**« ( JOSH / 1 Shot / Cam 3 ) »**

Are YOU a smoker? Do you think there's no way you can put down the pack?

If so, get ready to mark your calendars. There's a chance to test your theory.

**« Take VO Runs.. :43 »**

**« Compix Locator - CG#: $$$$**

**University of Memphis »**

The American Cancer Society is marking November fifteenth as THE GREAT AMERICAN SMOKE OUT.

This means for one day, smokers are asked to make plans to put DOWN the cigarettes and possibly find a way to quit for good.

Chris Whitten is a smoker and says he has tried to quit several times.

He is the managing editor of theTHE DAILY HELMSMAN.

Whitten says the stress from his job is one reason it has been so hard for him to quit and thinks of himself as a social smoker.

**« Take SOT Runs.. 0:11 ..a cigarette together"**

**"You know, you don't usually smoke by yourself, unless it's just a stress releiver, but alot of the times, you know, I find myself in the news room and I'm like hey I need a break. Come on down, lets go smoke a cigarette together." »**

**« Compix Name Super CG#: $$$$ (Take at: 20)**

**Chris Whitten /Managing Editor »**

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Whitten feels the Smoke Out day is a good effort to try and get people to quit smoking.

His biggest supporters in his effort to quit are his friends, family, and coworkers.

**« (Director Note)**

**Anchor Continues »**

**« ( Greg / 1 Shot ) »**

For more information on the Smoke Out day or for tips on how to quit smoking, visit the AMERICAN CANCER SOCIETY's website.