

November 2006

University of South Carolina Alcohol & Drug Programs



Mark Your Calendar:

A&D Programs
Substance Abuse
Task Force

The monthly
Substance Abuse
Task Force meeting
will be held in the
SEC room (348) in
the Russell House,
10 – 11:30 am,
every 2nd Friday of
the month

All are welcome to
come and participate
in this open forum of
discussion regarding
substance use on
campus.

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Local News

• Late Night Carolina

LNC for December 8th is going to have both Holiday and Final Exam Themes this month. Students will have the opportunity to be meet with tutors from several disciplines to help with their exam studies as well as have the opportunity to relax by participating in Spin Art, Post Cards To Home, or winning a spot in the Create A Critter Contest. We will also be entertained by Sunbrewed Soul, recent winners of Carolina Productions Battle of the Bands.

• Meth Awareness Day on Thursday, November 30, 2006

Methamphetamine is a powerful, highly addictive stimulant drug that dramatically affects the central nervous system. It is usually illegally produced and distributed.

Meth comes in several forms, including powder, crystal, rocks, and tablets. When it comes in the crystal form it is called "crystal meth."

Using meth causes an increase in energy and alertness, a decrease in appetite, and an intense euphoric "rush." That's in the short term.

In the long term, a person using meth may experience irritability, fatigue, headaches, anxiety, sleeplessness, confusion, aggressive feelings, violent rages, cravings for more meth, and depression. They may become psychotic and experience paranoia, auditory hallucinations, mood disturbances, and delusions. The paranoia may lead to homicidal or suicidal thoughts.

• Cocky Thursday @ the Russell

Alcohol and Drug programs sponsored an NCAA 07 Xbox Tournament along with the Russell House University Union and the Golden Spur Gameroom this past month. Four separate tournaments were held over the month of November and the four winners will play each other in the Russell House Lobby on Monday, November 28th for an Xbox 360 Game System. The winner will then compete in the national tournament on November 29th, the winner of which will receive a 42" Plasma Screen TV.

FSU police pedal for DUI awareness

By Jennifer Jefferson - DEMOCRAT STAFF WRITER

Florida State University Police Maj. Jim Russell will end his 24-hour bike ride at 8 this morning. He was the mastermind behind the 2.5-mile loop around Florida State University as part of the "Stop DUI in 24 Hours" ultra-marathon bicycle ride.

"I'm willing to make my legs hurt a bit if it's going to make a difference in someone's life," Russell said. "The concept was to take 24 hours to ride a circuit around campus with a cycling jersey emblazoned with 'Stop DUI,' like a rolling billboard. Then, as the ride took shape, other concerned people said they were willing to participate. From there, it's become a community statement that says, 'We've had enough of drunk drivers on our roads.'"

But it was hard to determine if the message got through to students. A part of Monday's campaign included stops in dorms to discuss the dangers of drunken driving. Students say that although biking around campus is a good idea, it's not very effective, especially in a room where half the people knew of someone who was seriously injured or killed in a crash involving alcohol. "It's pointless," said Shane Brady, a sophomore theater student from Palm Harbor. "I'll only keep that in mind temporarily. What we need is reality, videos of people mangled."

"Watching a video or talking to someone who had lived through drunk driving is effective," said Jacki Von Preysing, a freshman journalism student from Lakeland.

The group of students in Broward Hall said visual images are more effective. "We hope the awareness is going to come up on campus," said Dan Moore of KARMA (Knowing About Responsible Management of Alcohol and Other Drugs), a supporter of the bike ride.

Drinking and driving is a concern around the FSU campus that officers are trying to address. The FSU Police Department made 126 DUI-related arrests last year. So far this year that number already has reached 130. Russell said arrests are not increasing because the number of incidents is increasing, but because the department is better trained and more focused on it. "There hasn't been a DUI fatality since 2003," he said. "All too often, when there is a tragedy, people say what could have been done and we could have done more," FSU Police Chief David Perry said. "DUI is a deadly, preventable crime, and we will do whatever it takes to save lives."

However, freshman theater student Kevin Sullivan says the biggest problem is that "everyone thinks - like STDs - it won't happen to me."

Contact reporter Jennifer Jefferson at (850) 599-2342 or jjefferson@tallahassee.com.

National Update

.What do you know about binge drinking?

