

Time to kick the habit

The Pittsburg County Health Department and the Southeast Tobacco-Free Oklahoma Coalition are encouraging smokers and other tobacco users in the county to gear up to participate in the American Cancer Society's 30th Great American Smokeout set for Thursday.

SETFOC is encouraging smokers to put down their cigarettes, cigars, spit tobacco or other tobacco product and utilize the free Oklahoma Tobacco Hotline at (800) 784-8669.

The ACS has sponsored the smokeout on the third Thursday of November since 1977 to help smokers quit for at least one day in hopes they will quit for good.

There's nothing better a tobacco user can do for their health than to quit. We're asking everyone in Pittsburg County to help spread the word about the smokeout to their loved ones and co-workers," said Jack Vogle, SETFOC co-chairperson.

"For the sake of health and family, the Great American Smokeout is a great time to practice quitting or to give up the habit for good."

According to the ACS, within 20 minutes of smoking that last cigarette, the body begins a series of changes that continues for years. Visit www.cancer.org/downloads/COM/WhenSmkrQuit.pdf for more information.

SETFOC is once again sponsoring a poster contest for area seventh grade students to observe the day.

The students are asked to design a poster with an anti-tobacco or pro-health related message. The works will be judged Thursday.

Call Robyne Lindley at 423-1267 for more information.