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Tide starts tough SEC roadtrip tonight

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# The Crimson White

Wednesday, January 14, 2009

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## Smokers say 'No' to restrictions

By Danielle Drago  
Senior Staff Reporter

At least 43 colleges around the nation have banned smoking on campus according to the Americans for Non-Smokers' Rights Web site, and some are eyeing the University as the 44th.

"Other campuses have gone tobacco-free, and this would be my personal preference for UA," said Margaret Garner, director of the Department of Health Promotion and Wellness at the Student Health Center.

Many steps have been taken to limit smoking around campus. The first step was the policy to ban smoking inside a 30-foot perimeter to entrances of buildings. This step was

supported by the SGA, Faculty Senate and the Professional Staff Assembly within the past two years, according to Garner.

Some say, however, these restrictions are not enough.

"A few baby steps toward discouraging smoking have been taken by UA, such as trying to move smoking a certain number of feet away from building entrances, a policy that has been largely ignored and unenforced, as any visit to Gorgas or Ferguson will attest," said Dr. Alan Blum, director of the Center for the Study of Tobacco and Society.

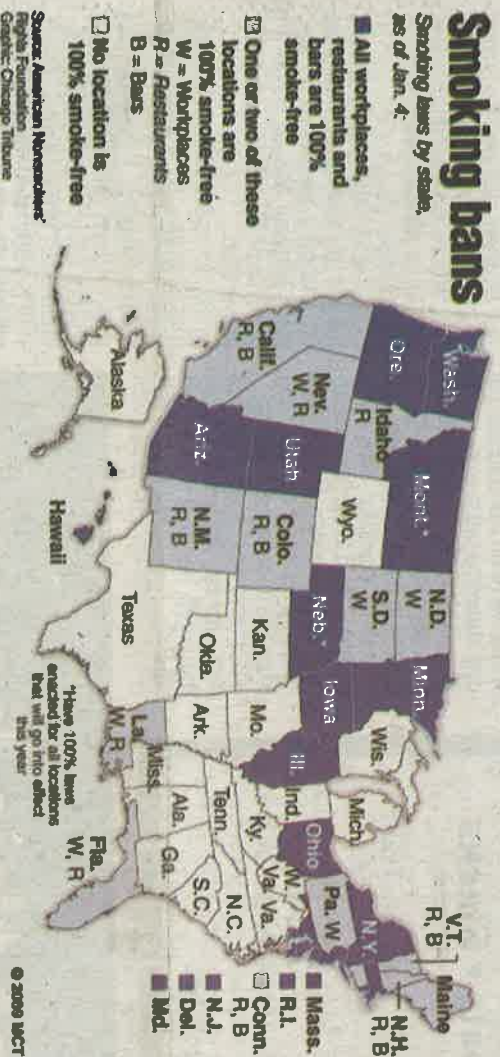
"The University is way behind. It is probably either dead last in the SEC or among the lowest ranking



CW | Marion R Wadding  
The University has imposed a smoking ban within 30 feet of entrances.

universities in the SEC for progressive policies on smoking. A ban [on smoking] is

See **SMOKE**, page 2



## UA students study abroad in Cuba

By Jessie Gable  
Staff Reporter

This semester, for the first time in the University's history, a group of students will go to Havana, Cuba, for a study abroad program. Under Michael Schnepf, director of Alabama in Cuba and Spanish professor at the University, 11 undergraduate students will be spending three and a half months studying at the University of Havana.

The University already had a license to be in Cuba, Schnepf said, and programs are already established in book and document preservation, archeology and water purification.

All of the students are undergraduates who are either majoring or minoring in Spanish, Schnepf said, and each student will

See **CUBA**, page 3

## Healthy eating, weight loss popular

Editor's Note: This is the first of a four part series examining several common new year's resolutions and tips on keeping them.

By Josh Veazey  
Senior Staff Reporter

Students looking to lose weight in 2009 can find help in nutritional advice from the Student Recreational Center and Student Health Center.

Lori Greene, the dietitian for the Student Health Center, identified several challenges college students often face in trying to lose weight and eat healthier, including lack of money, lack of time and lack of cooking equipment.

"I think a lot of people either don't know how to cook, or they



CW | Ald  
Missing Art Contest judges Amanda Barnes and Jim Morrison look at a piece of artwork Tuesday afternoon at the Bama Theatre. The winners of the contest will be announced tonight at 6 at the Bama Theatre.

## Missing Art Contest held tonight at Bama

By Kelsey Stein  
Senior Lifestyles Reporter

UA students submitted a total of 42 pieces of artwork to The Missing Art Contest, which culminates tonight with a showcase of all artwork at the Bama Theatre.

