was focused on what can be done to promote reading and literacy in the county.

Cynthia Olsen, Children’s Librarian Coordinator gave a unique presentation on “developing a county wide program for an entire thought provoking book, The Wolf”.

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Belafonte Says Jesse Jackson Is Holding Black People Back

Tony Brown

In Black Single Parents Slowly

Increase In Black Single Parents Slowly

Compensation to Africa Demanded or Slave Trade
The Social-Lites Inc. of San Bernardino hosted its annual non-profit charitable and social organization "The Beautillion" on Thursday, February 21, 1991, at the San Bernardino Hilton Hotel. The event is a celebration of young men throughout the Inland Empire to assist them in achieving their educational and personal goals. Through the raising of these funds, we have given more than $1.3 million in scholarships and assistance to young people in the last 34 years. Said Yvonne Brown Event Chairperson.

The primary function involves the raising of funds for young men throughout the Inland Empire to assist them in achieving their educational and personal goals. Through the raising of these funds, we have given more than $1.3 million in scholarships and assistance to young people in the last 34 years. Said Yvonne Brown Event Chairperson.

The Beautillion is one of the largest annual events in the Inland Empire, and it is a showcase for the talents and potential of young men from throughout the region. The event includes a fashion show, a talent competition, and a beauty pageant, and it is attended by a large and enthusiastic crowd. The Beautillion is also a platform for social and educational programs, and it is an opportunity for young men to showcase their skills and talents while being mentored by older community members.

The Beautillion is a way to celebrate and encourage young men to pursue their dreams and goals, and it is a source of inspiration and motivation for all who attend. It is a testament to the power of community and the importance of supporting young people as they grow and develop.

The Beautillion is an important event in the Inland Empire, and it is a reminder of the role that community organizations can play in supporting young people and empowering them to reach their full potential. It is a fitting tribute to the work of the Social-Lites Inc. and to the many individuals and organizations that support and mentor young men in the Inland Empire.

Time For The 1991 Beautillion

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Equal Healthcare Not Available For Blacks

African-American men. Many of whom were born into alcoholism, are now suffering from the physical and mental consequences of their parents' habits.

Secretary of Health and Human Services Donna Shalala said the problem is growing and will lead to significant area reductions.

Completion of the roadways and the expanded transit system will precede the Grand opening of the new restaurant and business community in Riverside, Calif. The area is scheduled to open in 1991 and will lead to significant area reductions.

Even today, millions of African-American mothers continue to teach their children the harmful lessons of alcoholism.

Charles E. Belle

A recent study indicates that half of all African-American families who are affected by alcoholism will suffer from drug and alcohol depression similar to the one their parents suffered from.

Another 40 percent of all African-American mothers have never been into a treatment center or have had their children hospitalized.

Alcohol and Food Deterioration

The cause of much of the deterioration of the African-American diet is alcohol. Many African Americans suffer from a lack of proper nutrition and a fear of illness that comes with alcoholism.

In the United States, where only 12% of the population is African American, one in three deaths is due to alcoholism. The average life expectancy of African American men is 70 years, while the average life expectancy of white men is 75 years.

Alcoholism is a disease that affects all races, but it is more prevalent among African Americans.

Selling Booze To Blacks

Alcoholic beverage makers are saturating the African-American community with their products, and are increasing the number of advertisements aimed at African Americans.

The companies are using the same tactics that they use to target other demographics.

In addition, the companies are using the same tactics that they use to target other demographics.

 shoes with his wife Betty.

Among some of the services offered at Harris office are workshops on the foreclosure process and investment opportunities. They also help before people go to foreclosure. "They will know how to acquire property in foreclosure law."

The initial appointment is at Harris office which is at 17676-20178 Prospect Avenue in Riverside. He has a boot room where he conducts workshops one Saturday a month, 9 a.m. to 3 p.m.

Rev. Harris also offers traditional real estate service with the listing of sales. And he is a member of the Riverside Area Listing Service. "We can help you find a home, sell your home or buy your home," he said.

Rev. Harris also counsels on income tax benefits for those who own real estate. "We can help you in both real estate and income tax," he said.

Rev. Harris said he would like to see a community that is run by Black men to be taught by Blackmen. "We should have Black businessmen who can help with the job training," he continued.

He also said education as a starring force in the community and recently offered to sponsor at least five (5) scholar- ships a month to the Salvation Army Academy. Saturday Academy is a Saturday based school for students in African American Children at the Learning Center campus of the University of California Riverside (UCR).

Rev. Harris also said a member of the African American Chamber of Commerce in Riverside and is chairperson of the mem- ber committee. He is a char- member of the board and believes it is a positive influence on the Black community. He said some members have been working on a plan for the economic network.

"The goal is in a long and medium class Blacks continue to go to or- dinary people. "Too often we sneak out of the ghetto and forget we came from there," said Harris but he sees the AA Chamber as a group that's going to make some changes. His mes- sage to the community is to ask themselves where have they been and what have they done to make money to help people who need money. "The economic network is there," he said.

Rev. Harris is continuing to do great things in the community. For anyone interested in giving to the poor and needy through food and/or clothes, you can call Rev. V. Harris, Rev. Mrs. Rebecca Harris at (714) 686-4536.

For information on the 7-ELEVEN Co. of California's Community Education and Workshops or real estate or the economic network you can call Rev. Harris at (714) 277-7437.

Inland Empire CCC

3160 Highland Ave
P.O. Box 261
Palm, CA 92369

Call 826-3600

Business Profile: Johnny Harris: Realtor, Promoter

by Jean Derry

The Reverend John Harris is well known for his service to the community. "He is shining the light of hope, feeding the hungry and helping the less fortunate," said Rev. John Harris.

The Reverend is a well-known local community leader and economic consultant that specializes in real estate and income taxes.

Harris and Associates which is a Harris' office which is in his home office.

"We cover a wide variety of workshops one Saturday a month," said Harris. "We cover a wide variety of workshops one Saturday a month," said Harris.

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The new area code will also be used to promote drinking and smoking. "We will promote drinking and smoking through the new area code," Harris said. "We will promote drinking and smoking through the new area code," Harris said.

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Mary Ellen Daniels

Attorney At Law

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- Painless methods
- Homemade remedies

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Religious Briefs

Thursday February 21, 1991

Religious Briefs

Ms. Jones, your始建文is
to be missed. Your
exciting presentation
is "One Woman's
Experiences with
Cancer." She will
share with us her
journey from the
time of her diagnosis
to the present.
She will discuss the
psychosocial aspects
of cancer and how
she has learned to
cope with the
experience.

Date: November 21, 1991
Time: 7:00 p.m.
Location: Riverside Missionary Baptist Church

Questions & Answers

How are we going to
abuse differently?

Q: Dear Jim, I am new.
Please address the sex issues
in a more open and gentle
manner so it doesn't hurt when
we get to the bedroom.

A: The answer: God created
within man and woman a basic
desire to reproduce. He gives
this to all of us, including men
and women who are not
physically capable of
reproducing. God is
knowing of the
intimacies of the father
and daughter relationship. If at
any time, it becomes
uncomfortable, you may
choose to seek the counsel
of a trusted friend or
professional.

Do we want to consider
these issues at home?

Q: I am in the process of
choosing a home study
program. What are the
important factors to
consider when
choosing a program?

A: When choosing a
home study program, it is
important to consider the
following factors:

1. Accreditation: Look for
programs that are
accredited by a recognized
institution.

2. Curriculum: Ensure the
program covers the
subjects you need to
study.

3. Support: Check if the
program offers support
through resources like
study materials,
instructors, and
peer interaction.

4. Cost: Compare the
costs of different
programs and find one
that fits your budget.

5. Learning style: Consider
if the program offers
varied learning methods
like online classes,
workshops, or
webinars.

6. Additional services:
Check if the program
provides extra services
like tutoring or counseling.

Remember, choosing a
home study program is
a personal decision,
and finding the right
one is essential for
success.
The North Fontana Parade Committee and the City of Fontana Recreation Department presents the 23rd Annual Black Awareness Pageant and Parade.

