



The Health and Wellness
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 Student Health Service
 Health Education Center

For the SBU Community

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“Choosing Healthy Options in the College Environment”

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SMOKING BAN FOLLOW-UP by Amanda Mayo, USB

This story originally appeared in the April 19 2007 issue of *The Statesman*

A proposal to ban smoking across campus was defeated at the University Senate meeting on Apr. 9. The University Senate, the chief governing body at Stony Brook, opposed the ban 17-16 with two abstentions.

Marianne Zacharia, community resource manager for the Tobacco Action Coalition on Long Island, said she attended the Senate meeting in support of the smoking ban’s subcommittee. She said it seemed like a lot of the voters at the meeting could have been more educated on the proposal, and they could have put more time into reading the subcommittee’s Minority Report. “I don’t believe that a lot of people even looked at or read the report,” she said.

According to the report, dated March 1, the Campus Environment Committee at Stony Brook developed the proposal to institute a campus-wide smoking ban last spring. The proposal states that if passed, smoking would be banned from all areas on campus, indoors and out, over the next three years. The report also says that the minority does not support a total ban on smoking, but does recommend that the existing smoke-free policy on campus be revisited. According to the report, the current policy prohibits smoking within 15 feet of a building.

Zacharia said that the proposal was third on the Senate’s agenda for the Monday meeting, and the university’s president, Shirley Strum Kenny, left the meeting before voting took place. “I have a feeling that no one kept an open mind about it,” Zacharia said. She said that at one point at the meeting there was a lot of yelling and controversy, and one person compared supporters of the ban to Nazis. “The point is we want to get them to stop smoking here, and help them to quit smoking,” she said.

Kate Valerio, a health educator at Stony Brook, said that four students presented a petition supporting the smoking ban at the University Senate meeting. According to the petition, a little over 700 students were in favor of the ban. “Their effort was an attempt to have the ‘silent majority’ of non-smoking students heard,” Valerio said.

The Graduate Student Organization and Undergraduate Student Government both passed resolutions in opposition to the smoke-free proposal last fall, according to the Minority Report. (continued – page 2)



Reflecting on recent events, including the shootings at Virginia Tech, we offer these words of hope, from Abraham Lincoln’s condolence letter (Dec. 23, 1862) to Fanny McCullough, daughter of Lieutenant Colonel McCullough killed during a Civil War conflict.

...In this sad world of ours, sorrow comes to all; and, to the young, it comes with bitterest agony, because it takes them unawares. The older have learned to ever expect it. I am anxious to afford some alleviation of your present distress. Perfect relief is not possible, except with time. You can not now realize that you will ever feel better. Is not this so? And yet it is a mistake. You are sure to be happy again.

To know this, which is certainly true, will make you some less miserable now.

**I have had experience enough to know what I say;
 and you need only to believe it to feel better at once...**

President Abraham Lincoln (assassinated in 1865) was grieving the death of his son, Willie, who died during Lincoln’s term in office. President Lincoln struggled with bouts of depression throughout his lifetime.

GRADUATES DO YOU WANT FREEDOM FROM TOBACCO?

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WEAR SUNSCREEN!

Yes, it is that time of year – graduation and summertime – which brings to mind Kurt Vonnegut, author, humanitarian and truth-teller, who died this year at age 84.

In honor of Kurt, we would like to shine some light on truth by letting you know that he did not deliver a commencement address in 1998 to the graduating class of MIT. The commencement address – the “SUNSCREEN SPEECH” - is inspirational, and, while we applaud the message, Kurt never made the speech, although he did encourage folks to wear sunscreen. Honoring his memory and his fierce love of veracity, we offer this quote instead to the graduating class of 2007:

We are what we pretend to be, so we must be careful what we pretend to be. Kurt Vonnegut, *Mother Night* US novelist (1922 - 2007)

To read the “Sunscreen” speech visit: <http://www.jameshuggins.com/h/tek1/sunscreeentext.htm>

SMOKING BAN FOLLOW-UP by Amanda Mayo continued from page 1.

Louis Esparza, a member of the GSO Executive Board and a cosigner of the Minority Report, said that he is in favor of the current smoking policy, but he does not support a total ban because of hardship it could cause for people who choose to smoke. “Smoking outdoors is not an illegal activity under New York State law and a ban would not be enforceable,” Esparza said. He added that University Police have said they cannot issue tickets against anyone who smokes outside.

Craig Brodmerkel, a graduate student at Stony Brook, said he wasn’t surprised that the proposal didn’t pass because it would be hard to enforce a complete ban. “People should be able to smoke outside if they want to,” he said, and added that he is not a smoker.

Currently, campus-wide smoking bans are being implemented on other campuses across the country including SUNY Upstate Medical Center and Indiana University. For now, Stony Brook will not be included in that list of schools, but there have been talks of updating existing policy.

Supporters of the ban say they are still hopeful and think that this campus will eventually be smoke-free.

Author’s sources:

1). Marianne Zacharia, (631) 265-3848, ext. 15. 2). Smoking ban subcommittee minority report sent to me by Louis Esparza, lesparza@notes.cc.sunysb.edu. 3). Kate Valerio, sent the student petition, kvalerio@notes.cc.sunysb.edu. 4). Craig Brodmerkel, (631) 338-4152
5). I also talked to various members of the smoking ban subcommittee, University Senate, and GSO. I didn’t use them as sources in the paper, but their comments & opinions really helped out with the way I wrote it.

EDITOR’S NOTES:

The State University of New York Board of Trustees today adopted a policy that will ban smoking in all residence halls, effective July 1, 2007.

The student’s circulating a petition supporting the campus-wide smoking ban, secured 703 signatures.

The editor of CHOICES was interviewed, and quoted, in this story.

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VOLUNTEERS NEEDED!

June 10th – National Cancer Survivors Day

Volunteers needed anytime between
9:00a.m. to 5:00p.m.

**Stony Brook Village – Stony Brook New York
SB hospital is hosting an event for cancer survivors and
their families? Can you help?**
Call Kate Valerio, 632-9338, for details.

**Choices NEWSLETTER WELCOMES
Student and staff article contributions.**

For additional information contact the SHS @ 2-
6689, or call the Health Education Center @ 2-9338.

BE ON TOPP OF YOUR HEALTH!

**TOPP – The Osteoporosis Prevention Project –
A study conducted by the Departments of
Preventive Medicine and Medicine, Stony
Brook University – is now working with CHILL
Peer Educators in efforts to reach YOU!**

Please visit their website –

www.tweedsnet.com/bone

- to learn how you can improve your lifelong
health and have stronger bones for a stronger
future.

WANT TO MAKE A DIFFERENCE? - CONSIDER JOINING SHAC!

The **Student Health Advisory Committee – SHAC** – wants YOU if you are someone who wants to make a difference. SHAC IS **RECRUITING NOW FOR THE FALL 2007 SEMESTER.**

WE LOOK FORWARD TO ANSWERING ANY QUESTIONS. CALL 632-9338 and/or email: Kathleen.Valerio@stonybrook.edu

SHAC is a forum where students actively participate in advocating policies and making recommendations to assure the provision of high-quality health services for all Stony Brook students. SHAC is the primary liaison between Stony Brook students and the Student Health Service. SHAC assesses the quality of existing services while assisting to assess short and long-term students’ needs. If you have an interest in health care and want to gain valuable experience in health care management, consider joining SHAC.

For additional information call Kate Valerio, SHAC Faculty Advisor, 632-9338.

STUDENT HEALTH SERVICE
HEALTH EDUCATION CENTER - 632-6689 or 631-632-6740. Visit: <http://studentaffairs.stonybrook.edu/shs/>

