



MEDAY
valry that made
ow cry returns

LIFESTYLES
Blues, art raise
money for charity

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A assesses campus smoking regulations

Joseph Weber
Contributing Writer

hundred and twenty
nd universities in the
tes have gone smoke-
ndors and out.
iversity is not a
e campus but does
ntial to be one if cer-
es are taken up.

Wilcox, assistant
f Health Promotion
ness at the Student

Health Center, said she likes the
idea of a smoke-free environ-
ment.



Tweet of the Week

*"First coffee, now cigarettes?
We're adults, we can choose to
ruin our skin & lungs, or com-
mit to healthy active lifestyles"*

Courtne Ste-
phens
Sophomore,
Secondary
Education in
Language Arts
@Courtneio17

"All communities should

See **SMOKING**, page 3



Students
smoke in
areas such
as this one
outside of
Bidgood
Hall.

CW | Sara Beth
Colburn

pstone helps terans adjust

dney Holtzclaw
Staff Reporter
aw@crimson.ua.edu

FAST FACT

Greek pageant helps fund charity

By SoRelle Wyckoff
Contributing Writer

Young women will take
the stage and represent their
sorority in the third annual
Miss Sorority Row pageant
tonight at 6:30 p.m. at the

IF YOU GO ...

- **What:** Miss Sorority Row pageant
- **Where:** Bama Theatre



Contestant
Hallie Majure
Phillips dances
during the tal-
ent portion of
last year's Miss
Sorority Row
pageant hosted

nam Veterans Socialization Unit at the hospital in Los Angeles. Through this initiative was among the first to PTSD. When I got back home Vietnam, I spent years to figure out what happened to others and myself. I felt isolated and I got crushed. I had years of Catholic teaching and after three weeks in college I lost God. That's dark our souls can get," said said of his own experiences with combat and the years, Meshad worked as a therapist for vets and as well as an advocate for veterans' rights. Currently works with vets returning home from Iraq and Afghanistan teaching stress reduction and anger management techniques. He train young men and women for a year to give them the skills and to make them the best soldiers. We give them two to three weeks to learn how to transition. This is a bunch of mirrors; we need the care of our veterans," said said. "They're paying a high price so we can simply sit in this room." According to Meshad, transition is one of the big pieces in the puzzle of justifying. When you survive war come back with a Ph.D. survival. In the military's all you need, but many you need more. Justifying is a journey to your center—education is very important in," he said. Often when these men and women come home they simply trying to adjust to living in a room next to people who have never served; they're trying to put them in the classroom. I wish I could give them a brochure, it doesn't work that way. Justifying the VETS reception. Meshad said that process is underway at the one and is now growing stronger with the help of the university. The student veterans with today are outgoing; they're really

SMOKING

Continued from page 1

aspire to be a smoke-free area because it makes the community and its members healthier," Wilcox said.

Wilcox is a health educator, and it is her job to help with the prevention of tobacco use in students and the community as well as advocate students' success.

"One way we have tried to help promote smoke-free areas is the formation of the Tobacco Health Strategic Team at the University," Wilcox said. "This organization, filled with students, faculty and representatives, looks into areas around campus where prevention of smoking can be acted upon."

According to the UA website, in 2007 the Tobacco Strategic Team at the University obtained support from the Faculty Senate and the Professional Staff Assembly for a proposal to eliminate smoking within 30 feet of the entrance of any building on campus.

While not available in the UA Student Handbook, UA spokeswoman Cathy Andreen confirmed the University's efforts to ban smoking in these areas.

"The buildings on campus have been smoke free for many years. Several years ago, action was taken to make the space within 30 feet of the entrances to the academic/administrative buildings smoke free," she said. "The Tobacco Strategic Team is now discussing assessing the 30 feet policy to find feedback to see where the policy has had success and look at areas that can be improved," Wilcox said. Though it has been proven that smoking is bad for one's health, many Americans continue to indulge in the habit.

"Approximately 23 percent of men smoke and 18 percent of women smoke," the American Cancer Society reported. "Most people begin smoking as teens, usually because of curiosity and peer pressure. People with friends and/or parents who smoke are more likely to start smoking than those who don't."

Wilcox backed up the American Cancer Society's report.

"Research is starting to show that students are more likely to pick up smoking during the transition from high school to college," she said.

Dustin Smalley, a veterinary medicine major, said he smokes for multiple reasons.

TWEET OF THE WEEK

#SmokeFreeUA

"UAPD would have to issue citations for tobacco use, and HRC would have to use its main employees (RAs) to report usage."

Phillip Grant
@pdgrant1
Senior, history and political science

"#SmokeFreeUA would be a great idea. It would clean up campus & we could walk around without going through clouds of smoke."

Jessica Dillon
@JeskaDillon
Sophomore, business

"I dislike cigarette smoke, but I dislike even more the nannies who think they can infringe on others' rights."

Taylor Nichols
@TaylorNichols
JD/MBA, Dec. 2011

"Yeah, let's push for freedom of speech, but not allow people to smoke outside. That makes perfect sense. #sarcasm"

Joshua Folmar
@JoshuaFolmar
Junior, political science and English

"If my smoking bothers you, politely ask me to stop or move, and I'll politely oblige. That's all it has to be."

Jake Smith
@theonlys-carp
Junior, New College

"Regardless of one's stance on smoking, we are a public university and smoking is not against the law. Smoking areas, maybe?"

Aaron Gertler
@sf2k4
Senior, Graphic Design

"I smoke for two reasons, one being the double effect of knowing that I get a nicotine buzz and alcohol buzz while partying; the other reason being that the stress of school and work causes my nerves to be shot, and a nice cigarette helps me calm down," he said. "If the University became a smoke-free campus, it would be OK because I know I can still legally smoke and drive." Tracen Hinz, a senior majoring in geography, said she would be able to breathe easier in a smoke-free campus.

"I would feel a lot better about walking to class if we did have a smoke-free campus because then I wouldn't have to worry about getting caught behind someone smoking and have to breathe the smoke-filled air," she said. "Sometimes I even hold my breath until I pass them."

The University offers support for students who are trying to quit through the Department of Health Promotion and Wellness and the Quit Smart program at the University Recreation Center.

Univ seek Amb

By Zoe Sto
Contributing

The University is applications for Ambassador program designed to address new student stress may face during the helping their students for classes, choose a community and their way around campus.

Applications are due than 5 p.m. on Oct. 10 should be turned in of Students Office in the Ferguson Center. They are available to Office of Parent Programs, www.parents.ua.edu

Parent Ambassador guide parents through many small details Orientation, which with Bama Bound, student orientation. Parent Ambassador parents familiarize with campus procedures and requirements.

"We work primarily orientation Orientation," co-Jessica Criswell said wanted a student's tive, something we do them as professionals would hear rumors things like parking. Parent Ambassador to inform them more would.

"Parents love the Ambassador program," said. "One of the new we had this year at UA was small groups. 350-375 parents would orientation and break them down into groups of about eighting on room available the Parent Ambassador as facilitators for session."

Parent Ambassador personality to the UA and UA looks for new students to participate in the program, Criswell said.

"We worked closely