

Safer Smoke? Don't get hookah-ed!

By Bryce Simpson

While cigarette use has largely fallen out of favor with the college crowd, the exotic allure of hookahs – and the misperception that hookah smoke is filtered and safe – may be driving its upsurge in popularity. Unfortunately, the hookah isn't safer than cigarettes even though tobacco companies' promotions are suggesting otherwise. Hopefully, with greater awareness, you won't get hookah-ed!

Harmful present; Ancient past

As we all know, tobacco is tremendously harmful and addictive. The stimulating effects of nicotine begin right away, in as little as seven seconds. Withdrawal symptoms from the addicting nicotine are powerful motivators to keep smoking. The carbon monoxide, acetone, formaldehyde, and other toxins are what actually make us sick. This is true regardless of the method we use to take in the tobacco.

The practice of smoking hookahs emerged centuries ago. Those who lived in palaces and harems in the Middle East smoked tobacco through elaborate glass water pipes; the same designs used today. Students need to be aware that the hookah is not just a cultural trend that is randomly emerging. Tobacco companies are promoting hookah use by using trendy marketing ploys, such as creating and mass marketing candy-like flavors. Flavors like apple, watermelon, and



licorice are designed to mask the harsh taste of tobacco.

Tobacco profits are hazardous to your health

In order to maintain high profits, tobacco companies have tried to create the illusion of a "safer" way of smoking. Flavored tobacco is just as harmful for you as cigarettes. According to Thomas Eissenberg, a researcher at the Institute for Drug and Alcohol Studies at Virginia Commonwealth University, the

water used in the hookah does not cause the levels of carbon monoxide or nicotine to dissipate. The act of inhaling this carbon monoxide causes airway irritation. This may not seem serious, but breathing too much carbon monoxide (e.g. tail pipe exhaust) kills people in the short run and may lead to heart disease, stroke, emphysema, bronchitis and chronic obstructive pulmonary disease in the long run. It is also important to note that there are over four thousand other toxic chemicals in tobacco smoke; many also found in products

such as cleaning detergents, rat poison and gasoline.

For more information about hookahs, or tobacco in general, visit the EMU Health Resource Center. You will find books available for loan, Peer Health Educators to answer questions, and other health brochures. NRT (nicotine replacement therapy) patches are sold at the University Health Center pharmacy at reduced prices to help you quit. Contact the pharmacy at 346-4454 and the Health Resource Center at 345-4456.

“Oh yeah man, all the time. It's a great alternative to cigarettes. The water in the pipe makes the nicotine less harmful for you... plus, you know... it's just like a really cool social experience.”

— UO Junior (opinion on hookah smoking)

Essential Party Tips

An Alcohol Survival guide

By Jordan Roberts

It's fall term and with about 20% of students new to campus, I decided it's time to hand down some pearls of wisdom about drinking at UO. Especially for you fresh arrivals who figure that it'll be smooth sailing for a partying duck, read on.

Sure. Making friends, going out and having a good time is all part of the college scene. For most students it doesn't take long to encounter alcohol in many party settings. I won't be the first to tell you that drinking and possession of alcohol is illegal in Oregon for those under 21.

In the spirit of what health educators call "risk reduction" – that is, if you're going to partake in something that isn't particularly good for you, take steps to minimize the adverse effects – here is my short list of how to reduce your risk of health and other problems.

Plan ahead. Set a reasonable limit for yourself. Most health experts agree that one drink

for a female and two for a male will not pose adverse risk in most individual adults.

Slow down. Wait between drinks and sip your drink slowly.

Alternate. Drink non-alcoholic drinks such as water before having that second drink.

Eat. Have a meal or substantial snack before you drink so that alcohol is absorbed more slowly into your blood.

Never leave your drink unattended. It is possible for others to spike or drug your drink.

Don't go to a party alone. Go with friends and agree on how you will safely get home.

By following these pointers you are more likely to avoid the adverse health (injury, sexual assault, blackout, hangover, etc) and social (fighting, embarrassment, etc) ugliness associated with heavy drinking.

Hazards of the road

My pearls are not complete without mention of alcohol poisoning and the hazards of

the road. Say you're at a party and your friend drank so much that they've passed out. If they are unresponsive, this is a medical emergency. Don't let them just sleep it off. It's important to get your friend to the emergency room and you can do this by calling 911.

Finally there is never any justifiable reason you should get behind the wheel of a car or the handlebars of a bike after drinking. UO sponsors the designated driver shuttle (DDS) which will pick you up and take you home. Be aware that they will not take you to a party and that sometimes they are busy so it's important to be patient. Another alternative is the Assault Prevention Shuttle, which provides students with a safe alternative to walking alone at night and risking assault.

Now that you have the facts and are enlightened about the consequences, make sure that you are good to yourself. You'll find yourself in good company.

Designated Driver Shuttle
346-RIDE

Assault Prevention Shuttle
346-RIDE

Department of Public Safety
346-5444 (non-emergency)

Eugene Police
682-5111 (non-emergency)

Sacred Heart
686-6931

Off-campus emergency
911

On-campus emergency
346-6666

For those of you that are under the age of twenty-one or just want to know about fines for the most common alcohol violations, here they are:

- Minor in Possession (MIP) ... up to \$311
- Minor Falsely Representing Age ... up to \$500 (jailable)
- Giving False Info to a Police Officer ... up to \$2500 (jailable)
- Fake ID (Class C Felony) ... up to \$100,000 (jailable)
- Furnishing Alcohol to a minor (Class A Misdemeanor) ... up to \$5,000 (jailable)
- Open Container/Consumption in Public ... up to \$500 (jailable)

Mocktails Recipes

Cardinal Punch

- 1 quart cranberry juice
- 1 pint orange juice
- 2 oz lemon juice
- 4 quarts ginger ale

Combine juices with ice and chill. Pour into punch bowl over block of ice and add ginger ale.

Jack-O-Lantern

- 1 gallon apple cider
- 1 quart hot water
- 1/2 cup instant tea
- 2 T lemon juice
- 1 1/2 t powdered cloves
- 1 1/2 t cinnamon
- 1/2 cup sugar

Heat water, add tea, cider, lemon juice, sugar, cinnamon and cloves. Serve warm, garnished with a cinnamon stick.

