

Editorial

By: Cate Hall

Drug overdose – not something you hear about everyday is it? Well, I believe that it is a tragedy we should all be made aware of.

A few weeks ago, I had the opportunity to assist Project Lazarus (www.projectlazarus.org), an initiative dedicated to preventing overdoses

from prescription medicine, in filming a documentary that will eventually be given to all patients in Wilkes County who receive a prescription for pain medication. This project will hopefully spread to the surrounding counties and states. As the project assistant, I was in charge of carrying equipment, setting up lights,

and doing the lunch runs. But, the most influential part of my week was learning about a silent killer that is much more real than most people realize.

When people hear about drug overdose their first response is usually "oh, but that doesn't apply to me or my family." This has been the response from many, if not most, people.

Yet, in 2008, 25 people died from accidental overdoses in Wilkes County alone. In 2007, Alleghany had 2 deaths and Ashe had 8. These are pretty high numbers if you ask me. So far this year there have been 12, though autopsies are pending. All of these deaths were accidental. I'm pretty sure that the families of those who died would have responded similarly if they had been asked about drug overdose prior to their losses. (All these numbers, based on per capita figures,

places each county at epidemic levels.)

Like Project Lazarus, I want to spread information about this fatal and little discussed problem.

How can we protect ourselves, our families, and our friends against drug overdose? When your doctor prescribes medicine, he is prescribing it for a specific person. Giving away medicine that has been prescribed for someone else could result in overdose. Never share medicine. Even if your friend is having symptoms similar to your own, don't share your pills. Sharing = potential death. Please don't risk it. It's not worth it.

Ask your doctor what medicines you should not mix with the ones you've been prescribed. Maybe you will be taking Oxycodone or

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110 Students Refine Dining Skills

By: Jane Owens Weaver

Have you ever wondered where you should place your knife once you've used it to cut your food? Or where to place your napkin when you need to excuse yourself from the table? How about the lemon wedge...is it okay to squeeze it into your tea at the risk of spraying your dining companion?

The answers to these tough questions and more were revealed at the 3rd Annual Wilkes Community College Etiquette Luncheon held on March 20, 2009 from 12:00 noon to 2:00 p.m. in the Lakey Ballroom of the John A. Walker Community Center. Student clubs, organizations and classes gathered with faculty and staff to learn proper dining etiquette at formal occasions. Mr. Bill Bullock of the English and Culinary departments led the luncheon with clarity and humor as he helped students navigate the formal setting of their linen bedecked table. With helpful hints, explanations, and a good-humored question/answer session, the event

was both informative and fun.

Clubs and classes reserved their tables weeks in advance. In attendance were Accounting and Business Club, Business Communication Class, Dental Assisting Club, Human Services Club, Intermediate Accounting II Class, Medical Assisting Club, Principles of Management Class, Professional Transition Class, Rotaract Club, Social Problems Class, Student Government Association, Supporting Academic Goals for Education (SAGE) and WCC Theatre.

Diners enjoyed a four-course meal which began with a French Onion Soup followed by a Spring Mix Green Salad. Lemon Sorbet was served as the intermiso to cleanse the palette before the entrée which consisted of Chicken Stir-Fry with Rice Pilaf and Fresh Vegetables. For dessert, a Dutch Apple Cobbler was served. The beverages were coffee, tea and water. Chef Brenda Osborne and Walker Center Staff were assisted by WCC Culinary

Students in preparing and serving each course.

Debbie Furr of Job Placement Services in the Student Services Office coordinated the occasion in order to help students gain confidence while dining with prospective employers, at conferences, or formal events in their personal lives. The Student Activities Office provided a door prize and monetary support to

honor the event as a Lecture Series Program. The lucky winner of the \$25 BP card was Robert E. White.

By the way, you should place your knife on your plate once it has touched your food. You should place your napkin on the left side of your setting to excuse yourself from the table. As for the lemon wedge... attend the Etiquette Luncheon next year to find out!

