**« ( BreAnna / 1 Shot / Cam 3 ) »**

For thanksgiving we all want a hot turkey on the table, but if you want to go COLD turkey; you can quit smoking on November

15.

Insight's Kelsey Semien has the story.

**« Take PKG Runs.. 1:37 ..std outcue"**

**»**

The American cancer Society wants to help Americans put down the cigarettes. The Great American Smoke Out will be held this year on November 15. The whole idea of the day is to get Americans to stop smoking for a day, or to quit altogether.

**« Compix Locator - CG#: $$$$**

**University District »**

**« Compix Name Super CG#: $$$$ (Take at: 13)**

**Kelsey Semien /InSight News »**

**At age 16 Whitten started smoking because he says it allowed him to take more breaks at his job. He eventually formed a habit and now he thinks of himself as more of a social smoker.**

Back in February he had put down the habit, but picked it back up shortly after getting an internship.

The stress from being a managing editor for the Daily Helmsman is one reason why whitten has such a hard time quitting.

**« Compix Name Super CG#: $$$$ (Take at: 54)**

**Chris Whitten /Helmsman Editor »**

**« Take SOT Runs.. 0:18 .."**

**"But alot of the times, you know, I find myself in the news room and I'm like 'hey I need a break'. Lets go downstairs and smoke a cigarett together. And we sit there- with the smoking band going on it's a lot harder to find a place to smoke, but I choose the back patio behind the jourtnalism building" »**

His friends and family are his biggest supporters and try to encourage him to quit smoking. One of his coworkers says she tries to give him hard time about his habit.

**« Compix Name Super CG#: $$$$ (Take at: 120)**

**Chelsea Boozer /Editor »**

**« Take SOT Runs.. 0:05 .."**

**"We would go out and he would buy a pack of cigaretts, and we would always tell him, 'you know you shouldn't be buying that.'" »**

Whittens grandfather recently became ill due to 55 years of smoking, which is why this smoke out day Chris Whitten is making an effort to quit.

**« ( BreAnna / 1 Shot / Cam 3 ) »**

For more information on the Smoke Out Day or The American Cancer Society visit their website at www dot cancer dot org.