

Addiction makes smoking a hard habit to break

When your parents were young, people could buy cigarettes and smoke pretty much anywhere — even in hospitals! Ads for cigarettes were all over the place.

Today we're more aware of how bad smoking is for our health. Smoking is restricted or banned in almost all public places, and cigarette companies are no longer allowed to advertise on buses or trains, billboards, television, and in many magazines.

Almost everyone knows that smoking causes cancer, emphysema and heart disease; that it can shorten your life by 14 years or more; and that the habit can cost a smoker thousands of dollars a year. So how come people are still lighting up? The answer, in a word, is addiction.

Smoking's a hard habit to break because tobacco contains nicotine, which is highly addictive. Like heroin or other addictive drugs, the body and mind quickly become so used to the nicotine in cigarettes that



cris lovington

- prevention center

a person needs to have it just to feel normal.

Almost no smoker begins as an adult. Statistics show that about nine out of 10 tobacco users start before they're 18 years old.

Some teens who smoke say they start because they think it helps them look older (it does — if yellow teeth and wrinkles are the look you want).

Others smoke because they think it helps them relax (it doesn't — the heart actually beats faster while a person's smoking).

Some light up as a way to feel rebellious or to set themselves apart (which works if you want your

smoke — or just because it gives them something to do.

Some people, especially girls, start smoking because they think it may help keep their weight down. The illnesses that smoking can cause, like lung diseases or cancer, do cause weight loss, but that's not a very good way for people to fit into their clothes!

Another reason people start smoking is because their family members do. Most adults who started smoking in their teens never expected to become addicted. That's why people say it's so much easier to not start smoking at all.

The cigarette ads from when your

parents were young convinced many of them that the habit was glamorous, powerful or exciting even though it's essentially a turn-off — smelly, expensive and unhealthy. Cigarette ads from the 1940s even showed doctors recommending cigarettes as a way to relax!

Cigarette ads still show smokers as attractive and hip, sophisticated and elegant, or rebellious and cool. The good news is that these ads aren't as visible and are less effective today than they used to be.

Just as doctors are more savvy about smoking today than they were a generation ago, teens are more aware of how manipulative advertising can be. The government has also passed laws limiting where and how tobacco companies are allowed to advertise in order to help prevent young kids from getting hooked on smoking.

There are no physical reasons to start smoking; the body doesn't

need tobacco the way it needs food, water, sleep and exercise. In fact, many of the chemicals in cigarettes, like nicotine and cyanide, are actually poisons that can kill in high enough doses.

The body is smart, and it goes on the defense when it's being poisoned. For this reason, many people find it takes several tries to get started smoking. First-time smokers often feel pain or burning in the throat and lungs, and some people feel sick or even throw up the first few times they try tobacco.

The consequences of this poisoning happen gradually. Over the long term, smoking leads people to develop health problems like cancer, emphysema (breakdown of lung tissue), organ damage and heart disease.

These diseases limit a person's ability to be normally active and can be fatal. Each time a smoker lights up, that single cigarette takes about five to 20 minutes off the

person's life.

Smokers not only develop wrinkles and yellow teeth, they also lose bone density, which increases their risk of osteoporosis, a condition that causes older people to become bent over and their bones to break more easily.

Smokers also tend to be less active than nonsmokers because smoking affects lung power. Smoking can also cause fertility problems in both men and women and can impact sexual health in men.

The consequences of smoking may seem very far off to many teens, but long-term health problems aren't the only hazard of smoking. Nicotine and the other toxins in cigarettes, cigars and pipes can affect a person's body quickly, which means that teen smokers experience many of problems.

To learn more these tobacco use consequences call us at 785-899-3848 or e-mail me at crisl@st-tel.net.



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public notice

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Worship warms the heart

Calvary Gospel Church
Pastor: Rev. Steve Rains
Fourth & College • 899-3605
Sunday: Sunday School: 9:15 am
Morning Service: 10:30 am
Small Group Ministries
Wednesday: Prayer and Worship: 7:00 p.m.
Youth @ the Rock House: 7:00 p.m.

