



ALETHEIA

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Off-Campus Students: Pros and Cons

By Joyce Downs

Off-campus students lead a different type of college life than on-campus students. Some feel that living off campus is more beneficial to them, where as some feel it is not.

Off-campus students speak out about what it is like to be one of them. "It takes a little more time management as far as fitting in everything that I have to do on campus, so that maybe I won't have to come back later in the day," explained upper-classman Julie Parkenson.

Parkenson who lives three miles away from the college further added that it makes it harder for her to have to come back in the evenings for mandatory functions, such as evening chapels.

Though junior Mark Pardue lives right in the Montreat community, he agreed that the worse thing about being an off-campus student is the commuting he has to do every day.

As far as academic performance, off-campus students are capable of handling the work load. Junior Alpha Chi student Marcie Bivens who lives an hour away in Hendersonville, commented that living on campus would be more of a

Third in our Religious Issues Series...

Are You Lonely Tonight?

By Kerle Peterson

Inhabitants of M-AC expressed that there is a self-esteem crisis on campus.

But M-AC is not alone, studies have shown that the problem is everywhere. Last August's issue of *Teen Magazine* stated that suicide is the second leading cause of death for people ages 10 to 24. *Teen Magazine* also reported that the causes of these deaths can occur because of low self-concepts, alcohol and drug abuse, and tragic loss.

According to Dee Dasburg, Assistant in the Counseling Center, the four characteristics of a good self-image are: a strong feeling of belonging, a person's ability

distraction from her studies. Parkenson however, stated that at times it is a hassle because of the need to use the library.

Financially, off-campus students have handled things well. Parkenson expressed that everybody has their hardships but that personally, she is happy with her financial arrangements. Others, however, expressed that it is more difficult financially to live off campus.

Some off-campus students expressed that they feel excluded. Others, however, claimed that they are

to accept their uniqueness, the feeling of personal power or assertiveness, and the availability of good role models.

Without these characteristics, people can develop low self-esteem. Those with a low self-image tend to act over-confident, and do things solely to gain peer approval.

Scott Ward expressed, "There is a huge problem of low self-esteem on campus and everyone has some degree of loneliness."

Chaplain Ed Bonner commented that the problem may derive from a "crisis in the family" and if there is not a good basis for support then that is where the root of the problem could lie.

happy, while yet others, who do not feel excluded, believe that the school could do more to make them feel like they fit in.

Parkenson, who has attended M-AC before, believes that the exclusion of off-campus students is not as bad as it was. She expressed that the Belk Campus Center is a social link between both on and off-campus students. She also expressed that there is room for improvement.

Parkenson suggested that at least once a month, the cafeteria

Environmental Studies Major Misty Varuolo commented, "As Christians, we are responsible for building others up. How can we build others up, if we don't feel good about ourselves?" Varuolo further added, "When you don't feel good about yourself than you tend to bring others that are around, down with you."

Bonner concurred, and added that through Chapel, he will help build up the image of oneself on a daily basis, by using the awakening of "God's love for the individual." Bonner explained that if one's "value and worth are well grounded in God's love" than one's self confidence will improve.

should offer off-campus students a meal for a very low price. She explained that an offer like that would not only promote interaction between all students, but it may also boost business for Cafeteria Manager Jack Spencer.

Jefferey Garret, President of the Business Club, agreed that the school needs to do more to cater to off-campus students. He further emphasized that activities should also be geared more towards married off-campus students like himself, as well as the single ones.

Robitussin Replacing Wine Coolers?

Eyewitnesses Claim Alcohol Users Abuse Leading Cough Syrup

By Chad Smith

Local pharmacists and concerned students agreed that there is substantial evidence of upperclassmen abusing cough syrup on campus.

Davis Hall resident Ben Spearman admitted, "I know people who buy Robitussin for the sole reason of using it for other ways than what it is prescribed. I think it's stupid."

Spearman is not alone in his awareness that students here are replacing wine coolers with Robitussin. Other students shared that they know people here who prefer Robitussin over wine coolers.

Concerned off-campus student Maura Buus remarked, "I know a couple people over 21 who are buying Robitussin to get high off of it." Buus added, "The ones who are abusing this drug are influencing the freshmen. Is it going to take something serious to happen before they realize they have an addiction or a problem?"

Kim Freirich, an employee at the Eckerd pharmacy in Black Mountain, stated that they sell about ten bottles a day of Robitussin, and that most of the buyers are teenagers. She also stated that Robitussin DM is their

best selling brand of cough syrup.

Robitussin DM has 4.75 percent alcohol, the same percentage found in a wine cooler.

Eckerd Pharmacist Patricia Ethridge stated that since February of 1992, reports of the use of DM products have increased--especially among teenagers. The FDA Drug Abuse Ad-

visory Committee has stated that additional data is needed before the abuse and dependency potential of DM can be determined.

However, Susan Ledbetter, Pharmacist D Candidate, along with Ethridge, stated that abuse of this drug can result in symptoms of altered sensory perception, slurred speech, and a

depressed mental attitude.

They also noted that the other active drugs found in Robitussin DM, Guaifenesin and Dextromethorphan Hydrobromide, are non-narcotic derivatives of codeine, a common dependent drug. But along with any abuse of any drug, they added that fatalities are not an impossibility.

American Red Cross Needs Donors

Blood Supply Desperately Low

By Danell Hartness

The American Red Cross will be accepting donors in the Fellowship Hall on Monday, February 28, from 11am to 3:30pm.

The association needs blood continuously to save the lives of premature infants, patients who are ill or undergoing surgery, and accident victims.

Blood is always needed because it can only be stored for 35 to 42 days following the donation.

The association will perform a mini-physical on the donors before taking any blood. They will check the pulse, temperature, weight, blood pressure, iron count, and hemoglobin count of the donor. If any of these are abnormal, one will not be permitted to do-

nate.

In order to give blood one must be seventeen years of age or older, weigh at least 110 pound, and be in good health.

A unit of blood, which is a little less than a pint, will be taken. The actual donation of blood only takes about ten minutes, followed by 20 minutes of rest and refreshments.

Associate for Student Activities Cary Willcox learned from watching the news that blood is desperately needed by the Red Cross because of all of the natural disasters that have occurred recently. This gave Willcox the idea for inviting them here.

Students, faculty, and staff may sign up for appointments to give blood on sign-up sheets, which will be in the cafeteria during lunch and dinner throughout next week.

Last year, during the drive held here, the goal to receive 40 pints of blood was not achieved.

Willcox urges Montreat-Anderson College to meet or go beyond the goal of 80 pints this year. He stated, "We would like everybody's participation, including staff and faculty."

The American Red Cross expounded, "You would want blood to be available if you needed it, so why not donate for someone who needs it now?"