The Pageant will be held on Friday, February 22nd at 7:00 PM, at the Performing Arts Center, 9460 Sierra Avenue, Fontana. The two women coming from the Inland Empire will be competing for special prizes. Last year's winner is using her scholarship money towards a college degree in business at Cal-Poly-Fontana. Tickets are $5.00 for adults and $3.00 for children and are available at Jesse Turner Center, 3906 Claratian Avenue, Fontana. Tickets may also be purchased at Jessie Turner Center, 3906 Claratian Avenue.

The parade will occur on Saturday, February 23rd at 11:00 AM. Parade enthusiasts can watch the parade on Citrus Avenue between Highland and Miller. For more information about the pageant and parade call (714) 350-6786.

Fontana Parade
And Pageant

Charles Lead betterer
BLACK HISTORY:
It is very interesting how during the month of Feb. "Black People" recognised somebody. I am writing this because of the many wonderful programs that are shown on TV, presented at schools, churches and other civic activities. There is nothing wrong with our country having a special month or day to recognize the African American or any other racial group. Other Americans have special days set aside to celebrate the contributions of their ethnic group to America.

The programs were set by the Indians when the land in the New England area, however we do not have an "American Indian History" month. I have always enjoyed the special ways we are for our Irish, Polish, Jewish and Italian friends and the confidence displayed by those groups is recognized by the American people.

There is an on going program in our education systems in which these ethnic groups and others are recognized as productive members of society every day. The Black youth has fangenon until Feb., then efforts are made to present evidence of all the great contributions of black people. This is another reason why we should have multi-culture education programs where the background and progress of all people is recognized and supported.

With a multi-culture program there would be less problems in the home, school, on the streets and higher self-esteem. We need to continuously recognise the Black American child as being from a productive group of people. It would be no problem for the publisher of our books to include all Americans regardless of origin, background. I believe, our children, regardless or race are poised toward trouble if our curriculum in the classroom is slanted or presented lower to their self-esteem. When their opinions of themselves are lowered, they will seek attention from any one willing to give it. This action leads to trouble in the home, school and with the law.

Why don't we bring all these groups out through the efforts of our education programs and give them credit for their contributions to America. During all wars and other crises Americans of all colors were in the front for America. I believe when the doors are open for everyone, our country will make a giant step forward. Together, we can "Praise God".

The Black Voice News
San Bernardino And Riverside Black History Parade Winners

by: Margaret Hill

This is a list of the winners in the San Bernardino Black History Parade which was held Saturday, February 2, 1991. Some winners were incorrectly announced at the end of the parade. We apologize for any inconvenience this might have caused you. For more information call 862-5432.

HIGH SCHOOL BANDS
1st: Eisenhower High School
2nd: Pacific High School
3rd: San Gorgonio High School

JR HIGH SCHOOL
1st: Amourville Middle School
2nd: Sandia High Middle School
3rd: Arrowwine Middle School

DRUM MAJORS - OPEN
1st: Eisenhower High School
2nd: Desert High Middle School
3rd: Sandia High Middle School

TALL FLAGS
1st PLACE - Notre Vista High School
2nd PLACE - Riverside Poly High School

COLOR GUARDS
1st PLACE - Norto Vista
2nd PLACE - Riverside Poly

HIGH SCHOOL DRILL TEAMS
1st: Eisenhower High School

NOVELTIES
1st: Shakti Temple Parade
2nd: San Andreas High School
3rd: Black Network

TALL FLAGS
1st: Eisenhower High School
2nd: Pacific High School
3rd: San Gorgonio High School

CIVIC SERVICE FLOATS
1st: California Lottery
2nd: Town of Bass
3rd: SB Valley College BSU

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1st: California Lottery
2nd: Town of Bass
3rd: SB Valley College BSU

The best prices on the best tires with the best service
guaranteed? It's all at my Godfrey Certified Auto Service Centers.

By: James White, President

The Greater Riverside Hispanic Chamber of Commerce cordially invites you to attend the Twelfth Annual Installation of Officers and Awards Banquet Saturday, February 23, at the Holiday Inn Hotel located at 1200 Corona Avenue in Riverside. No host cocktails will be at 6 p.m. and dinner will be served at 7 p.m. A dance will immediately follow with music by Latin Society. Tickets can be purchased for $40 per person.

RIVERSIDE
Friday, February 22
Black History Youth Showcase of Talent - $5 Adults $3 Students Free.

Saturday, February 23
Alex Sides, renowned African American literary icon, will speak at Loma Linda's Black Almanac Hospit肇or 2003. For more information call 684-3310.

COMMERCIAL FLOATS
1st PLACE - Just A Time of Bass

Goodyear Certified Auto Service Centers

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This is a list of the winners in the San Bernardino Black History Parade which was held Saturday, February 2, 1991. Some winners were incorrectly announced at the end of the parade. We apologize for any inconvenience this might have caused you. For more information call 862-5432.

The best prices on the best tires with the best service
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Dear Pacific Bell Customer,

Pacific Bell service representatives have made us aware that some customers have been billed late payment charges when the delay was in fact our fault.

The vast majority of our customers were not affected. But some customers who sent payments in envelopes other than those supplied by Pacific Bell may be due a refund. We estimate that is less than one percent of the 400,000 bills we receive daily.

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The problem has now been corrected. We have added enough staff so that all customer payments received on time are processed before late fees are assessed. A special quality improvement team has been formed to further refine our procedures and recommend fail-safe solutions to prevent any recurrence.

I apologize for any inconvenience this mistake may have caused. Our reputation is of great importance to us. I commit to you, our valued customers, that we are sparing no resources to ensure that problems such as this will not happen again.

The number to call, toll free, if you think you may have a refund coming is 1-800-652-1420 in Southern California, from 8 AM – 8 PM, Monday through Saturday.

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Freedom From Smoking
For You And Your Family

Join the KNBC, TVChannel 4 News Team beginning February 18, on the 4 pm news, for a 7-part series, "Freedom from Smoking for You and Your Family."

AMERICAN LUNG ASSOCIATION of Southern California
The Christmas Seal People

California Department of Health Services
Funded by The Tobacco Tax Initiative

CHANNEL 4 KNBC-TV
DAY 1

Freedom From Smoking®
For You And Your Family

This guide — YOUR GUIDE — is to help you quit smoking.

Your guide was planned so that you can use any part that interests you. Some people use all the steps of the guide. Some people use only a few steps that apply to their greatest needs. Only you know which part is best for you.

In going over just this much of your guide, you have already taken a big step toward quitting!

Introduction
This part of your guide talks about reasons people decide to quit smoking. We will ask what your reasons are.

This part is for everyone—even if you're not ready to quit smoking.

We Quit! You Can Too!
Congratulations! You're about to do one of the best things you can do for yourself and the people around you: Stop smoking. This guide is written with the expertise of the American Lung Association—an organization with a long history of helping smokers kick the habit. Here's what some successful quitters said:

"I thought quitting was just mind over matter. But I found out different. I learned how to quit. I learned how to keep my mind off cigarettes, how to keep from smoking when I'm with friends, and how to stay calm. You know what? This time I stopped for good."

"A good thing about this guide is that it showed me things I could do instead of smoking that helped me kick the habit for good."

Before you quit smoking, you need two things. First, you need to make up your mind that you really want to quit. Second, you need to find the best way to quit — a way that fits with your needs, your lifestyle and your smoking habit. If you tried to quit before and went back to smoking, don't give up. Many people try a few times before they quit for good. This guide will help you get ready to quit.

The rest of this Introduction chapter covers some reasons why quitting smoking is one of the best things you can do for yourself. This chapter also asks you what your reasons for quitting are.

You are now on your way to a smoke-free you and the people close to you.

How Your Smoke Hurts Others.
Tobacco smoke contains about 4,000 chemicals, of which 200 are poisons. They include DDT, ammonia, arsenic, benzene, formaldehyde and carbon monoxide. Studies now show that cigarette smoke is harmful to everyone who inhales it — not only to the smoker. Exposure to a family member's smoking can cause disease, including lung cancer, in healthy nonsmokers.

Children with parents who smoke may be sicker. They get more chest colds, flu, ear infections, bronchitis and pneumonia. They're more likely to be hospitalized during the first two years of life. They may be smaller and their lung development may be slower. Smoking by pregnant women increases the risk of low birth weight, miscarriage and death for newborn babies.

Smoking hurts everyone in the family. Quit smoking and you'll get rid of your family's greatest source of exposure to smoke. And you're setting a healthy example for your family — a child's chances of becoming a smoker are much greater if a parent smokes. A smoke-free family is a healthy family.

