

Local

# Coach Wilson leads Smokeout ...

By SANDRA K. GARY  
Battalion Reporter  
The American Cancer Society has chosen Texas A&M Head Coach Tom Wilson to serve as the honorary local chairman for the Great American Smokeout Tuesday.

Wilson, a smoker for almost 15 years, agreed to try to stop smoking during the Smokeout. He said he smokes 1.5 to 2 packs of cigarettes a day and that he smokes more during football seasons than he does during the rest of the year.

Don Moore, chairman of the Smokeout in the Bryan-College Station area, said Wilson was chosen to chair the Smokeout because smoking is usually associated with pressure and Wilson is in the public eye as a man under much pressure.

"Smokers can identify with Tom Wilson," Moore said.

And, if Wilson can give up smoking for a day, there's no reason any other smoker shouldn't be able to do the same, Moore, a non-smoker, said.

This is the fifth year that the

Smokeout has been sponsored by the American Cancer Society as a nationwide campaign.

Sammy Davis Jr. was the first national Smokeout chairman. He tried to quit smoking but couldn't make it through the day. Ed Asner, the 1978 national chairman, quit smoking for the Smokeout that year and hasn't smoked since.

Facts distributed by the American Cancer Society say that over 52 million Americans smoke. Surveys by the society indicate that nine out of 10 of those smokers would like to quit.

## ... Cancer Society offers help

By SANDRA K. GARY  
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The American Cancer Society offers the following tips for participants in Thursday's Great American Smokeout:

1. Don't carry a lighter or matches and hide all ashtrays.
2. When the urge to smoke hits, take a deep breath. Hold it for 10 seconds, then release it slowly. Taking deep, rhythmic breaths is similar to smoking but allows one to inhale clean air instead of poisonous gases.
3. Spend your day in places where smoking is prohibited — a library, theater or museum.
4. Eat rather than smoke, but stick to low-calorie, high-nutrition foods — fresh fruit, raisins or crisp vegetables. Other possible pacifiers include lemon drops, sugarless gum, cloves, beef jerky and unbuttered popcorn.
5. Exercise helps relieve tension. Climb stairs rather than take the elevator, get off the bus a stop before your destination and walk.
6. Drink plenty of liquids. Water, herbal teas, fruit juices and some soft drinks all fit the bill. Pass up coffee, tea, caffeinated soft drinks and alcohol as these drinks

can increase the urge to smoke.

7. Keep your hands occupied. Try doodling or working with a calculator (figure out the money you'll save by quitting cigarettes).

8. Break the habits that involve smoking. If you always had a cigarette on your office break, opt for a low-calorie snack and juice or tea instead.

9. Wrap your cigarettes in a sheet of paper, then put a rubber band around the package. If you must reach for a cigarette, you'll have more difficulty getting to one and will be made aware of your action.

10. Tell your family and friends that you are going to stop smoking. Ask them to help keep you

from backsliding and ask them not to smoke when you are with them.

11. Indulge yourself. Enjoying a leisurely bath, a massage or a nap

in the absence of smoking will help you realize that you don't need a cigarette to have a good time.

# Stop-smoking technique wins woman date with J.R.

Paula Guest, of College Station, wrote a letter she hoped would win her a trip for two to Hollywood and a dinner date with actor Larry Hagman of "Dallas."

Guest's letter, written in response to the American Cancer Society's Quit-Smoking Letter Writing contest, won at the local level. Unfortunately, she lost at the national level.

The contest is being held in conjunction with the Great American Smokeout. Hagman, who is the GAS chairman and an ex-smoker, is helping with the contest. The winner in the contest is determined by presenting the best idea on how to quit smoking.

"What I said in the letter about quitting smoking," Guest said, "was kind of like what I feel about living life in general. You've got to think positive and believe in yourself."

Guest had expected the winner to be announced Thursday; however, a United Press International story reports that the winner is Janet MacAinsh of Howell, Mich.

MacAinsh, a mother of six, was hooked on cigarettes for 26 years before she snapped her way to kicking the habit and won the contest.

MacAinsh, 46, said Monday she successfully warded off the temptation to light up time and time again by snapping her wrist with a rubber band.

It became so worn out by the time she discovered she no longer needed to smoke there was not another knot that could have been tied to hold it together on her wrist.

The University of Michigan employee said she had a premonition of her victory when she dreamed of bumping into actor Hagman the night before being told she was the winner. On Friday she learned she was a winner.

MacAinsh said she has always believed people need something to strike their senses in order to get their attention. And since she was wearing a rubber band around her wrist when she decided to quit smoking in June, she decided to snap it each time she felt the urge

to light up.

MacAinsh continued wearing and snapping the rubber band, tying it back together when it broke.

"My husband kept telling me to get a new rubber band, but I couldn't do it," she said.

"This was the rubber band I intended to quit with, and finally when it couldn't be knotted any more I discovered I was over the habit."

The executive secretary of the dean of UM's arts school included a sample "non-smoker rubber band" with her entry for the letter writing contest.

In the letter, she listed five principles for kicking the tobacco habit — don't tell anyone you are quitting, use snaps with a rubber band to "rattle your brain," don't look ahead, deposit savings in a jar and get support from nonsmokers.

"I didn't need expensive gimmicks, hypnosis or drugs — I used intelligence, will power and gamesmanship," she said. "It works."

# Female birds won't fall for accents

United Press International  
FORT COLLINS, Colo. — A scientist says most people don't realize it, but birds have different dialects just like humans. And the male bird who wanders into foreign territory isn't going to make much of an impression on the ladies.

Dr. Myron Charles Baker, an associate professor of zoology and entomology at Colorado State University, said Monday his studies show birds from different geographic areas "speak" in different dialects. Some birds take these differences so seriously that they won't mate with a bird who sings the wrong song.

"It's like distinguishing between a Southern drawl and a Midwestern accent," he said. "It's like a human saying, 'Man, that song really turns me on.'"

Baker said it isn't just the females who get turned off by a foreign accent. He said earlier studies frequently showed "males get much madder when they hear a neighboring dialect."

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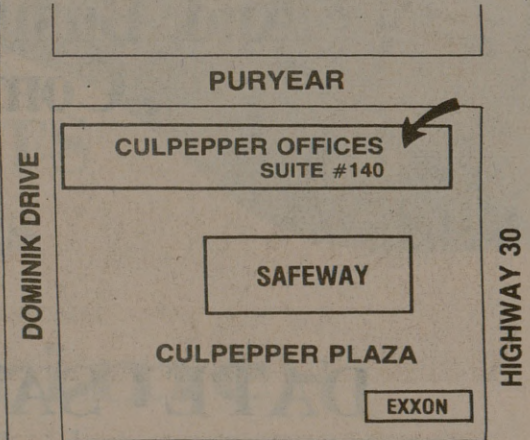
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