

Smokeout gives opportunity for new start

DEAR ABBY: I lost my spouse — the love of my life — to lung cancer. It is unbelievable what a person has to endure with this disease. The biopsy, diagnosis, rounds of chemo, X-rays, scans, needles, poking and prodding. The prognosis is usually poor unless it is caught early enough to be surgically treated.

When I see people smoking, I want to stop and tell them what my husband went through: struggling to breathe — even on oxygen. Being dependent on someone else for care. Difficulty walking distances — even to the bathroom. My husband endured multiple hospitalizations, fighting off pneumonia, being tethered to an IV. All the caregiver can do is watch someone he or she adores die a little more one day at a time.

Why can't smokers understand that one puff isn't worth the heavy

daily horoscopes



Friday, Nov. 22, 2002

An enterprise with which you'll get involved in the year ahead could turn out to be rather substantial. You may team up with someone who will add imagination and creativity to your project.

SCORPIO (Oct. 24-Nov. 22) -Should an opportunity develop for you today from an area or source you'd least expect, you'll immediately recognize it for what it is and jump at the chance to take advantage of it.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't hesitate to accept invitations that come your way today. Good things can happen for you at this time through persons with whom you'll be involved socially.

CAPRICORN (Dec. 22-Jan. 19) - Persons in important posts or positions are more apt to be receptive to your ideas today than usual. If you need a special favor or someone's support, present your thoughts at this time.

AQUARIUS (Jan. 20-Feb. 19) - There is a chance you could get involved in a situation today with a person you'd like to get to know better. The communication will be



price? There are plenty of other things that can make you ill or kill you. Please don't add cigarettes - something you CAN control.

Toss the smokes! Give them up, or better yet, NEVER START. You may think you have plenty of time, but the love of my life was only 49. Do this for yourself and for those who love and care about you. - K.O. IN MISSOURI

DEAR K.O.: Please accept my deepest sympathy for your loss. Your letter is a timely one because today marks the 26th annual Great American Smokeout. For those who do not already know, the American Cancer Society's Great American Smokeout is the day that smokers can challenge themselves to quit smoking - if only for just one day.

Smoking is the most preventable cause of death in our society, yet an estimated 47 million adults in the United States currently smoke. And youth smoking seems to be on the rise. (Between 1991 and 1999, smoking among high school students rose substantially from 28 percent to 35 percent.)

This year approximately 169,400 new cases of lung cancer will be diagnosed in the U.S., and 154,000 will die of the disease. Research has also brought to light

celebrity cipher

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present Each letter in the cipher stands for another. Today's clue: Y equals L

"ХТХМО	ΡX	BWVRW	SNEY	P YVZX
WN JX	K	PNGWNM	І КВР	VBRVPX
хтхмо	UDN	WNCMK	UDXM	VR K
U K V B W X	M W	моvвс	W N	CXW
N E W . "	– U	KJYN	UVGKR	RN

PREVIOUS SOLUTION - "I was never a natural athlete, but I paid my dues

other tobacco-related cancers, including cancer of the mouth, pharynx, larynx, esophagus, pancreas, uterine cervix, kidney and bladder.

> So, Dear Readers, if you're hooked on tobacco and have been saying, "One of these days I've got to quit," please take my advice and start now. Join the Great American Smokeout and quit today.

> For more information about how to get involved in the Great American Smokeout and to learn about tobacco cessation strategies, call (800) 227-2345 or visit www.cancer.org.

DEAR ABBY: My boyfriend and I have been together for 10 years. We have decided to elope.

I want to let my family know about the marriage, but I'm not sure how to go about it. Are announcements OK, or do they seem like a request for presents? I am clueless about the proper thing to do. Thanks a bunch! - WON-DERING IN SOUTH ELGIN, ILL.

DEAR WONDERING: Wedding announcements after your elopement are a perfectly acceptable way to let friends and family members know the happy news. Only those who accept wedding INVITATIONS are expected to give gifts. However, relatives and close friends will probably want to present you with a "token" gift of some kind to mark the occasion.

f**rank and ernest** by bob thaves



big nate by lincoln pierce



garfield by jim davis



quite effective.

PISCES (Feb. 20-March 20) -A development that has caused you some anxiety looks like it will take a turn for the better today. Sunshine could start to filter in where you previously saw only shadows.

ARIES (March 21-April 19) -Do things for friends today that indicate to them that you care. Any good gestures you make now will serve as the seeds for a future bountiful harvest.

TAURUS (April 20-May 20) -Focus on endeavors or projects that you find enjoyable to perform and your productivity will be impressive today. When you devote your efforts to labors of love, the hard jobs become easy.

GEMINI (May 21-June 20) -You'll have a gift today of being able to make everyone with whom you get involved feel they are someone extra special. This attribute will brighten up the lives of all those around you.

CANCER (June 21-July 22) -Give priority today to all those domestic matters and tasks you've been neglecting. It is one of those days when anything you do for your family will be done with a light hand and a happy heart.

LEO (July 23-Aug. 22) — Look for pleasant tidings today from someone who is very dear to you. The news this person is eager to share with you may involve you as well and bring joy to your heart.

VIRGO (Aug. 23-Sept. 22) — There is a possibility that you may be able to increase your personal earnings today from an existing source. It may come in the form of a bonus or raise in appreciation of a job well done.

LIBRA (Sept. 23-Oct. 23) — It may fall to you today to put together a social situation that your friends aren't quite able to get a handle on. They'll be thankful and pleased that you are able to do so.

in sweat and concentration." — Chuck Norris

daily crossword

ACROSS

response

animals

letter

citadel

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quest

35 Neat

governess

37 Puffin's kin

38 Flock member

vegetable

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39 More dingy 42 Wide St. 45 Groundhog Infants mo. 46 Klutzes 10 Striped 50 Tomorrow, 12 Racket maybe 53 Motorcycle 14 Brightly race colored bird 55 Fisherman 15 Cop a -56 Slimmed down 16 Fraternity 57 Avis rival 58 Soldier's shoe 18 Orange DOWN 19 Moscow Bellow Competent 23 Clairvoyance 3 Cause, as 26 Singer Yoko havoo Remind too 27 Sparks and often Prickly seed 30 Brook's sound 6 Jacques' pal 32 Gravish brown Float 34 Round Table Actress -Raines Restrain 36 Fictional 10 Jolt of

electricity

11 Restful

12 Wrench or

UBBLE RIBALD NCF EOR OVERDO SAHARA ROUST

Vigoda 40 On the horizon hammer 17 RN employer 20 Curler 41 Bull-riding 21 Air shaft event 42 Far East nanny 22 Half-moon 43 Wind indicator tide 23 Breakfast item 44 Cal Tech grad 24 Confident 47 Wheels 25 Say the rosary 48 Cause to be 28 Cat's-paw uneasv 29 Erupt 49 Patch of lawn 31 Surround 51 CTRL neighbor 33 Before 35 Nicknamed 52 - Perce tribe54 Ballpoint 37 Fortas or

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