Your Reasons For Quitting
Sure, you may want to quit smoking. But it's good to think about your reasons for quitting. Then, if things get tough later, you'll remember why you're quitting and you'll be able to fight the smoking urge. Check off the reasons you want to quit. If you don't see your reasons, write them at the bottom of the page.

□ For my health—to lower my chances of lung cancer, heart disease and other serious illnesses.
□ So my family will be healthier.
□ I want to be in control of my life.
□ So I won't smell of cigarettes and my teeth won't be yellow.
□ To set a good example for my family.
□ Out of respect for my body.
□ So I'll feel better—I won't cough so much and I'll have more energy.
□ Smoking is a waste of money.
□ My other reasons to quit:

What Happens To Your Body When You Quit Smoking?
As a smoker, your risk of serious illness is much greater than that of nonsmokers. You're more likely to get heart disease, emphysema and lung cancer. Maybe, you think smoking hasn't hurt you yet. Take a look around. You probably get more colds and flu and find they last longer than those of nonsmokers. If you cough up sputum, your lungs are already hurting. It's not too late to stop! Quitting smoking greatly reduces your risks. In fact, for many problems, the risk goes back down to the risk of nonsmokers within five years of quitting.

You're going to feel better within two weeks of quitting. You'll find your energy going up. You'll find yourself becoming less "stressed" because you'll be breaking your nicotine habit. You'll do more of the things you enjoy. Just ask people who have quit.

Good Things Happen When You Quit
You will have more energy.
Removing Roadblocks

This part of your guide gives ideas for getting around roadblocks to quitting. This is for those of you who want to quit smoking but need to clear away any problems before they start. Remember to contact your local American Lung Association for extra advice.

Your Quitting Roadblocks

Don't blame yourself because you haven't already quit. Many smokers haven't quit because there's something holding them back. Here are some of the roadblocks that keep people from quitting. Check off those that are holding you back. Then, learn how to clear them away.

- I'll gain too much weight.
- Some people do gain weight when they stop smoking, others even lose weight. With some planning and work, you can avoid a weight gain.
- Pages 8 and 11 give tips on how to keep from putting on extra pounds when you quit.

- I've already cut down—I don't need to quit.
- Good. You've gotten started! Now, finish the job by quitting. Smoking in any amount hurts your health.

- My friends will make it hard for me to quit.
- Learn how to get people to help you (page 6) and how to say "no" (page 11). It'll be easier to quit.

- There's too much going on in my life.
- Let's face it. We all have problems. There is no perfect time to quit. The best time to quit is NOW!
- Page 8 gives ideas on how to deal with stress, anger and other feelings.

- I won't know what to do without a cigarette.
- If you're one of those people who likes the feel of a cigarette and would be lost without one, you'll find some tips on page 5.

- I don't have the willpower to quit.
- Yes, you do! Every smoker can quit. Making the decision to quit will make it easier for you to stop. Millions of people have quit. There are more ex-smokers and nonsmokers than smokers in the U.S. today. This guide will help you become an ex-smoker too!

- I'll get too uptight.
- Some smokers say smoking calms them. In fact, smoking is really a stimulant. So, it revs you up. There are lots of better ways to calm down. One of the best ways is to Relaxercise. Column 3 on this page will show you how.

Now the you've found out about your roadblocks, you're ready to start getting rid of them. You can do it! Two things can help you deal with most of the roadblocks at once. Exercise can help you keep from gaining weight, and help you stay calm and keep busy. Doing a Relaxercise can help you stay calm and deal with stress. Get started on exercise and Relaxercise NOW!

Exercise...A Miracle Drug

For Quitting Smoking!

"Walking quickly for 20 minutes made me feel stronger. I added 10 minutes when it felt right. I got faster — from one mile in half an hour to two miles in 40 minutes. Doing this three or four times a week, I started to lose weight. I kept busy too. It made it easier to stay off cigarettes."

"Exercise helped me to lose weight and get my mind off smoking."

What kind of exercise is best? Walking is perfect. Work up to two miles in 45 minutes. Swimming, biking, jogging, aerobics—anything brisk and steady that you like and can do for at least 10 minutes at a time, then 20 minutes, and then 30. Do it at least three times a week.

Find out what kind of exercise is right for you.

Circle the one statement that most describes you:

Statement 1:
I get at least 20 minutes of fast exercise three to five times each week. It causes me to be mildly out of breath.
If this is you, keep up the good work. It will help you fight the urge for cigarettes and keep the pounds off, too. (If this isn't you, go on to Statement 2.)

Statement 2:
Although I get little exercise, I know I'm healthy. I'm under 60, I don't have painful joints, heart problems, high blood pressure, or a family history of heart disease or joint problems.
If this is you, then it's time to start getting moderate exercise to make sure you can fight the urge to smoke. You'll control your weight, too. (If this still, isn't you, go on to Statement 3.)

Statement 3:
I don't get much exercise; I'm over 60; I have joint pain or joint problems; I have frequent dizziness or fainting; I have high blood pressure; there is a history of heart problems in my family.
If any part of Statement 3 fits you, STOP. See your doctor before you exercise. Your doctor can give you the best advice about what kind of exercise is good.

Relaxercise...A Good Way To Stay Calm

By doing a Relaxercise when you feel tense, you can relax without smoking. It'll also help when you're bored. Here's how to do it:

- Think about something that makes you feel good.
- Relax your shoulders. Close your mouth.
- Hold your breath while you count to four.
- Exhale slowly, letting out all of the air from your lungs.
- Slowly repeat these steps five times.

Do the Relaxercise at least once every day from now on. Do it more often once you stop smoking.

"At first, I thought the Relaxercise was silly. And it felt strange at first. But after awhile it was natural. It works! Do it when you feel an urge to smoke. It will make you feel better!"

Are You Addicted to Cigarettes?

Are your afraid that you are addicted to cigarettes? Many smokers do have a problem with the nicotine in their cigarettes. Their bodies crave nicotine, and they will smoke until their bodies have built up their supply. To tell whether you're addicted to the nicotine in cigarettes, ask yourself these five questions:

- Do you smoke your first cigarette within 30 minutes of waking up in the morning?
- Do you smoke 20 cigarettes (one pack) or more each day?
- At times when you can't smoke or haven't got any cigarettes, do you feel a craving for one?
The more questions to which you answered "YES," the more likely you may have a nicotine addiction. What can you do if you're addicted? There are two good ways to help you control your craving for nicotine in cigarettes. One way is to use Nicotine Gum. This gum lets you get rid of your cigarette habit without many of the withdrawal symptoms some people get when they quit. The other way is called Nicotine Fading. This way lets you get rid of your cravings to smoke.

The next section is about Nicotine Gum and Nicotine Fading. Read this information and then think about choosing one of these ways to help you stop smoking. Then, go on using this guide.

**Using Nicotine Gum**

**What is Nicotine Gum?**
Nicotine gum is a drug in gum form with enough nicotine to reduce your urge to smoke. It helps you get rid of cravings to smoke. Your doctor or dentist can prescribe the gum for you. You must have a prescription to get nicotine gum.

**What does Nicotine Gum do?**
Nicotine gum helps take the edge off cigarette cravings without giving you the tars and poisonous gases. It's not a cure-all. But it's a temporary aid that can help you make it through the tough times after you've quit by reducing the symptoms of nicotine withdrawal. That means you'll be more likely to quit for good!

**Who is Nicotine Gum for?**
Nicotine gum works best for people who are addicted to nicotine and are really trying to quit. It also works well for people who use a planned program to quit, like this guide.

**I want to use the gum — what do I do?**
- Get a prescription for nicotine gum from your doctor or dentist as soon as possible.
- After you have a prescription for the gum, start the next chapter of this guide: "Getting Ready To Quit." Continue through the guide.
- On or just before your quit day (about 3-5 days after you get your prescription), fill your nicotine gum prescription.
- Read the directions for gum use that come in your box of nicotine gum and in "Your Quit Day" chapter of this guide. Ask your doctor or dentist if you have any questions.

