

# Carolina!

# Hold your breath

## Give me nicotine or give me death

By DONNA DELIA  
Staff Writer

Smokers and non-smokers have waged war in restaurants, offices and courtrooms throughout the country for decades. After years of struggle and debate, has anything changed?

Smoking has actually made a resurgence among certain groups. "Within the past seven years, teen-age girls have been found to smoke more," said Lisa Mohn, Health and Wellness programs' director for the past six years.

"However, statistics still show that generally more men smoke than women," Mohn said. "Thirty-one percent of males over 20 smoke, whereas 27 percent of females (over 20) smoke."

Smoking also tends to decrease as the income and education of a group increases. "This is why less college students are smokers," Mohn said.

"It may sometimes appear that more students are smoking now, but that's because it's more obvious when they're all together in a group," she said. "Peer group association has a lot to do with whether or not people smoke."

Theater junior Joanna Faris said she agreed smoking is a social act. "I only smoke when I'm out drinking with other friends who smoke," she said. "It's a social thing."

Two-year smoker Joanna Bennett also started smoking because of the peer group she associated with. "As a theater major, I was exposed to it more," Bennett said. "I used to hate it and I still think it's disgusting and vile. But it helps me calm down, especially before I go on stage."

Accounting major Sheila Swanson is a non-smoker who said she believes as long as smokers are polite it doesn't bother her. "What annoys me

is when people smoke in the bathroom," Swanson said. "Don't they know what they're doing to themselves and to other people?"

David Mobley, a four-year smoker, said he started because it helped curb his appetite. "I'm polite when I smoke, which is more than I can say for some of those non-smokers," he said.

Mohn said cigarettes can suppress the appetite in short bursts.

"Nicotine is a stimulant, but it also deadens the taste buds and sense of smell, so food isn't as appealing," Mohn said.

Non-smoker Micah Casey said she believes smoking is a drug worse than alcohol. "I hate it. Smoking should be abolished from the world," she said.

Bennett said, "I'll quit at least by the time I decide to have kids. But I believe the patch should cost less and be easily accessible."

Mohn said she believes the recent policy banning smoking in buildings and the impending tax hike will be the final motivation for many people to quit. "The hard-line smokers will put up with policies," Mohn said. "It's amazing what people will go through to smoke. But I also know how hard it is to quit. I'm an ex-smoker."

Although smoking has been attributed to 20 percent of deaths in South Carolina in 1990, it is one of the hardest habits to quit," Mohn said. "Cold turkey is probably the best method, but there are also alternatives, such as the nicotine patch and one-on-one counseling. These are more effective with adjunct behavioral counseling."



Emily Peterson/The Gamecock

Graduate student Steven Seshun savors a cigarette between classes.

### Datebook

#### Friday, Feb. 4

Beta Alpha Psi, field trip to Richtex Brick, 1 p.m.  
Giovanni Agnoli, president of Turner International Inc. (CNN), Belk Auditorium, 2:30 p.m. to 3:30 p.m. Sponsored by MBA/MIBS Student associations. Applications are due for Omicron Delta Kappa national leadership society. Applications are available at the RH Information Desk, SGA office and Campus Activities Center.  
Mortar Board applications due, call Jennifer Broome at 4-3079.

#### Saturday, Feb. 5

Student Personnel Association and Division of Student Affairs will host Careers in Student Affairs, Golden Spur, 4:30 p.m. This is an opportunity to meet professionals and graduate students in Student Affairs and find out about career opportunities in Student Affairs.

#### Tuesday, Feb. 8

Carolina For KIDS general meeting, RH 303, 6 p.m. Guest Speaker Marion Atkins of the Council of Child Abuse on Neglect.  
PRSSA, CEO room, Coliseum, 5:30 p.m. to 7 p.m. Guest speaker Sally Tibshirany will discuss "A Day in the Life of a Lobbyist."  
Phi Alpha Delta pre-law fraternity, BA 351, 7 p.m. All prospective members are invited to attend.  
Campus Rape Awareness, RH 332, 6 p.m.

#### Wednesday, Feb. 9

"Violence and The Media," sponsored by the Campus Chapter of the Society of Professional Journalists, USC Law School auditorium, 7:30 p.m.

#### Friday, Feb. 11

University 101 Peer Leader applications due to the University 101 office at 1728 College St.

#### Monday, Feb. 14

Carolina Camp Counselor Selection application are due by 5 p.m. Students interested in sharing experiences about USC with incoming freshmen during Carolina Camp can pick up an application in the Career Center, BA 6th floor.

#### Wednesday, Feb. 16

Internship workshop for humanities and social sciences majors, BA 634, 3 p.m. to 4 p.m.

#### Friday, Feb. 25

Deadline for Mortar Board National Honor Society scholarship applications. The society will be awarding four \$500 undergraduate scholarships and four \$1,500 graduate fellowships. Applications are available at the RH Information Desk, SGA office, Campus Activities Center and Graduate School Office.

#### Weekly Meetings

Monday, Bible Study, 6:50 p.m., Baptist Student Union, 700 Pickens St.  
Thursdays, "Heart to Heart," 7 p.m., Baptist Student Union, 700 Pickens St.  
Thursdays, Inter-Varsity Christian Fellowship, 8 p.m., RH 303.  
The deadline for Datebook is two days before publication date. Submissions are free and printed according to available space.

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