The showcase will take place tonight from 6 p.m. to

9 p.m. and is sponsored by The Missing Ink, a Creative Campus Initiative publication that endeavors to increase awareness of the arts among UA students. The Missing Ink's Web site, uamissingink.com, describes the publication as "UA's official unofficial online arts magazine."

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### NEW YEAR'S RESOLUTIONS | PART ONE

#### Healthy eating tips

- Diетitians are available at the Student Health Center
- Drink plenty of water and don't skip meals
- Keep a journal tracking food eaten and progress

don't have the time to cook or they don't have the money to buy the things to cook healthier meals," Greene said. "Which leads to eating out more, or eating in the dining halls and choosing the wrong thing."

Greene said large dining halls usually offer healthy alternatives, but it can still be a battle of wills to eat right when everything is right in front of you and it is all-you-can-eat.

"I always tell people that I think it's good that they don't have trays anymore — so you can only carry one plate at a time," Greene said. "So just get one entrée plate — maybe salad or something on the side, but only one entrée. A lot of times people go to an all-you-can-eat and get two, three, four entrée plates, and you don't typically do that when you're sitting down at a meal at home."

Jessica-Lauren Roberts, a dietitian at the Rec and a graduate student in health education motion, suggested a journal to make improvements.

"Maybe the first v decide that you're eat one more fruit a you try to do that for six days out of the w then, the next week, it two fruits a day," Robb. "If we write it down, really good sense of diet is like, and what change."

Roberts also s snacking when exce hungry, and drinking curb appetite.

See **HEALTH**, page 5

UA weather

INSIDE

Clara Verner Towers

Wachow

# SMOKE

Continued from page 1

inevitable at UA, not only because of growing recognition of the harmful effects of second-hand smoke but also because of the damage to life and property from cigarette-caused fires," he said.

However, taking the restrictions further could cause tension on campus.

"I would drop out and move

to a different school if I weren't allowed to smoke," said Brian Horn, a freshman majoring in business management.

"People would just keep smoking," said Seth Key, a senior majoring in history.

"What are they going to do if we smoke a cigarette?" Horn said. "It's America, let us do what we want."

"I think a campus-wide smoking ban would never work. Not only do students smoke, but many of the teachers smoke. I'm

sure the administration won't want to piss them off," said Jamie Broday, a junior majoring in criminal justice. "The only ban that actually could work has already happened, which is the banning of smoking in restaurants. That ban I agree with because though I'm a smoker myself, I hate when someone is smoking around me as I eat, so I like to have the same respect for non-smokers."

Some students even said they wanted to see a potential ban fail. "I would love for them to go as far as they can with a ban on smoking, because it's just going to get shut down. There's no way that can happen, they can't do that," said P.J. Langdon, a freshman majoring in computer science.

Progress from anti-smoking campaigns is being made despite controversy. "The most exciting progress I've seen on this campus is the interest on the part of more and more employees, notably in stopping smoking, and I have been leading small group discussions over in facilities in which we share tips for stopping and helping one another to do so," said Blum.

Smokers said they already faced discrimination for their choice of habit. "Sometimes you get the look, but you know, f--- you, it's my body," Key said.

"I've gotten the meanest looks ever by just sitting outside of Riverside West dorm, even when we're on the side and put our cigarette butts out, people gives us looks. Sometimes people just say something like 'don't smoke in front of the door', but there's a smoking sign right outside," said Langdon, gesturing to a large sign displaying a smoking cigarette only two feet from the door to the building.

"If there was a no smoking sign outside, we would follow the rule, but there isn't," he said.

## Quick Facts

- Approximately 30 percent of college students are current tobacco users, according to the Harvard College Alcohol Study.

- Almost 40 percent of college students either began smoking or became regular smokers after starting college, according to the study.

- Research supports that if young adults are prevented from starting to smoke through the age of 21 the chances they will pick the habit up are very slim.

Even non-smokers said they would not support further restrictions on smoking.

"I'm fine if people smoke, I can't complain. If people are blowing secondhand smoke into my face then I just walk away," said Wade Houston, a freshman majoring in political science, who does not smoke.

"I think that's ridiculous because people have nicotine addictions that they need to take care of. I don't but I understand people in that situation. I think that's unfair to them. I am proof of the fact that you can be around people who smoke cigarettes and just let them be," said Houston.

The Student Health Center provides resources for those who smoke or struggle with nicotine addictions.

For those that are bothered by the prevalence of smoking on campus, politeness is key, said Delynne Wilcox, assistant director of Health Planning and Prevention.

