

MONTREAT MATTERS

Not Your Average Tuesday...

Kathy Spallinger

I woke up today with a Tuesday agenda in mind—go to convo, go to class, think about doing homework, work at the library—same old Tuesday, different week. But today was a different Tuesday. Sure, I still had classes and work to do, but today was a reminder of our Tobacco Free Campus and how we have gone from enforcing the change to enjoying it. Ever since we became tobacco free in 2008, a committee of devoted staff, faculty, and students has put effort into making it an enjoyable change, and they certainly made it enjoyable on Tuesday!

The Great American Smoke Out takes place this month, so to represent

and celebrate it, the Tobacco Free committee organized a convocation that focused on social smoking. Social smoking is something that I personally have never really put much thought into. Honestly, I think cigarettes are disgusting! But it doesn't mean I don't enjoy a cigar every now and then. The thing is, I never buy them—but I'll smoke them, and truth be told, I sometimes crave them on bad days. So, the only time I smoke them is if I'm with a friend that has a few cigars to share.

The convocation was actually informative and entertaining. I was

surprised to see photos of some celebrities, such as Patrick Swayze, who have died from tobacco use. Artie Adkins and Daniel Sellers were convincing in a skit that showed how detrimental smoking can be even if it's just at parties. The Power Point presentation on the problems of social smoking was more interesting than I had expected. It contained good information along with video clips, some funny, some thought-provoking. And we got free lip balm to fight the winter winds and little



containers of bubbles to blow into the air instead of blowing smoke. Who doesn't like free stuff? And speaking of free stuff...

Later that day, the Tobacco Free committee had a tee-shirt decorating contest and Aramark supported the event by providing FREE smoothies! Yum! One hundred seventy-five people turned out to try these tasty treats. About eighty tee-shirts with the Quitline logo were given out. Twenty-seven students decided to share their creativity and enter the deco-



rating contest so competition was intense. With no criteria but to have fun and design a creative anti-smoking tee-shirt, no two shirts were alike! At four o'clock in the afternoon, the judg-

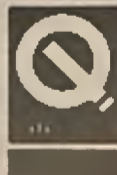
ing began. The winners were Laurel Rich in first place with her Star Trek shirt—“Live Long and Prosper. Don't Smoke! It's Illogical;” Stuart Foster came in second place with an amaz-

ing graphical design of “Kick the Habit,” portrayed literally; and Ashleigh Musselman grabbed third place with a shirt with a cool dude on the front and comparisons of life with




and without smoking on the back. An Honorable Mention (like I said competition was intense!) went to Carolina Leite, who used Achmed the Dead Terrorist (of Jeff Dunham fame) in a

cigarette form, because smoking kills! Tee-shirts are being displayed in Belk. Be sure to check them out and congratulate the winners for their creativity!



The best way to quit is a phone call away. 1-800-QUIT-NOW connects you to your own quit coach — someone who knows what works when you're ready to quit smoking for good. Your quit coach will help you create a plan for quitting and give you the support to stick to it. Quitline is available 8 a.m. to 3 a.m. It's free, and it works. Call it quits. 1-800-QUIT-NOW (1.800.784.8669).

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