**Using Nicotine Fading**

Different brands of cigarettes can give different amounts of nicotine. By switching to cigarettes with lower levels of nicotine, you can bring your addiction to nicotine down before you quit smoking. With the nicotine fading method, you reduce your nicotine dose slowly over one to two weeks by switching brands. With these careful steps before quitting, you should avoid a steep drop in your nicotine level that can cause strong withdrawal symptoms. You will then be able to quit more easily.

**If you're smoking a HIGH NICOTINE brand switch to a MEDIUM NICOTINE brand for one week.**

**If you're smoking a MEDIUM NICOTINE brand switch to a LOW NICOTINE brand for one week.**

**In using Nicotine Fading, make sure you DO:**
- Make a clean break each week you switch (toss out any cigarettes from the week before).
- Stop smoking pipes or cigars and stop chewing tobacco.

**If your brand isn't on the list:**
- If it's an unfiltered cigarette or if it's a filtered cigarette and does NOT contain the word "light" or "ultra light," count it as a high nicotine cigarette.
- If it's a filtered cigarette and contains the word "light" or "mild," assume it's a medium nicotine brand.
- If it's a filtered cigarette and contains the words "ultra light," assume it's a low nicotine brand.

Remember, there's no such thing as a safe cigarette. The main benefits to your health come from quitting entirely.

Start Your Fading Program By Finding Your Cigarette, Then Follow The Instructions Below It

**High Nicotine Brands**

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Brand Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpine (menthol, kings)</td>
<td>Kent 100 (menthol, nonfilter regular)</td>
</tr>
<tr>
<td>Benson &amp; Hedges (menthol, nonmenthol, kings, 100's)</td>
<td>L&amp;M 100</td>
</tr>
<tr>
<td>Camel (kings, nonfilter regular)</td>
<td>Lark 100</td>
</tr>
<tr>
<td>Chesterfield (nonfilter kings, regular)</td>
<td>Lucky Strike (regular nonfilter)</td>
</tr>
<tr>
<td>Eve Lights 120 (menthol, nonmenthol)</td>
<td>Marlboro (menthol, nonmenthol, kings, 100's)</td>
</tr>
<tr>
<td>Kent Golden Lights (kings, 100's)</td>
<td>More (120's)</td>
</tr>
<tr>
<td>Kent (nonmenthol kings)</td>
<td>Newport (kings, 100's)</td>
</tr>
<tr>
<td>Kent Ill 100</td>
<td>Old Gold (kings, 100's)</td>
</tr>
<tr>
<td>Kool Lights (kings, 100's)</td>
<td>Players (nonfilter)</td>
</tr>
<tr>
<td>Kool Mids (kings, 100's)</td>
<td>Raleigh (nonfilter kings, 100's)</td>
</tr>
<tr>
<td>Kool Super Longs 100</td>
<td>Richland (kings)</td>
</tr>
<tr>
<td>L&amp;M Lights (kings, 100's)</td>
<td>Salem (kings, 100's)</td>
</tr>
<tr>
<td>Marlboro (kings, 100's)</td>
<td>Winston (kings, 100's)</td>
</tr>
</tbody>
</table>

If you're now smoking a high nicotine cigarette, circle one or more of the medium nicotine brands you'd like to try. You'll cut your daily nicotine dose by about 1/3 when you switch to any medium nicotine brand.

**Medium Nicotine Brands**

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Brand Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barclay (any type)</td>
<td>L&amp;M (lights, regular)</td>
</tr>
<tr>
<td>Belair (any type)</td>
<td>Lucky Strike (lights, regular, kings, 100's)</td>
</tr>
<tr>
<td>Benson &amp; Hedges Lights</td>
<td>Marlboro Lights (kings, 100's)</td>
</tr>
<tr>
<td>Carlton (120, slims)</td>
<td>Merit (all except ultra lights)</td>
</tr>
<tr>
<td>Eve Lights 100</td>
<td>More Lights (100's)</td>
</tr>
<tr>
<td>Kent Golden Lights (kings, 100's)</td>
<td>Newport Lights</td>
</tr>
<tr>
<td>Kent (nonmenthol kings)</td>
<td>Old Gold Lights</td>
</tr>
<tr>
<td>Kent Ill 100</td>
<td>Pall Mall Light 100 (nonmenthol)</td>
</tr>
<tr>
<td>Kool Lights (kings, 100's)</td>
<td>Pall Mall Extra Light</td>
</tr>
<tr>
<td>Kool Mids (kings, 100's)</td>
<td>Players (all except nonfilter)</td>
</tr>
<tr>
<td>Kool Super Longs 100</td>
<td>Raleigh Lights (kings, 100's)</td>
</tr>
<tr>
<td>L&amp;M Lights (kings, 100's)</td>
<td>Raleigh (nonmenthol kings)</td>
</tr>
<tr>
<td>Marlboro (kings, 100's)</td>
<td>Salem (kings, 100's)</td>
</tr>
<tr>
<td>More Lights (100's)</td>
<td>Salem Ultra Lights 100</td>
</tr>
<tr>
<td>Newport Lights</td>
<td>Saratoga 120</td>
</tr>
<tr>
<td>Old Gold Lights</td>
<td>Satin 100</td>
</tr>
<tr>
<td>Pall Mall Light 100 (nonmenthol)</td>
<td>Silver Thins 100</td>
</tr>
<tr>
<td>Pall Mall Extra Light</td>
<td>True (100's)</td>
</tr>
<tr>
<td>Players (all except nonfilter)</td>
<td>Vantage (kings, 100's)</td>
</tr>
<tr>
<td>Raleigh Lights (kings, 100's)</td>
<td>Vantage Ultra Lights 100's</td>
</tr>
<tr>
<td>Raleigh (nonmenthol kings)</td>
<td>Viceroy (any type)</td>
</tr>
<tr>
<td>Salem Lights (kings, 100's)</td>
<td>Virginia Slims (any type)</td>
</tr>
<tr>
<td>Salem Ultra Lights 100</td>
<td>Winston Lights (kings, 100's)</td>
</tr>
<tr>
<td>Saratoga 120</td>
<td>Winston Ultra Lights 100</td>
</tr>
</tbody>
</table>

If you're now smoking a medium nicotine cigarette, circle one or more of the low nicotine brands you'd like to try. You'll cut your daily nicotine dose by about 1/3 when you switch to any low nicotine brand.

**Low Nicotine Brands**

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Brand Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benson &amp; Hedges Ultra Lights</td>
<td>Iceberg 100</td>
</tr>
<tr>
<td>Cambridge (any type)</td>
<td>Kent Ill (kings)</td>
</tr>
<tr>
<td>Carlton (kings, 100's, except &quot;slims&quot;)</td>
<td>Kool Ultra (kings, 100's)</td>
</tr>
<tr>
<td>Doral II</td>
<td>Lucky Strike Low Tar Filter</td>
</tr>
<tr>
<td>Lucky Strike (regular nonfilter)</td>
<td>Merit Ultra Lights (kings, 100's)</td>
</tr>
</tbody>
</table>

If you're starting out with a low nicotine cigarette, you're ready to quit smoking. Begin the Getting Ready to Quit chapter of your guide.
Getting Ready To Quit

This part of your guide helps you set a date to quit and helps you prepare for this day. Research shows that smokers who set a specific date to quit and spend a few days getting ready for this day have a much better chance of being successful. (Most ex-smokers can tell you the VERY DATE they quit smoking!)

This part is for smokers who are ready to overcome most of the problems they think they might have in quitting. The section is for smokers who WANT TO QUIT WITHIN THE NEXT 7 DAYS.

Setting A Quit Day

Do you feel like you now can deal with the roadblocks that are holding you back? If so, now is the time to set a date to quit. Pick a day to quit—about seven days from now. Mark it on the calendar on page 15. Then, stop smoking on the day you picked. No fooling around, no kidding yourself, no half-way measures. Just quit. No more cigarettes.

Getting Back To Pack Track...Finding Your Smoking Personality

After you've played Pack Track for three days, lay your cards out side by side. Look them over. First, look at your faces. Are they mostly in one column? Here's what they mean.

Happy Faces
If you circled mostly happy faces, it's likely that you smoke to relax, feel good, and enjoy good times. Think about where and when you smoke. Do you smoke when you're with friends, at bars and restaurants? Where else do you smoke when you're happy? Take a few minutes and think about your "happy cigarettes." That will help you plan other things to do. There are better ways to be happy than to smoke. Here are some things that have worked for other smokers.