"Students can respectfully ask that someone not smoke around them. On campus, students can politely remind others of the policy which prohibits smoking within 30 feet of the entrances to buildings," Wilcox said.

It is estimated that approximately 30 percent of college students are current tobacco users, according to the Harvard College Alcohol Study. Almost 40 percent of college students either began smoking or became regular smokers after starting college, according to the study. Smokers pointed to the daily grind of college life as a catalyst for their addiction.

"College life is too stressful," said Neal Clark, a freshman majoring in pre-law. "If some people smoke, then they smoke. That's how they make it through the day."

Research supports that if young adults are prevented from starting to smoke through the age of 21 the chances that they will pick the habit up are very slim. Institutions of higher education are unique in that they can develop prevention messages for this age group more easily than other communities. As a result, the Tobacco Strategic Health Team will be developing efforts directed at the freshmen and sophomore students to prevent them from starting to smoke, Wilcox said.

Restrictions may also be hin-

prevent them from starting to smoke, Wilcox said.

Restrictions may also be hindered from progressing because of a relationship between the Career Center and Phillip Morris, Blum said.

The world's leading cigarette manufacturer is present at many job fairs on campus and gives money to the University and is considered a valued employer of UA students, according to Blum. "UA is the only university in Alabama that has this kind of relationship with a cigarette company. It's shameful," Blum said.

Whether more restrictions are put into place, the health of students is the most important thing, according to the Center for the Study of Tobacco and Society.

"This has nothing to do with passing legislation or enforcing a ban, it has to do with understanding that healthcare is very expensive and that most college students are in good health, it doesn't mean that they aren't beginning to pave the way toward bad health while they are in college. I think it is an act of maturity to forgo cigarette smoking on this campus and it's an act of respect for other people too," Blum said.

# SALE

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## Don't let this be you with the flu!



# OPINIONS

Wednesday, January 14, 2009

Paul Thompson • Editor

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## OUR VIEW

### Smoking ban could alienate students

Cigarettes are the only context in which you can mention camels and lung cancer in the same sentence (we promise this isn't the set up to some bad punch line.) The correlation being made is one we have all been around since the first grade: smoking is bad.

We, smokers and non-smokers alike, can all agree on the adverse health affects the general of all surgeons has been warning us about for more than 60 years. The controversy is what to do about it. In the last few years anti-smoking advocates have been pressuring local and state governments to ban smoking in public, and that pressure has been paying off to a certain extent.

Now that debate has made itself at home on our lovely campus, complicated by the fact that some of us are just as obsessed with nicotine as we are with tradition.

Where the editorial board disagrees is what to do about the problem. A large majority feels that smoking is every American's right, and the University should stay out of the discussion, especially if the sentiment is bent toward banning smoking on

campus altogether.

We fear that banning smoking on campus will have the opposite effect it is intended to. By banning smoking, we wonder what will be done to those who break the rule. We don't disagree vehemently with the current policy of keeping smokers 30 feet away from building entrances, but an all out ban feels a bit discriminatory to most of us.

While we again acknowledge the harmful effects of smoking, it is every person's right to make that choice for themselves. By banning smoking on campus, University administrators would alienate numerous students and faculty members, potentially causing them to leave, which would make moot the Student Health Center's goal of protecting students from the illnesses caused by secondhand smoke. With fewer students to cater to in such a way, what would be the point in the first place?

*CW News Editor Dave Folk contributed to this editorial.*

*Our View is the consensus of The Crimson White's editorial board.*

### Speak without st

Lately I have become more critical of prominent, educated women. I think the reason I have begun to study and critique them is because I am currently preparing myself to enter the workforce. I've been worrying about internships and my career and life after college, as are most other upperclassmen.



Jessie Landon

I've started looking to the prime examples the media sets for us. Last week I wrote about the wretched Ann Coulter and her disgusting opinions. This week I figured I would jump over to the other side of the political spectrum and criticize Caroline Kennedy. Maybe now a few of you Republicans can get off my back about not questioning "my own kind." Believe it or not, I can criticize liberals, too.

