### By Cathy Annas, WCC Tobacco Use Prevention Grant Coordinator

Fall semester is an exciting time here at WCC. We welcome our new and returning students to campus. They bring with them hope, enthusiasm, and energy to work toward fulfilling dreams of attending college in preparation for their chosen careers. In the process, students are making smart choices now which lead to healthier futures. To support those choices, WCC has recently adopted a revised tobacco use policy to help provide a safe and healthy environment for students, employees, and visitors. The policy prohibits the use of tobacco products in college buildings and includes designated outdoor areas for smoking. One might ask why it is necessary to designate smoking areas outside? The 2006 report from former US Surgeon General Richard H. Carmona states that, "Secondhand smoke exposure can cause heart

disease and lung cancer in nonsmoking adults and is a known cause of sudden infant death syndrome, respiratory problems, ear infections, and asthma attacks in infants and children. Even brief exposure to secondhand smoke has immediate adverse effects on the cardiovascular system and increase risk for heat disease and lung cancer." By designating outdoor smoking areas, this should help alleviate wide-range exposure to secondhand smoke. We thank you for supporting and observing the designated smoking areas.

For those who are interested in quitting tobacco use, call 1-800-QUIT-NOW. To enroll in free cessation classes on campus, contact Cathy Annas, 838-6462, Room 561 Continuing Education



·SHS does not immediately dissipate, but disperses and forms a cone shape ·Outdoor exposure can still be very toxic.

Graphics provided by UNC School of Medicine/EnTER

Effect of wind on a smoke plume

Figure 1. Plume cones in light & heavy breezes.

## Changes for Fall at WCC

1. The use of tobacco products is prohibited in all college buildings and enclosed college vehicles.

WCC Policy on Tobacco Usage

2. Signs indicating designated smoking areas will be placed throughout campus.

3. Smoking is prohibited in seating areas of outdoor college sponsored events.

4. The advertising, distribution, and sale of tobacco products on college property or through college media outlets are prohibited.

5. Tobacco cessation information is made available to students and employees through the Student Services Office.

6. The Wilkes Community College Safety and Security Manager is responsible for the enforcement of tobacco use violations.

Designated Smoking Approved Sites Note: Smoking allowed only at "Designated Smoking Signs" (All other areas of campus are

1 - Alumni Hall - north side near covered walkway and retaining wall holding

2 - Lowe's Hall - southeast side (level one) Near retaining wall/walkway leading to back of

### Thompson Hall

3 - Hayes Hall - southeast end (near Lovette Hall) Right side near rock wall away from entrance doors / walkway

4 - Power Mechanics Building - south side (front) Left side away from doors / walkways

5 - Industrial Classroom Building (old headhouse) North end (right side facing building) on concrete area away from doors

6 - Daniel Hall - east side (front of building) left of entrance / walkway

7 - Randolph Hall - north side (first level) inside closed garden area

8 - South side (back) walkway leading to backstage/side doors of auditorium

9 - North side (front) left side facing building -Hawkins Garden

10 - Beacon Building - north side (back) under shelter away from doors/walks

11 - Horticultural Complex - south side near edge of hill.

## come to New and Returning Students!

Drinks and snacks are available in the Bookstore as well as café items as provided by the café staff.

Bring this coupon in and get 10% OFF any one clothing item. Offer valid August 20 - 31.

The Fall Booklist can be

accessed online through

Watch for Christmas to arrive in the Bookstore on October 15, 2007 with wassail and cookies and special discounts! **Bookstore Hours** 

## Special Hours

Monday August 13: 8:45am to 8:00pm 8:45am to 4:30pm Tuesday August 14: Wednesday August 15: 8:45am to 4:30pm 8:00am to 6:15pm Thursday August 16:

8:00am to 3:00 pm Friday August 17: 8:00am to 6:15pm Monday August 20: Tuesday August 21: 8:45am to 6:15pm

Wednesday August 22: 8:45am to 6:15pm

# will resume August 23

Monday - Thursday: 8:45am to 6:00pm Friday:

8:45am to 3:00pm

Campus Cruiser. sher WCC Booksi