Unhappy Faces
If you circled mostly unhappy faces, it's likely that you smoke when you're tense, angry, or upset. "Unhappy cigarettes" are hard to give up, but you can do it. Many people who quit say they learned that smoking really did not help them deal with unhappy feelings. After quitting, they found better ways. Think about why, where and when you smoke your "unhappy cigarettes."

Bored or Blah Faces
If you've circled more than one kind of face, follow the suggestions for each kind you circled.

Think about where and when you smoke your "bored cigarettes."
After your Quit Day, get up and get moving, take a walk, visit a friend, exercise, eat low-calorie snacks. Tell yourself that you are a non-smoker. Say to yourself, "I will not smoke." Beating boredom is a matter of action. DO ANYTHING and you can avoid smoking.

After your Quit Day, it may help to change your habits. If you have a cigarette with your morning coffee, skip the coffee for a while and take a walk instead. Keep busy, what other habits can you change?

Play Pack Track...Find Out Why You Smoke And How To Stop.

Why Play Pack Track?
You smoke because you like it? Well, maybe. But there are many other reasons people smoke. If you know where, when and why you light up, you can plan ahead for those times. Successful quitters plan ahead.

How to Play Pack Track
Tear out a Pack Track card from pages 9 and 10. Use one for each pack of cigarettes you smoke for at least the next three days. Every time you smoke, write down the time, the mood you're in and how much you need that cigarette. Try to keep track of where you were.
If you're in a good mood, circle the smiling face. If you're in a bad mood, circle the sad face. If you feel in between, circle the middle face. If you really want that cigarette, circle "YES." If you want it but not a lot, circle "yes." If it's no big deal, circle "???".

To break the smoking habit, you should know as much as you can about what causes you to smoke. Playing Pack Track can teach you more about this. It may be hard to stick with it, but it will pay off if you do.

Bored or Blah Faces
If you checked a lot of blah faces, it is likely that you're going to be with smokers, say, at a party, a friend, reward yourself, work on a hobby. There are better ways to deal with unhappy feelings. After quitting, they learned that smoking really did not help them deal with unhappy feelings. After quitting, they found better ways. Think about where, when and why you smoke your "unhappy cigarettes."

After your Quit Day, throw darts, exercise, sew or knit, weed, do the Relaxercise, play with your child or animal, read a good book, see a movie. Talk to someone you trust. Find your own way.

If stress at work is getting to you, try one of these tips: get up and take a brisk walk; do the Relaxercise; have a cup of herbal tea; close your eyes and pretend you're somewhere else; talk about it with a friend.

What if you've circled all three faces?
If you've circled more than one kind of face, follow the suggestions for each kind you circled.

How Much Did You Need Them?
Now, think about how much you needed each cigarette. If you circled mostly "YES," you may be addicted to cigarettes. Nicotine gum may help you withdraw from cigarettes. Nicotine fading is another good way. See page 4 to learn more. If you circled mostly "yes," you have a medium need and should be able to give up cigarettes without too many problems. If you circled mostly the "???," you're smoking out of habit and should be able to give up cigarettes fairly easily. Find something to do besides smoking.
Time of Day
Look at the time of day you’re smoking. Use this to plan things to do instead of smoking. For example, if you smoke after dinner, try getting up from the table and taking a brisk walk.

Where You Were
Think about where you were when you smoked. If you smoke mostly at work, come up with other ways to deal with stress. Plan ahead so wherever you are, you’ll have something to do instead of smoking.

Try and Try Again
Try the tips here. They worked for other smokers. If one doesn’t work, try another. Find your own. After a while, you’ll learn what works best for you.

Plan Ahead
Now, look at your Pack Tracks. Write down the three most important cigarettes in your day and where and when you have them.

“In the past, I really didn’t think it through. I realized that I need to plan what to do in place of smoking. I do have choices.”

Three most important cigarettes:

<table>
<thead>
<tr>
<th>Time</th>
<th>Place</th>
<th>Mood</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Breaking Your Smoking Habit
Smoking is a habit, but you can learn to break it. A habit is like a chain: It’s really a lot of small habits that are linked.

If you can break any of your smoking habit links, you can break the whole habit. Here’s an example:
Link #1 You decide to relax with friends.
Link #2 You go to a place where there’s a lot of smoking.
Link #3 You find you’re having a cigarette without thinking about it. Then, you have another.

Here’s How To Break The Links!

Link #1
Deciding to relax with friends.
Relax with your friends who don’t smoke, or friends who have agreed to help you quit!

Link #2
Going to a place where everyone smokes.
Go where there is a no-smoking area, or to a nonsmoker’s home! Do something active so you can’t smoke.

Link #3
Reaching for one cigarette after another without really thinking about it.
Have a stock of low-calorie foods to munch on. Or, get up and get busy.

Getting Help
Starting now, if you can, get help quitting from the people you know. Many of them will want to help you quit. They know you’ll be better off without cigarettes. Deep down, even smokers will respect you for stopping and wish they could too. It’s okay to get help from other people. Here are some ways other smokers have gotten help.

We Got People To Help Us Quit
“First, I felt nervous about asking people to help. But I found that a lot of my friends have quit too. And they had some pretty good tips for me.”

“I called a friend when I had trouble avoiding a cigarette. I asked her to talk me out of it or keep me company to distract me.”

The letter below is for the person you most want to help you quit.

Contact your local ALA if you need more help.

Dear ____________

I need your help to stop smoking. Doctors know that friends and family can be a big help to someone who wants to stop smoking. Here are some things you can do to help me stop smoking for good.

1. Be positive. Tell me you’re glad I’ve stopped smoking.
2. Please put up with me if I’m crabby or cranky the first few days after I stop smoking. While I’m giving up cigarettes, I may be on edge. This will go away soon.
3. Ask me how things are going from time to time.
4. Make a change for the better yourself — like wearing seatbelts or exercising.
5. Reward and praise me. Rewards don’t have to cost much. It’s the thought that counts.
6. Don’t tempt me. It’s hard enough without seeing and smelling cigarettes. It’ll be tough if you offer me a cigarette or smoke in front of me.
7. Don’t nag. Be understanding.
8. If I slip up, tell me not to give up.

Here are some other things you can do too:

__________________________

Thank you for helping me to stop smoking. It means a lot to me.

Sincerely

Name of smoker
Your Quit Day

This part shows you what to do on the day you quit smoking. You'll find out how to get rid of an old habit. We'll also help you prepare for your life as a non-smoker.

This part is for smokers who want to quit smoking, have overcome most of their roadblocks to quitting and have spent at least a few days preparing for their Quit Day.

Monffl, _______ Day _______ _ Year _______ _

• Get rid of all the cigarettes in your home.
• Get rid of your ashtrays, lighters and matches.
• Look for cigarettes which may be in pockets of clothes, in cupboards or in the car. GET RID OF THEM!
• Make sure you get rid of all your cigarettes, ashtrays and lighters AT WORK.
• Be good to yourself. Eat a food you like. See a movie. Take a long bath. Do things to take your mind off smoking.

For Nicotine Gum Users

To work right, you must use your nicotine gum right. Here's how:

• Make sure you quit smoking before you start to use nicotine gum.
• Chew the gum very slowly until you feel a tingle in your mouth. Let the gum sit in your mouth until the tingle is almost gone. Then chew the gum slowly again.
• The gum should be chewed slowly, on and off for 30 minutes to release most of the nicotine.
• Chew enough gum to reduce withdrawal symptoms, probably about 10-15 pieces a day but no more than 30 a day.
• Use the gum every day for a month or so—then start to reduce the number of pieces you chew each day, chewing only what you need to avoid withdrawal symptoms. As the urge to smoke decreases, you will find yourself using less and less gum.
• Make sure you have quit using the gum after about three to six months.
  Remember: Chew it right! Chew enough gum! Chew long enough!

For Nicotine Faders

• If you've been smoking a low nicotine brand of cigarettes for at least a week, you're ready to quit "cold turkey."
• Quitting will be easier for you now that you've reduced your body's need for nicotine.
  Remember — there's no such thing as a "safe cigarette." Even cigarettes low in nicotine are harmful. Today is your day to quit smoking forever.

