

# Substance-free housing catches on with students

## The College Press Service

COLLEGE PARK, Md.--Think late Saturday night at the dorm. Think smoke-filled halls, raised voices, loud music, and students playing hall sports.

But the proverbial "college scene" is fading on some campuses, as a growing number of students eschew keg blasts for a cleaner, quieter place to live.

In the last three years, substance-free halls, dorms, and even fraternity houses have surged in popularity. Colleges and universities that offer substance-free housing include Methodist College, Dartmouth College, Pennsylvania State University, University of California-Los Angeles, and numerous others. The national headquarters of Sigma Nu fraternity has helped 12 of its 214 chapters become substance-free.

At the University of Maryland, the number of students living in substance-free dorms has risen from 120 in 1993 to about 1,000 today.

"Basically, it's an extraneous environment to live in. It's great," said J.R. Rosenberg, 19, a sophomore at Maryland.

He lives on the sixth floor of Denton Hall, which has been designated as substance-free: no alcohol, drugs, or tobacco allowed. But what you choose to do outside the hall is your business, Rosenberg says.

"I am in a fraternity, so I see both side of the world on campus," he said. "A lot of people who live in substance-free dorms don't see all of what goes on, so they don't appreciate the environment they live in."

At Maryland, substance-free housing was launched three years ago with a grant from the U.S. Department of Education, said Karla Shepherd, coordinator of programs

and orientation. The idea, she says, is to prevent drug and alcohol abuse on campus.

Students have latched onto it because "they want more choices," she explains. "They might not abstain from alcohol and drugs, but they still want to live in a substance-free [residence hall]. Others are committed to a substance-free lifestyle."

Many students just want to avoid temptation by keeping away from the party, she adds. "They're here for an education," she said. "You could basically blow it by abusing alcohol and drugs."

At many colleges, students say the temptation to abuse alcohol is definitely there. According to a study released by Harvard University's School of Public Health and Social Behavior, a survey of more than 17,500 students at 140 colleges and universities showed that 44 percent of student report binge drinking. Forty-one percent of entering freshmen who reported not binge drinking in high school began binge drinking shortly after arriving at college.

The same researchers showed that widespread binge drinking on America's college campuses had serious second-hand effects on students who do not binge. Eighty-seven percent of college students reported secondary effects from drunk students ranging from insults and lost sleep to cases of sexual assault.

Binge drinking is defined as consumption of five or more drinks in a row for men or four or more drinks in a row for women on one or more occasions during a two-week period.

"Heavy drinking can cause or contribute to a num-

ber of problems for youth," said Steven A. Schroeder, present of the Robert Wood Johnson Foundation, "such as poor academic performance and school failure, assault, automobile accidents and resulting fatalities, recreational injuries, violence and risky behavior like early and unprotected sex."

So whether students are searching for quieter living quarters or want to avoid potential pitfalls of partying, campuses report greater numbers of students are choosing substance-free living. When surveyed, students also say they chose to live in a substance-free environment because "in high school, they knew someone who paid a serious consequence for alcohol abuse," said Alan Levy, director of housing at the University of Michigan.

The soaring cost of tuition has played an important role, too. With more students taking on larger loans to pay for college, "they better use the time efficiently," he says. The University of Michigan surveyed students who selected substance-free rooms. They gave the following reasons for their choice:

- avoiding roommate problems associated with drinking or other drug abuse: 78%
- academic issues (e.g., wanting a quiet atmosphere in which to study): 59%
- parental influence: 26%
- religious preferences or beliefs: 26%
- family members with alcohol or other drug problems: 6%
- recovery from an alcohol or other drug problem: less than 1%

Another survey revealed that their choice was not related to whether they drank away from the dorm. Students who party away from their substance-free floor said they just wanted a place to live that was substance-free and quiet.

## MC students say health and wellness dorm rooms allow them to focus on academics

By Whitney Larrimore  
Assistant Editor

Health and wellness dorms are becoming increasingly popular on many college and university campuses around the United States. Methodist College, like many other colleges, offers this lifestyle option to students by allotting specific health and wellness areas in dorms for residency. Students who are interested in living in one of these dorm rooms must sign a health and wellness contract and abide by its guidelines.

According to the contract, a student who chooses to live in this residential section commits "to a lifestyle abstaining from alcohol, tobacco, and other illegal substances."

Rob Foreman from the Student Life office said, "It (the health and wellness program) came from the residence life staff and is now in its third year." So far many students have taken advantage of the program. There is a capacity for 50 students interested in the program,

and 43 spaces are currently filled. Seven females and 36 males are in the program, but Foreman anticipates the numbers to grow.