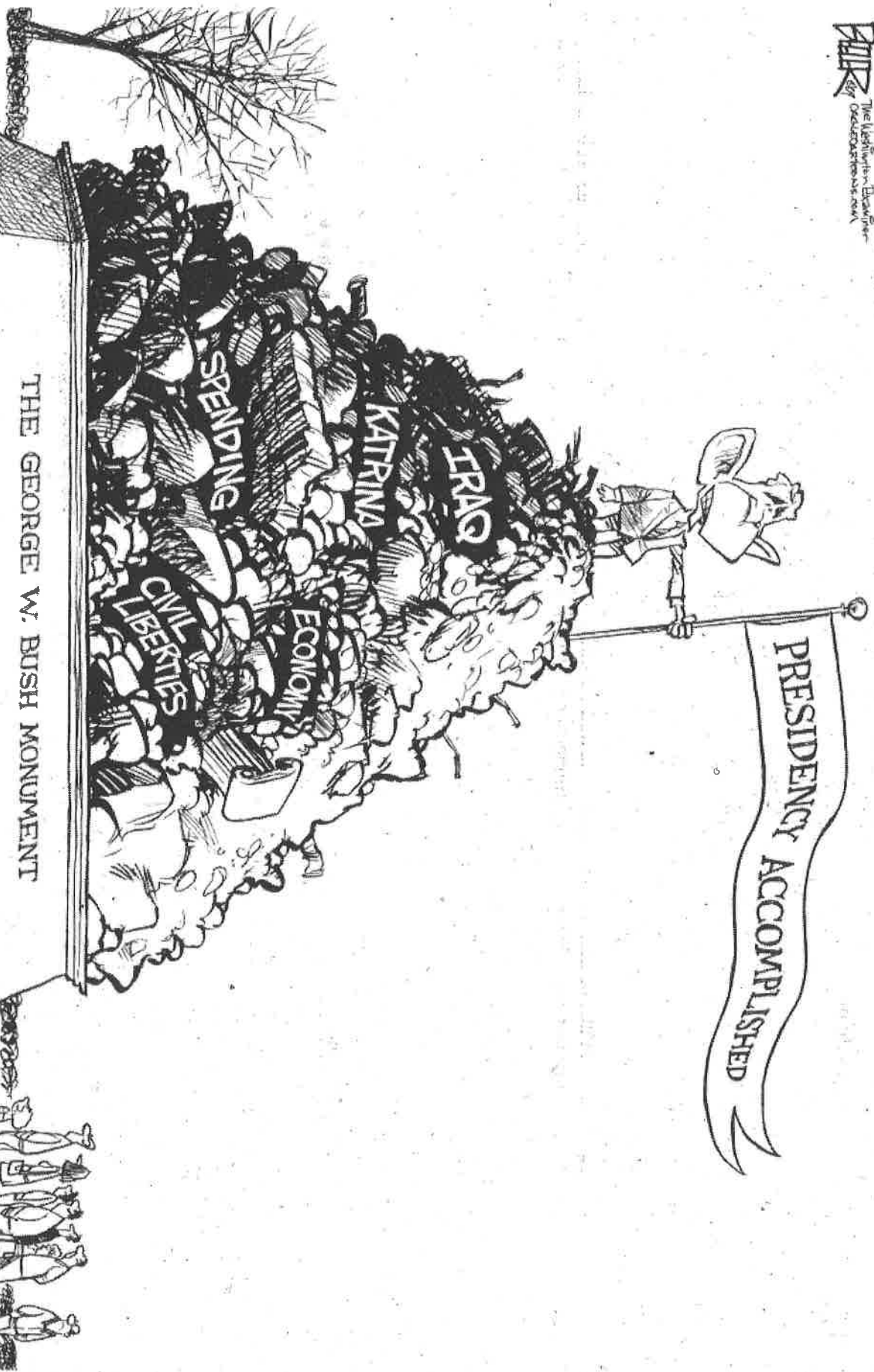
Before I criticize her though, I have to acknowledge that Kennedy is an intelligent, educated woman. She graduated from Harvard University, as well as Columbia Law School. She is even being considered for the U.S. Senate seat Hillary

Clinton will leave empty when she becomes Barack Obama's secretary of state. Not to mention Kennedy has been married for 22 years and is the mother of three children. She seems to me to be an incredible role model for young women across the country.

This is why it kills me to hear about a recent interview Kennedy did with Nicholas Confessore and David M. Halbfinger of The New York Times, in which Kennedy used the phrase "you know" more than 135 times. I personally looked up the transcript

of this interview and the amount of "you know" I counted 144 "you know"s but it is reported only 138. Either not a good thing for Kennedy. Actually, er embarrassing who considers to be well-educated Caroline Kennedy and experience incredible role model has to clean up her act. It has always peeve of mine would overuse the word "you know" and "under my skin" every day, screaming "um" in between word. You all know talking about watching ridiculous MTV's "Sweet Sixteen" most commonly on that show basic are "like" and "um" of you want to look like those spoiled I don't believe a reads this paper sound like that.

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