Rewards For Quitting

Your Quit Day is one of the most important days of your life. You've gotten ready to quit. You've learned some things to help you make it over the next few weeks without smoking. This is a special day. Be nice to yourself. You deserve it. Here are some ways to spend the day:

Giving up cigarettes is a big step. Reward yourself for not smoking. Rewards don't have to be big or cost much; they can even be free. But reward yourself with things you care about or like. Here are some rewards other people have used:

• Buying a new record, tape or magazine
• Staying in bed late
• Eating a food you like
• Getting a new hairdo for the new you
• Buying new running shoes or exercise equipment
• Calling a friend or family member
• Getting tickets to a baseball game or concert
• Spending extra time on a hobby
• Seeing a movie
• Having a treat out
• Having someone else do the chores for a week
• Setting aside time to do what you want

Now, plan your rewards for meeting these big milestones; tear the page out and post it where you'll see it.

<table>
<thead>
<tr>
<th>Milestone</th>
<th>Reward</th>
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<td>2 days without cigarettes</td>
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<td>7 days without cigarettes</td>
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<td>14 days without cigarettes</td>
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<td>1 month without cigarettes</td>
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<td>3 months without cigarettes</td>
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<td>6 months without cigarettes</td>
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<tr>
<td>1 year without cigarettes</td>
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</table>

Other Rewards

Following are other rewards you'll also receive when you quit: Soon after quitting, the carbon monoxide in your blood will go down; Your smoker's cough will go away; Your senses of taste and smell will improve; You'll feel better about yourself. Two to seven years after quitting, your risk of a heart attack will be like a nonsmoker. In about 10 years, your risk of lung cancer will be like a nonsmoker. In about 10 years, your risk of lung cancer will be like a nonsmoker. Your family will healthier too!

Now, you've cleared the path to quitting. You're ready to quit.
Staying Off Cigarettes

This part helps you cope with the first few weeks off cigarettes. There are tips on how to deal with tough times and how to avoid gaining weight.

This part is for anyone who has recently quit smoking.

Getting Through The First Week or Two Without Cigarettes

A lot of smokers worry how they’ll feel when they’re withdrawing from cigarettes. Here are some common complaints from other people who quit, and what they did to feel better. No two people are alike. Some people have some of these complaints, while others don’t have any. Each complaint is the body’s sign of healing.

If you have... Try...
Dry mouth, cough or sore throat ...Cold water, fruit juice, tea, gum, cough drops or hard candy.
Headaches .........................A warm bath or shower, deep breathing, cold compresses.
Constipation .......................Roughage, like raw fruits, vegetables, bran and cereal; also, six to eight glasses of water each day.
Hunger ............................Snacks from the EX-SMOKER’S list on page 11.
Irritability ..........................Nicotine chewing gum, Relaxercise, warm shower, brisk walk.
Cravings for a cigarette ..........Low-calorie snacks, nicotine chewing gum, glass of cold water or diet soda. When you have the urge to smoke, try the four D’s: Delay, Deep breathe, Drink water, Do something to take your mind off smoking.

Remember: These problems don’t last long. They’re the body’s recovery signs signaling that you’re getting better. Once you get through the first week or two, you’ll be on your way to feeling great. The next section will show you how to deal with feelings you may have when you stop smoking.

Dealing With Tough Times

What tough times will you have?
Here are some things other people have done to cope with the tough times they had when they stopped smoking. They worked for them. They might work for you too.

Feeling tense?
Many people have found that the Relaxercise works well. Others find that taking a fast walk helps them.

Around other smokers?
Many people have found that they need to say “NO” when a smoker offers a cigarette. They also try to avoid other smokers.

Some people find it helps to go places where smoking isn’t allowed, or to do something active so the smoker can’t smoke.

And here are some other things people have done to cope with their tough times:

“When I’m bored, I find something to do instead of smoking a cigarette. I take a walk, or pick up a pencil and doodle—anything but smoke.”

“I like to have something in my mouth. Now that I don’t smoke I chew sugarless gum, eat carrot sticks or suck on some hard candy. It takes away that urge to have a cigarette in my mouth.”

Why Weight: Keeping Extra Pounds Away

Many smokers worry about gaining weight when they quit. Some people gain weight after giving up smoking, since they start to burn calories a little more slowly. Also, food tastes better and some people use food instead of cigarettes when they want something to do with their hands. But there is no rule that says you will gain weight.

Everyone is different. Some people gain and some people stay the same. A few even lose weight. Don’t forget that a few extra pounds is not nearly as bad for you as smoking. You can avoid gaining weight or keep it to only a few pounds by

• Watching what you eat.
• Getting more exercise.

The most important foods to avoid are sweets—donuts, cakes, cookies and candies. Sweets may increase your urge for cigarettes. Eating sweets will cause most people to gain weight when they stop smoking.

To avoid gaining weight, successful quitters:

• Choose snacks wisely—use the Ex-Smoker’s list on page 11.
• Stock up on healthy foods and pass up rich, fatty foods—see the chart on page 11.
• Get brisk exercise at least three times each week for at least 20 minutes each time—see page 3.

Here are some other things you can do to avoid gaining weight:

• Drink six to eight glasses of water or low-calorie drinks every day.
• Eat foods that take a long time to chew, like apples, unbuttered popcorn, carrots and celery.
• Keep tempting foods out of the house, out-of-sight and out-of-mind.
• Eat lots of fruits and vegetables.
• Cut down on fat; use low-fat milk and cottage cheese instead of whole-milk products, and a non-stick spray, not margarine or butter. Trim fat from food. Broil, bake or steam instead of frying.
• Eat more chicken and fish, and less beef. Buy low-fat cuts of beef.
• Eat when you’re hungry, and not when you’re bored. Do something that’s fun and active. The urge to eat will pass.
• Have a low-calorie drink like water, tomato juice, tea, seltzer or diet soda before eating a meal. It helps fill you up.
• When you’re through eating, get up. Don’t sit there thinking of dessert or a cigarette.

Don’t have a lot of calories and try the chart on page 11.

When you’re through eating, get up. Don’t sit there thinking of dessert or a cigarette.
• Contact your local American Lung Association for help to stop smoking and stay trim.

By combining brisk exercise with smart food choices, you can avoid weight gain.
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Quitter's Shopping List
Foods to help you beat the cigarette habit without gaining weight:

- Popcorn
- Apples
- Peaches
- Plums and other fresh fruit
- Sugarless gum, and candy
- Whole Wheat crackers and breadsticks
- Frozen fruit bars (under 100 calories)
- Tomato juice

Add other foods you like, but stay away from sweets.

Ex-Smoker's Snacks
All less than 100 calories

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<td>1 cup of strawberries</td>
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<td>1/2 cantaloupe</td>
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<td>1 frozen fruit bar</td>
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<td>1 cup of fresh pineapple</td>
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<tr>
<td>1/2 cup of canned pineapple</td>
<td>95</td>
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<td>1 fresh peach</td>
<td>37</td>
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<td>1 cup of blueberries</td>
<td>82</td>
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<tr>
<td>1 pear</td>
<td>98</td>
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Crunchy Munchies
1 apple                             81
1 carrot                            21
3 cups popcorn (popped, no fat added) 70
2 graham crackers                   59
6 wheat thins                       52

Chewy Nibbles
1/2 bagel, plain                    81
1/4 cup raisins                     75
1 slice raisin bread                60
1/2 cup mini shredded wheat (without milk) 80
1 cup of puffed wheat (without milk) 50
1 small bran muffin                 100
1/2 whole wheat english muffin     65
1 banana                            85

Some More Snacking Ideas:
Banana-sicle: Freeze a very ripe banana half on a stick. Dip in low-fat yogurt and sprinkles with wheat germ or high-fiber cereal.
Nutrition in a glass: Whir in blender—1 cup of low-fat plain yogurt, 1 cup chopped fruit, and 1/2 cup of fruit juice.
Frozen pops: Freeze in paper cups with a wooden stick any of the following—applesauce, crushed pineapple or fruit juices.
Grape Yummies: Freeze a 1/2 cup of grapes. Drop them in your mouth and enjoy.

CAUTION: Limit your intake of these snacks if you want to avoid gaining weight.

We Said “NO” And Meant It
Saying “No” to offers of cigarettes is one of the secrets to success in quitting. It’s okay to say “No.” There are many ways to say “No.” Practice until you find the right one for the right time. The more you say “No,” the easier it’ll be.