Foreman said "When we started the program, everyone had their own room, but now we have two people to each room." Soon new rooms may be added to the existing ones to expand the space for students interested in health and wellness. Eventually a whole new dorm may be built just for this program.

Tony Ralls, a freshman in Sanford Hall, has been in the program since the beginning of this semester. Ralls said, "This is a very good hall. [Everyone] is pretty close and no one is rowdy. You must abide by the contract. If [you're] caught breaking it, you must move."

Patrick Puryear, another freshman in Sanford Hall, is also in the program. Puryear said, "I didn't want to be around any distractions that would take away from my studies, and I

also didn't want to live with someone who smoked." For these reasons, he feels it best for him to be a part of the program.

In Weaver Hall, Molly McWilliams is a part of the health and wellness program. She enjoys being a part of the program because she said living in an alcohol and drug-free environment is "just one less hassle to worry about. It doesn't conflict with your studies." McWilliams also said she thought "a lot more people would like to be in [the program] but it's not that well known."

The program is still relatively small, but it is beginning to become popular. Foreman feels that the more people find out about the program, the more people will be interested in it. In the future, more students may be a part of this new lifestyle organization. As long as people are interested, Foreman said, "We are committed to providing the [health and wellness] atmosphere."

## MC plans 40th anniversary celebration

### Staff Report

Methodist College will hold a 40th anniversary celebration on Wednesday, Oct. 30 at 11 a.m. in Reeves Auditorium. The college was chartered on Nov. 1, 1956.

Entitled "Celebrate 40!", the program will include a running narrative about the

college's first 40 years, color slides from college archives, and a variety of musical numbers featuring alumni, staff, and current students.

After the show, birthday cake will be served in the Reeves lobby. Alumni and other friends will have lunch in the Alumni Dining Room.

Door prizes, including a bag of 40 silver dollars, will be awarded in a drawing. Persons must attend the show and deposit a ticket stub to be eligible for the drawing.

The Methodist College Alumni Association planned and coordinated the event, along with a committee of college staff.

## Weight gain not inevitable in college

By Alexandra Nulle Dummer  
Staff Writer

Twenty to thirty percent of all men and women are overweight. Going from eating mom's home cooked meals to cafeteria food or fast food causes many of us to gain weight. The "freshmen fifteen" can be avoided simply by knowing what the body needs rather than wants.

With the health kick of the 90's, most people are aware of what the right ways of taking care of one's body is and how important it is, although not everyone does it. However, new things about the human body are being discovered every day. For example, recent research has proven that stress changes the way your body uses and absorbs nutrients. So if you're under stress, you need to be sure your body is getting the nutrients your speeding metabolism needs. You will also want to eat foods that calm you down rather than making your stress worse. As college students, we all know the meaning of stress, especially when midterms and finals come around.

Here are some healthful tips from the International Food Information Council Foundation on prohibiting stress. Drink orange juice, because when you are under stress the body needs more vitamin C. Drink lots of water to keep from becoming dehydrated, which adds stress to the body. Have a banana; they are high in vitamin B6 and will keep the metabolism running high. Stick to one cup of coffee a day and avoid caffeine the rest of the day. Resist the urge to snack on sweets.

When under stress, the brain secretes a substance which causes sugar cravings, but eating whole grain breads, bagels, and pastas are better for you and will satisfy your craving by stimulating your brain's produc-

Cutting back on fat doesn't mean going hungry. This chart offers great-tasting low-fat alternatives to common foods. (Portions are average serving sizes)

Instead of: (fat grams)	Go for:
corn muffin (5)	English muffin & jam (1)
granola (12)	nonfat yogurt & granola (2)
bacon & eggs (37)	pancakes & syrup (6)
cheeseburger (30)	bagel/low-fat cream cheese (10)
French fries (20)	oven-fried potatoes (8)
potato chips (18)	pretzels (2)
bean dip (4)	salsa (0)
ranch dressing (18)	vinagrette (8)
ice cream (18)	sorbet (0)

--Peter Jaret, Health Magazine

tion of serotonin, a calming chemical which is the active ingredient in Prozac. Finally, exercise. This will burn up stress chemicals in the body and make you feel more relaxed and energetic.

Many Americans are overweight because they eat too much and exercise too little. An average American eats about 130 pounds of sugar a year, mostly from processed foods high in calories and low in nutrients. Also, we have become very lazy. Try taking the stairs rather than the escalator or walk to Pizza Hut rather than driving.

To establish permanent, healthful eating habits, there are some guidelines to follow according to the pamphlet entitled "You and Your Weight." Lose weight slowly--a pound or two a week. Space meals evenly in small proportions throughout the day. Don't skip meals, and eat at least 1,200 calories a day. Eat slowly, chewing thoroughly, and stop when you're full.