Our Lady of Perpetual Help
Pastor: Father Norbert Dlabal
307 W. 13th • 899-7205
Sacrament of Reconciliation:
4:30-5 pm Saturday or by appointment
Mass Schedule:
Saturday: 6 pm, Sunday: 10:30 am
Spanish Mass:
1st & 3rd Sunday: 4 pm

Sonrise Christian Church
Ninth & Caldwell • 899-5398
Minister:
Youth Minister: Doug Bean
Sunday: Worship Service: 9:30 am
Sunday School: 10:45 am
Wednesday:
Junior/Senior High Meeting: 7 pm
Adult & Children's Classes: 7 pm

Word of Life
Foursquare Church
10th & Clark • 899-5250
Pastor: John Coumerilh
Service Schedule:
Sunday: Worship Celebration
and Kids' Church: 10:30 am
First Wednesday: K.W.A.M.!
Grades 1 through 5: 7 p.m.

Pleasant Home Church
Serving the rural community
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Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Charlie Busch
694-2242
Sunday: Worship Service: 9 am
Sunday School: 10 am
Evening Service: 6 pm

Bible Baptist Church
Pastor: Glenn Hermanson
Fifth & Broadway
899-7368
Sunday: Sunday School: 9 am
Morning Service: 10 am
Evening Service: 6:30 pm
Wednesday: Evening Bible Study: 7 pm

Church of Jesus Christ of Latter-Day Saints
1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 am
Sunday School: 11:15 am
Priesthood/Relief Society: 12 am

Iglesia Del Dios Vivo
La Luz Del Mundo
Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru
Saturday: 5 am & 6 pm
Sunday: Sunday School: 10 am

United Methodist Church
Brewster:
Pastor:
Worship Service: 10:45 am CST
Sunday School: 9:45 am CST
Winona:
Minister: Rev. Bob Winters
Worship Service: 9 am CST
Sunday School: 10:15 am CST

First Christian Church
(Disciples of Christ)
Pastor: John Park Winkler
Eighth & Arcade • 890-5233
Sunday: Worship Service: 10:30 am
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups,
Adult Bible Study, Choir, Men's and Women's Groups,
Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing
Assistance Equipment and Infant and Toddler
Nurseries Available

Kanorado
United Methodist Church
Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 am
Worship Service: 10:15 am

Church of the Nazarene
Pastor: Bob Willis
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 am
Worship Service: 10:50 am
Evening Service: 6 pm
Wednesday: Evening Service: 7 pm

First United Methodist Church
1116 Sherman
899-3631
Pastor: Rev. Janet Hernandez
Saturday: Informal Worship: 5:30 pm
Sunday: Sunday School: 9:15 am
Worship Service: 10:30 am

Goodland Bible Church
109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:30 am
Morning Worship: 10:45 am
Evening Worship: 6 pm
Wednesday: AWANA (Winter)
and prayer: 7 p.m.

First Baptist Church
Pastor: John Meckling
Fifth & Center • 899-3450
Sunday: Sunday School for all ages:
9:15 am (Child care provided)
Morning Worship: 10:30 am
Wednesday: Bible study 7 p.m.
Call church for information
Thursday: Bible study 9:30 a.m.
Wheatridge Center

St. Paul's Episcopal Church
13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
10:00 a.m. Thursday
Morning Prayer: 8:00 a.m. Wed. - Sun.
For emergencies Wed. - Sun. 890-6969
Sr. Warden for emergencies
Mon. and Tues. 890-3320

Grace Fellowship Church
104 E. Hwy 24 • 899-6423
Pastor: Bob Snyder
Residence: 890-0134
Sunday: Sunday School: 10 am
Worship Service: 11 am
Wednesday: Bible Study: 7 pm
Sunday: Bible Study: 7 pm

Emmanuel Lutheran Church
13th & Sherman • 890-6161
Pastor: Scott Grimshaw
Sunday: Christian eduction/fellowship:
10:15 a.m.
Worship Service: 9 am
Wednesday: Confirmation: 6 pm

Church of Christ
401 Caldwell
899-6185
Sunday: Bible Study: 9:45 am
Worship Service: 10:45 am
Wednesday: Bible Study: 7 pm

Seventh Day Adventist Church
1160 Cattletrail
Pastor: Jim Martin
Saturday: Sabbath School: 9:30 am
Worship Service: 11 am

Short & Son Trucking
Hwy. 24
Good Samaritan Center
208 W. 2nd

Koons Funeral Chapel
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Bateman Funeral Home
211 E. 11th

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