

November 15th: The Great American Smoke Out

Editorial Office

The third Thursday of November every year has been appointed a day when smokers smoke less or stop smoking for one day. This event provides smokers the opportunity to give up tobacco use and raise awareness about the many effective ways to quit smoking once and for all.

For the second consecutive year, the Utah Latino Network has participated in this great event, and along with local businesses has established a campaign to help people stop smoking. Every year, the Great American Smoke Out also raises awareness about the deaths and chronic illnesses related to smoking and it is there local businesses have played an important role by letting the Utah Latino Network leave Quit Cards and other information about the consequences related to smoking along with calendars of events related to the program.

Between 1980 and 1990, many state and local government leaders prohibited smoking in the workplace and in restaurants, raised taxes on cigarettes and took action in the battle against smoking. In the near future, the state of Utah will implement a law in which it would be prohibited to smoke in night clubs.

To prepare and support the Great American Smoke Out, "El Durango" night club, located on 923 South State Street, in Salt Lake City, will stop selling tobacco and will not allow smoking in the buildings on Friday the 16th of November.

"This is great news to me because it has been a long time since I went to the club, but I will be there to enjoy the music and festive environment that has always been part of the club," said Lourdes Tello who stopped going to the club after having quit smoking.

For more information on how to quit smoking, improve your health or to participate in the Great American Smoke Out in your area, contact the American Cancer Society at 1-800-277-2345.