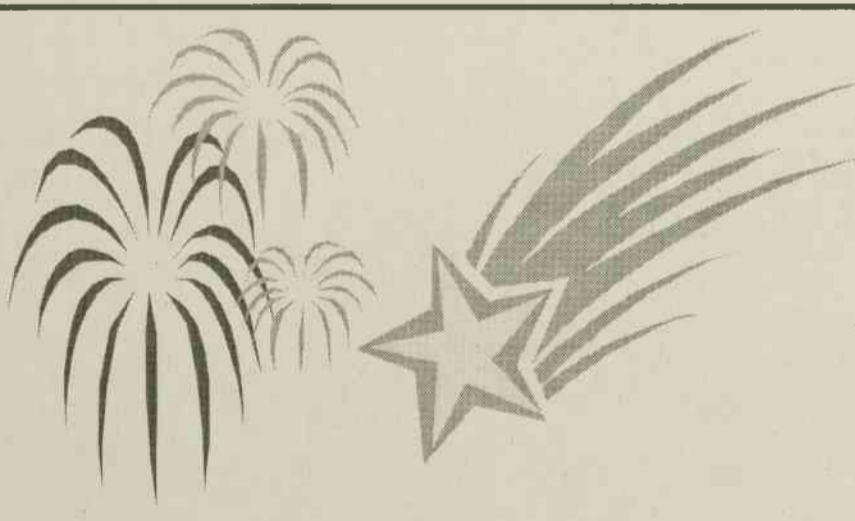
Researchers speculate that food cravings arise in an attempt to supply the body with nutrients it lacks. Susan Schiffman, professor of medical psychology at Duke University Medical Center, says, "Carbohydrate cravings can simply be from hunger because your blood sugar levels are too low or cravings can be based on other physiological needs." For ex-

ample, while also tasting pleasant, ice cream and cookies rank high as "comfort foods" to soothe troubles away.

Sandra Combs, director of the MC health center, says students should "get more involved with activities because when you are lonely you tend to over eat." She adds, "Form little groups for walking around campus."

The weight room is also available to students Monday through Friday from noon-5 p.m. and 7:30-9 p.m. and Sunday 7-9 p.m. Any changes to the weight room hours are posted weekly next to the athletic office door. Basketball coach DeeDee Jarman says students "need to be familiar with how to use the machines, have a plan when they go in, and have a spotter. Also, know safety precautions."

The dangers of dieting is that they prohibit rich, high-calorie, often-favorite foods. Unable to resist, dieters will eventually give in and overindulge themselves. Marsh Hundall, director of nutrition at a women's weight management facility at Fox Run says, "Forget the carrot sticks and have a reasonable portion of ice cream, if it's ice cream you really want. In moderation, favorite high-calorie foods can help you stay within a well-balanced diet and achieve a healthy weight."



**Homecoming 1996: Let Us Entertain You**

**Schedule of Events**

**Friday, Oct. 18**

Putt-Putt Championships--Win a portable CD player  
8 p.m.: Alumni and guests gather at the Holiday Inn 1-95

**Saturday, Oct. 19**

7:30 a.m.--Shuttle service available from Holiday Inn to Baywood Golf Club for Lowdermilk Golf Tournament  
8 a.m.--Tee time for the Fourth Annual William P. Lowdermilk Golf Tournament  
9 a.m.--Teacher Alumni Association Breakfast, Alumni Dining Room  
9 a.m. - 1 p.m.--Registration Tent open on campus for alumni  
10 a.m. - 3 p.m.--MC Book Store open for shopping  
10 a.m.--Cross Country Dixie Conference Meet starts at 4th hole of MC golf course  
11 a.m.--Women's soccer: Lady Monarchs vs. Shenandoah  
11:30 a.m. - 1:30 p.m.--Picnic on the mall (\$5 adult, \$3 children under 12)  
1 p.m.--Football game: Monarchs vs. Davidson College; 1964-75 cheerleaders introduced at halftime  
3 p.m.--Men's soccer: Monarchs vs. Johnson & Wales  
6 p.m. - 7 p.m.--Alumni hors d'oeuvres before dinner, Dining Room #3  
7 p.m.--Alumni Dinner, Alumni Dining Room (\$10 per person)  
9 p.m. - 1 a.m.--Homecoming Dance at Holiday Inn 1-95 with The Entertainers  
-Casual dress  
-Crowning of King and Queen at 10:30 p.m.  
-Shuttles start at 8:30 p.m., leaving MC on the half hour and leaving Holiday Inn on the hour