



Recently, while traveling, I connected through Saint Louis' Lambert-St. Louis International Airport. I have been through there before, and it was one of the airports that still offered a "smoking lounge" for traveling smokers. On this trip as I walked to my gate, I noticed that the room has been shuttered for smoking. So, yet another smoking facility has gone 100% smoke free. Personally, I feel that this is a good thing. I believe that all public facilities should be smoke free. But I also understand the dilemma that eliminating smoking facilities are putting smokers in. When I smoked, as I started to see places where I could freely smoke disappear, I begin to think long and hard about my future as a smoker. Fortunately, I was able to quit.

We are going to see many more of these smoking rooms disappear. In fact, it wouldn't surprise me if in the next year or two if they are totally gone. So, if you are a frequent traveler, and a smoker, now is the time that you might want to consider quitting smoking. Besides the obvious health benefits, it also eliminates the stress that you feel when you are traveling and always worrying about having to have a smoke. I have seen folk actually miss their connection because they needed a cigarette and found, after landing, they would have to go outside and smoke. By the time they got back through security, their plane had taken off. That is an expensive smoke.