The NICE No: “Thanks, but I’d rather not. You see, I quit.”
The FIRM No: “No, thanks. I’m trying to quit. If you really want to help me, won’t you offer me a cigarette again.”
The SHARP No: ‘No. You really aren’t doing me a favor by trying to get me to smoke when I’m trying to quit.” (Save this one for a last resort if you want to keep your friends.)
The HUMOROUS No: “I’m sorry, I can’t. I’m in training for the Boston Marathon, and my coach won’t let me.” Or, “Only if I can use your lungs.”

Now, write your own “No.”

What To Do If People Put You Down?

Does this sound like you?
“When I told my neighbor I planned to stop smoking, she said, ‘oh sure, you’ve stopped many times’.”

Here’s what a successful quitter replied.
“Sure, I went back to smoking before. But doctors now say that’s really practice. This time, I’m going to learn about my smoking, plan other things to do and quit for good. Most quitters need to try a few times before they quit for good.”

Don’t let anyone put you down. You can do it. You can stop for good! Here are some more things people have done to cope with their tough times:

Ex-Smokers’ Eating Guide

<table>
<thead>
<tr>
<th>STOCK UP</th>
<th>PASS UP</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meat, fish, poultry &amp; eggs</strong></td>
<td></td>
</tr>
<tr>
<td>1 serving = 2 to 3 ounces</td>
<td></td>
</tr>
<tr>
<td>Poultry: chicken or turkey — remove the skin</td>
<td></td>
</tr>
<tr>
<td>Fish: tuna packed in water; any fresh or frozen fish, like flounder, cod or sole</td>
<td></td>
</tr>
<tr>
<td>Meat: lean ground meat, meat with all the fat trimmed off</td>
<td></td>
</tr>
<tr>
<td>Eggs: whites or substitutes</td>
<td></td>
</tr>
<tr>
<td><strong>Milk &amp; dairy products</strong></td>
<td></td>
</tr>
<tr>
<td>Milk: skim milk, non-fat milk, low-fat milk or buttermilk</td>
<td></td>
</tr>
<tr>
<td>Yogurt: low-fat plain yogurt</td>
<td></td>
</tr>
<tr>
<td>Cheese: low-fat cottage cheese, other low-fat cheese, part skim mozzarella or ricotta cheese</td>
<td></td>
</tr>
<tr>
<td><strong>Bread, grain, cereal &amp; beans</strong></td>
<td></td>
</tr>
<tr>
<td>Bread: whole wheat, rye, pumpernickel bread</td>
<td></td>
</tr>
<tr>
<td>Cereal: high-fiber, such as bran, shredded wheat, whole grain cereals, oatmeal</td>
<td></td>
</tr>
<tr>
<td>Starch: pasta, rice and barley</td>
<td></td>
</tr>
<tr>
<td>Beans: lentils, peas, bean sprouts, kidney, chick pea, or pinto beans</td>
<td></td>
</tr>
<tr>
<td><strong>Fruits &amp; vegetables</strong></td>
<td></td>
</tr>
<tr>
<td>1 serving = 1/2 cup or 1 medium fruit</td>
<td></td>
</tr>
<tr>
<td>Fruits: all fruits</td>
<td></td>
</tr>
<tr>
<td>Vegetable: all vegetables, except those on the pass up side</td>
<td></td>
</tr>
<tr>
<td><strong>Snacks</strong></td>
<td></td>
</tr>
<tr>
<td>Use sensibly</td>
<td></td>
</tr>
<tr>
<td>Snacks: Choose from the Ex-Smoker's List, such as carrots, celery, fresh fruits, plain popcorn, sugarless gum, frozen low-calorie popsicle, water ice, graham crackers, whole-wheat crackers</td>
<td></td>
</tr>
<tr>
<td>Snacks: Stay away from greasy, crispy or oily foods, such as potato chips, roasted peanuts; smooth &amp; thick like ice cream or, sweet and gooey, like cakes, brownies, pies and donuts</td>
<td></td>
</tr>
</tbody>
</table>
Sliding Back: What Do You Do If You Go Back To Smoking?

Did you have a slip (smoke one or two cigarettes)?

OR

Did you go back to your old smoking habit?

(GO TO NEXT PAGE)

If you slipped:

Many people who have quit smoking for a while slip and have a cigarette. Have you failed? NO. Millions of these smokers ended up quitting for good. Here are some steps you can take to quit for good:

• First, look back at the time you slipped.
• What went wrong. Was it where you were? Was it the people you were with? Was it your mood?
• What are you going to do when this situation happens again?
• When you’re ready to handle this situation this next time it happens, QUIT AGAIN — YOU’RE READY!

An example:

"I went back to smoking when a friend of mine at work offered me a cigarette. I hadn’t told him that I had quit. I just took the cigarette."
"I’ve now told everyone I work with that I’ve quit for good. They don’t offer me cigarettes anymore."
"When someone outside of work offers me a cigarette, I now just say ‘no thanks, I’ve quit!’"

If you have gone back to your old habit, ask yourself these questions:

"Do I really want to quit smoking?"
Go through the INTRODUCTION section of your guide. (page 2)
This section helps you make up your mind about quitting smoking. If you make up your mind about quitting smoking. If you are then ready to quit, set a Quit Day and go ahead!

"Am I worried about gaining weight?"
Go through the EXERCISE section of your guide and the WHY WEIGHT section. (page 3 and 4)
Once you have tried some of the tips in these sections, set a new Quit Day.

"Am I worried about stress from quitting?"
Go through the EXERCISE and RELAXERCISE sections of your guide. (page 5)
These sections have proven methods for coping with stress. When you have tried some of the tips in these sections, set a new Quit Day and quit again.

"Am I addicted to cigarettes?"
Go through the ARE YOU ADDICTED TO CIGARETTES? section. (page 3) If you are addicted, you may want to try one of the two techniques in the section. If you’ve already tried one technique, try the other one. Then set a Quit Day and quit again.

"Is smoking a habit that’s too tough to break?"
Go through the BREAKING YOUR SMOKING LINKS section. (page 6)
This section helps you break the chains in your smoking habit. When you feel you are ready, set a new Quit Day and quit again.

"Do I need some help from my family or friends?"
Go through the GETTING HELP section. (page 6)
This section talks about what successful quitters have done to get help. When you feel you have the help you need, set a new Quit Day and quit again.

"Can I say NO to offers of cigarettes?"
Go through the WE SAID NO AND MEANT IT section. (page 11)
This section gives you some tips on how to say no effectively but in a way that won’t turn people off. When you feel more comfortable saying “No,” set a new Quit Day and quit again.
This part of your guide helps you begin your new life as a nonsmoker. This part is for people who have quit smoking and stayed off cigarettes for at least 2 weeks

Becoming A Nonsmoker

It's time to start thinking of yourself as a NON-SMOKER. One way other people have done this is to list some of the reasons they have quit smoking.

Check off your reasons for quitting. If you don't see your reasons, write them in at the bottom of this page.

- I feel better.
- My health is improving.
- I don't smell like cigarettes anymore.
- I'm saving money.
- I'm taking control of my life.
- I'm no longer hurting the people around me with my smoke.
- I'm setting a better example for my family.
- I'm feeling better.

Reward Yourself!
- Go out to a movie!
- Buy a magazine!
- Take time to do nothing!
- Take yourself out for dinner!
- Go bowling!
- People who reward themselves for quitting are more likely to succeed!

Helping Others Quit

Have you quit smoking? Do you want to help others quit? Helping others helps yourself.

Here are the steps we use in helping people quit:

Step 1: Find out whether the person really wants to quit. Nine out of 10 smokers say they do! If not, find out why.

Step 2: Find out what's keeping the smoker from quitting. If problems are keeping the smoker for quitting, share ideas from this guide.

Step 3: Set a QUIT DAY with the smoker. Follow up and be encouraging. Show you have faith the smoker will quit for good. Nagging never helped anyone quit smoking.

Step 4: Check after the smoker's Quit Day. You can HELP a person who's just quit by:
- Helping with small chores around the house.
- Giving rewards for each day off cigarettes.
- Suggest he/she call the local American Lung Association.
- Giving encouragement for progress.
- You will hurt the person's chances of quitting if you call the smoker stupid for not quitting—the smoker needs your support right now!