By DR. JOYCE BROTHERS - SYNDICATED COLUMNIST

Despite the efforts of college administrators across the country, binge drinking by students -- especially impressionable freshman -- continues to grow in popularity each year. And along with these episodes of uncontrolled alcohol consumption have come a number of student injuries and even deaths. What do you know about this serious issue and why students make the choices they do? Take this quiz and find out.

1. Binge drinking isn't just a problem for alcoholics -- many college students who don't consider themselves problem drinkers don't think twice about having four, five or more drinks in a row on a weekend night.
TRUE () FALSE ()

TRUE () FALSE ()

2. The college drinker starts out rather cautiously as a freshman, and by the time he is a senior, his drinking is often much heavier and out of control. Non-college kids of the same age drink the same amount or more.
TRUE () FALSE ()

TRUE () FALSE ()

3. The death of a student from alcohol poisoning has a profound impact on the drinking habits around a college campus.
TRUE () FALSE ()

TRUE () FALSE ()

4. College students who find a friend who is drunk and passed out should get him or her to a bed so he or she can sleep it off.
TRUE () FALSE ()

TRUE () FALSE ()

5. If students end up in the emergency room because of alcohol-related accidents, immediate counseling can have a long-term effect on reducing heavy drinking.
TRUE () FALSE ()

TRUE () FALSE ()

6. Young women can drink more than men without being as adversely affected, because of the way their bodies metabolize alcohol.
TRUE () FALSE ()

TRUE () FALSE ()

7. Women who don't want to be exposed to higher levels of sexual aggression should stay out of bars in college or drink non-alcoholic beverages there.
TRUE () FALSE ()

TRUE () FALSE ()

ANSWERS:

1. TRUE. More than 40 percent of college students admit to binge drinking, a percentage that has not lowered in the past decade despite a plethora of programs to curtail it. College students report having 12 or more drinks on as many as 20 percent of the occasions on which they drink.

2. FALSE. Freshmen tend to start the year off with a bang, giving in to peer pressure and the ready availability of beer,

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wine and even hard liquor on or off many college campuses. But by the time they are seniors, their drinking seems to become more restrained. Men and women their age who are working instead of going to college routinely drink less, not more, than their peers in institutes of higher education.

3. FALSE. Emergency rooms at campuses that have experienced student deaths from drinking report little, if any, slowdown in the number of overdoses in the days and weeks after a tragedy. Also, students seem to care little for what a "typical" drinker does, based on surveys. They are more often influenced by peer pressure in their immediate circle of friends.

4. FALSE. Many deaths have occurred when unconscious students vomit and choke because their gag reflex has failed, or they don't wake up. Students who have been left alone and unconscious also can die from alcohol poisoning that causes them to stop breathing. Anyone who is pale and taking less than eight breaths a minute needs an ambulance, not more sleep.

5. TRUE. A recent study of 600 emergency-department patients who were either counseled or just given a pamphlet showed that identifying and referring heavy drinkers to brief, immediate counseling before leaving the hospital cut both the rate of drinking and the number of return emergency visits.

6. FALSE. Women have a worse time with alcohol than men, because their higher percentage of body fat means a lower percentage of water in the body with which to dilute the alcohol. This, in combination with generally lower body weight and a lower level of a stomach enzyme that breaks down the alcohol, leads to a higher concentration of alcohol in the blood of women.

7. TRUE. Although non-drinkers are among the 70,000 cases of sexual assault or date rape each year, college women who drank heavily in a New York study showed a level of sexual aggression nine times higher on heavy drinking days and three times higher than on non-drinking days. When drinking takes place in bars, men tend to take friendly behavior by women as suggestive.

If you answered five or more of the seven questions correctly, you are aware of the facts surrounding college binge drinking and the thinking process -- or lack thereof -- that goes into the decision to get drunk in college.

Write to Dr. Joyce Brothers via King Features, 888 Seventh Ave., New York, NY 10019.



A & D Programs' Great Gamecock Tailgate Parties

• We are proud to announce that the Great Gamecock Tailgate parties for this season has averaged over 350 students per tailgate, with a max of near 600.

It was our most Successful Tailgate season ever!!

Get Involved

• Encourage new students to join GAMMA and engage in substance free activities by:
→ Promoting Late Night Carolina's
→ Promoting Great Gamecock Tailgate Parties or
→ Call 7-7716 or e-mail - adprog@gwm.sc.edu for more information

A&D Highlights

• Need Students to enroll in Psych 489: Community Practicum in Alcohol & Drug Prevention.