

BC Students Dealing With Alcohol

By Susan Rogers

The relaxed attitude concerning alcohol abuse among college-aged students in this country is not unique to the Brevard College campus. The fact that many

students misuse alcohol is directly related to society's attitude as a whole toward the problem, according to Don A. Scarborough, Brevard's Dean of Student Affairs.

Many of today's television commercials, as well as other media, promote alcohol as a glamorous

or other wise acceptable substance. Only within the past

few years have there been any strong campaigns directed towards the responsible use of alcohol and its realistic effects on those who misuse it. Scarborough

attributes this change to pressure put on the state and federal governments by agencies such as Mothers Against Drunk Driving (MADD).

Brevard's Uniform Guidelines deal with the use of alcohol in the

following manner: "Recognizing that alcohol is one of the most

serious social problems in our nation and that the use thereof causes pain and/or death to countless numbers each year,

Brevard College does not sanction the use of alcohol."

Apparently, misuse of alcohol by students has lessened in recent years. As an example, Scarborough

said that the incidence of destructive behavior towards dorm buildings, which he said is

often related to drinking, has decreased. He added, "Brevard

students are beginning to recognize that alcohol abuse is a severe national problem, and there seems to be an increased

determination on the part of our students to become a part of the

solution. At Brevard, as on any college campus, there are a

number of students who experience problems with alcohol, but increasingly such students seem to be recognizing their pro-

blems and are seeking help. We want to help."

Scarborough thinks that Brevard's rules concerning alcohol are fair and that they are designed to protect students, both those who drink and those who do not.

Most students experiencing trouble because of alcohol-related problems seek help on their own. At Brevard, any student who wants to request help can contact his Resident Tutor or the Office of Student Affairs.



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Ten to Fifteen Percent Of College Students Considered Problem Drinkers

The misuse of alcohol has received increased attention in all forms of the media in recent years with much of the focus being directed at young people.

Problem drinkers are persons who experience negative behavioral consequences resulting from alcohol use, as defined by the Campus Alcohol Information Center at the University of Florida in Gainesville. Using this definition, 10 to 15 percent of the students surveyed by the center at various universities around the country were considered to be problem drinkers. In addition, 30 to 45 percent said that they had driven after several drinks during the previous year.

Alcohol affects the body quickly. It rapidly enters the bloodstream (no digestion is necessary) and circulates to all parts of the body within a few minutes. Absorption is slowed by the presence of food in the stomach. The main effect is on the brain, where control centers cease to function one by one, resulting in intoxication.

The body burns up pure alcohol at the rate of about one-half ounce per hour (This is the amount of alcohol in a 12-ounce beer, a 5-ounce glass of wine, or a cocktail made with 1½ ounces of 80 proof whiskey.) A 150-lb. person can consume one drink in one hour with no accumulation of

alcohol in the blood. It takes about 1½ hours to sober up for each drink consumed.

Today in the United States, there are over 100 million drinkers and 10 million are chronic abusers of alcohol, according to the National Institute of Alcohol Abuse and Alcoholism (NIAAA). Many more, however, are occasional abusers. Some basic warning signals that indicate a person may have a drinking problem:

- A person who frequently drinks to a state of intoxication.
- A person who relies on a drink to start the day.
- A person who consistently skips classes due to hangovers.
- A person who has blackouts and memory losses from drinking.
- A person who frequently drinks alone to escape from reality, boredom, and loneliness.
- A person who sustains bodily injury as a consequence of drinking.
- A person who excessively denies he has an alcohol problem when approached about his behavior concerning alcohol.
- A person who suffers from chronic hangovers and wants a drink to relieve the hangover.

- A person who under the influence of alcohol does something he/she would not do otherwise.

Drinking and driving is an extremely dangerous form of alcohol abuse. According to the NIAAA, alcohol is a factor in one-half of all highway fatalities and one-third of all highway injuries. In addition, 23,000 people are killed on U.S. highways each year by drunken drivers. Even small amounts of alcohol can reduce coordination, slow reflexes, and lead to an over-confident attitude.

Depressant drugs (such as barbituates and tranquilizers) and alcohol multiply the effect of each other. Taking depressant drugs when drinking can be extremely dangerous and sometimes results in death.

Young people are especially affected by alcohol because their behavior is less established. They are more apt to lose control after drinking, especially with regard to driving cars and sexual behavior.

Long term effects of alcohol abuse include liver damage, heart disease, ulcers and gastritis, malnutrition, delirium tremens (DT's) resulting from alcohol withdrawal, cancer of the mouth, esophagus, and stomach, brain damage, and damage to the developing fetus.



Kathleen Reed with Molly Rawlings with Patrick Truluck



Tracy Stringer

Kathleen Reed Crowned Valentine's Queen

On February 11, Kathleen Reed and Patrick Truluck were named Valentine's Queen and King. Molly Rawlings and Tracy Stringer were named Princess and Prince.

Reed, 19, is a sophomore representing Beam dorm. She said about the evening, "It was so sad. I kept thinking that this was my last semester here!" She is a graduate of Bethesda Chevy Chase High School in Bethesda, Maryland. She is the daughter of Roark M. Reed of Dallas, Texas, and Margaret P. Reese of Chevy Chase, Maryland.

Truluck, 20, is also a sophomore. He is a representative of Taylor dorm. A

graduate of T.C. Roberson High School in Asheville, N.C., he is the son of Dr. and Mrs. M.H. Truluck of Asheville.

Rawlings, 18, is a freshman representing Jones dorm. She is a graduate of Henry Clay High School in Lexington, Kentucky. She is the daughter of Edsel and Nancy Rawlings of Lexington.

Stringer, 18, is also a freshman. He is a representative of the New Complex. A graduate of Northmont High School in Englewood, Ohio, he is the son of Alex and Eleanor Stringer of Englewood.

The four were chosen by a student vote held by the Student Government Association.

German Honored

Kaye German, resident tutor, physical educator and women's track coach at Brevard, was recently selected as one of The Outstanding Young Women In America for 1983. Kaye is the daughter of Mr. and Mrs. Johnathan C. German of Arnold, Maryland.

The purpose of the award is to recognize young women who give their time, talents, and unselfish service to enrich the quality of American life.



Kaye German

Student Volunteers Needed

The Council on International Educational Exchange (CIEE), the largest student travel organization in the U.S., is offering young people the opportunity to work overseas this summer as volunteers on service projects aimed at helping local communities. Free room and board help to keep participation costs

minimal.

"It met and surpassed all my expectations," was the reaction of one participant in last year's program. Although work camps have been operating in many parts of the world for more than 30 years, they are still a relatively new concept in the United States. They attract young people

from all over the world, providing them with the chance to live and work together on a wide range of projects.

"We had no plumbing or electricity and slept in a barn, but I think that made us better as a group because we really had to

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