Notes To Myself:

On The Road To Staying Smoke-Free

Congratulations! You're on the road to staying smoke-free. It's a better life for you and the people around you. Be proud of yourself! Enjoy your smoke-free family. Celebrate!

From time to time, you may want to smoke. But your urges will get less each day. Always be on guard. Even one cigarette is too many. You may want to read this guide again. Use the tips that have worked for you. Call your local ALA if you need more help.

Every day, it'll get easier to say, "I don't smoke!"

Count Your $$$ From Quitting

One of the rewards of not smoking is that you'll save money. Here's how much:

<table>
<thead>
<tr>
<th>Number of Cigarettes Smoked Per Day</th>
<th>Amount of Money Spent on Cigarettes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Per Day</td>
</tr>
<tr>
<td>10</td>
<td>$1.00</td>
</tr>
<tr>
<td>20</td>
<td>$2.00</td>
</tr>
<tr>
<td>30</td>
<td>$3.00</td>
</tr>
<tr>
<td>40</td>
<td>$4.00</td>
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<tr>
<td>50</td>
<td>$5.00</td>
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<tr>
<td>60</td>
<td>$6.00</td>
</tr>
<tr>
<td>70</td>
<td>$7.00</td>
</tr>
<tr>
<td>80</td>
<td>$8.00</td>
</tr>
</tbody>
</table>

What will you use the extra $$$ for?

Congratulations from all of us who've quit. We're proud to have you with us.

Congratulations and Good Luck from the American Lung Association, the Christmas Seal People®

Best Wishes To You And Your Smoke-Free Family From

AMERICAN LUNG ASSOCIATION®

The Christmas Seal People®
Certificate
OF
NONSMOKER

I QUIT FOR GOOD, I AM A NONSMOKER

ON (DATE):

SIGNED:

WITNESSED:

Acknowledgements

Authors: Victor J. Strecher, Ph.D., Barbara Rimer, Dr. P.H.

Additional FREEDOM FROM SMOKING® Resources Available From Your Local American Lung Association:

- Group cessation clinics
- Home video program: "IN CONTROL®"
- Smoking and pregnancy information kits for pregnant women and health care providers
- Smoking in the workplace informational materials and consultation for employers and employees
- Leaflets on related topics such as second-hand smoke, smokeless tobacco, and weight control while quitting smoking
- No-smoking buttons, tentcards, posters, and more

Funding for the development of "Freedom From Smoking" was provided by Merrell Dow Pharmaceuticals, Inc.

For additional help, contact your local American Lung Association.

THANK YOU

The American Lung Association® of California is pleased to be able to assist millions of Californians in their effort to stop smoking. The scope of this stop-smoking campaign is unprecedented anywhere in the world.

We gratefully acknowledge the funding assistance of the California Department of Health Services through the Tobacco Tax Initiative; the technical assistance and guidance of S.B. Network, Ltd.; Chicago Lung Association, The American Lung Association, and Lung Associations across the country for the benefit of their expertise and experience; and local television stations across the state of California for their support and generous contributions.

In addition, we wish to applaud the people of California for their valiant efforts to achieve a smoke-free society.
# Your Quitting Calendar

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>You can stop smoking! Start getting ready</td>
<td>2</td>
<td>You’ll be better without cigarettes</td>
</tr>
<tr>
<td>3</td>
<td>Plan your rewards for not smoking cigarettes.</td>
<td>4</td>
<td>Tell everyone your’re going to stop smoking.</td>
</tr>
<tr>
<td>5</td>
<td>Plan what you’ll do instead of smoking.</td>
<td>6</td>
<td>Get rid of cigarettes. Stock up on healthy snack food.</td>
</tr>
<tr>
<td>7</td>
<td>Say good-bye and good riddence to cigarettes. Be good to yourself.</td>
<td>8</td>
<td>Drink 6-8 glasses of liquid to flush the nicotine.</td>
</tr>
<tr>
<td>9</td>
<td>The carbon monoxide is gone from your body. Reward yourself for two days without a cigarette.</td>
<td>10</td>
<td>Get up and get moving. Your pulse and blood pressure are already improving.</td>
</tr>
<tr>
<td>11</td>
<td>Say “No” to cigarettes. Spend time with nonsmokers.</td>
<td>12</td>
<td>Your lungs are cleaner. Your cough is going away.</td>
</tr>
<tr>
<td>13</td>
<td>Your breath is fresher. Kiss someone.</td>
<td>14</td>
<td>Your clothes smell better.</td>
</tr>
<tr>
<td>15</td>
<td>Be proud of yourself.</td>
<td>16</td>
<td>You can keep your weight down.</td>
</tr>
<tr>
<td>17</td>
<td>10 days of Freedom! Reward yourself.</td>
<td>18</td>
<td>You should have more energy now.</td>
</tr>
<tr>
<td>19</td>
<td>Get lots of exercise to keep pounds away.</td>
<td>20</td>
<td>Do the Relaxercise to stay calm.</td>
</tr>
<tr>
<td>21</td>
<td>Be proud of yourself.</td>
<td>22</td>
<td>Reward yourself for not smoking.</td>
</tr>
<tr>
<td>23</td>
<td>Just think, you won’t burn any more holes in your clothes or carpets.</td>
<td>24</td>
<td>If you slip, don’t give up the ship.</td>
</tr>
<tr>
<td>25</td>
<td>Get help from friends, if you can.</td>
<td>26</td>
<td>Your cigarette urges will go away soon.</td>
</tr>
<tr>
<td>27</td>
<td>Check your weight. Eat Good Snacks.</td>
<td>28</td>
<td>Call a friend if you need help.</td>
</tr>
<tr>
<td>29</td>
<td>Reread your reasons for quitting.</td>
<td>30</td>
<td>Reward yourself —you’re on the way to a smoke-free life.</td>
</tr>
</tbody>
</table>
Program Guide

Here are the steps of your guide

Monday, February 18, 4:00 PM News
INTRODUCTION ........................................... 2
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Not Sure You Want To Quit?
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Good Reasons Smokers Want To Quit
Your Reasons For Quitting

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Using Nicotine Fading

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Getting Back To Pack Track
Breaking Your Smoking Habit
Getting Help

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1 Quit For Good Certificate
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Count Your Dollars From Quitting
Helping Others To Quit
On The Road To Staying Smoke-Free

READER RESPONSE COUPON

Yes, send the material that we have checked:
☐ The FREE booklet, A Lifetime of FREEDOM FROM SMOKING®.

PLEASE PRINT

Name ________________________________
Address __________________________________ Apt. # _______
City/State __________________________________ Zip __________
Daytime Phone ____________________________

Send to the Lung Association nearest you.

The American Lung Associations of Southern California
join with

KNBC-TV
California State Department of Health Services

To help you keep your New Year's resolution to kick the cigarette habit

Be sure and watch KNBC-TV Channel 4 News daily at 4:00 P.M. — Starting Feb. 18-22

Featuring
John Beard and Steve Gendel

Learn how to be smoke-free and breathe easier!
The American Lung Associations of Southern California, "The Christmas Seal People" are dedicated to providing lung health information and to helping prevent and cure lung disease. Founded to combat tuberculosis in 1907, today Lung Associations are establishing new and innovative programs targeting breathing issues. Asthma camps for children; stop smoking clinics; clean air conservation; support groups for respiratory patients; and occupational safety programs are a sampling of the many services we offer in the community. Through voluntary contributions and the annual Christmas Seal Campaign, the American Lung Association is moving toward the year 2000 caring for every breath you take.

"IT'S A MATTER OF LIFE & BREATH®"

For further information on stop smoking clinics and manuals available in Southern California contact your local American Lung Association:

Inland Counties (714) 884-5864, 441 MacKay Dr., San Bernardino, 92408
Kern County (805) 327-1601, 306 Chester Ave, Bakersfield 93301
Long Beach (213) 436-9873, 1002 Pacific Ave., Long Beach 90813
Los Angeles (213) 935-5864 or (818) 797-5864, 5858 Wilshire Blvd, Ste. 300, Los Angeles 90036
Orange County (714) 835-5864, 1570 E. 17th St., Santa Ana 92701
Ventura County (805) 988-6023, 2575 Wagon Wheel Rd., Oxnard 93030

This project is brought to you by the American Lung Association® of California and the California Department of Health Services Tobacco Tax Initiative.