



Alcohol and Substance Abuse Newsletter

Strictly Stimulants

Issue 2
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Amphetamines: A Wonder Drug? By Avi Zacherman

Around finals time, everyone is always looking for that edge to help them keep studying. Most people turn to caffeine, in the form of energy drinks or coffee. However, every once in a while, you have someone who decides to look to amphetamines to give them some artificial focus.

Amphetamines and amphetamine-like substances are prescription drugs, and as such a controlled substance. Possessing them without a prescription is a federal crime. The positive effects of amphetamines include loss of appetite, increased stamina, increased alertness and higher levels of confidence. These would seem incredibly helpful to any college student looking to get an edge for studying.

The negative

connotations of amphetamine use are numerous. Firstly, amphetamines are an addictive drug. The more regularly they are used, the higher a person's tolerance become. Amphetamines also can throw off your sleep cycle, weaken your immune system, cause shaking and jitteriness, and make people more irritable.



1 out of 20 college students abused amphetamines in the past year.

Studies conducted by a recent WebMD survey show that out of 4580, 5.9% used amphetamines in the past year. The two biggest abused amphetamines are Ritalin and Adderall.

Approximately 75% more of these students used Adderall than they did Ritalin. Other amphetamine-like substances include Concerta or Dexadrine.

Unlike all the other tricks that come to studying and preparing for finals, Amphetamine

abuse is far more illegal and far more unsafe. These drugs have side effects and are normally administered under close medical supervision. When a college student buys a 20mg Adderall from his buddy, and pops it to get an edge on his

“Amphetamines also can throw off your sleep cycle, weaken your immune system, cause shaking and jitteriness, and make people more irritable.”

test, they have no idea what that is going to do to his body. Sure, they might get that A, but then they'll associate the A with the drug. They'll want to have

more of it, so they can get an A next time as well. Soon, they're dependant on the amphetamine. And that's no better than any other drug dependency.

So when you know you have a friend who's popping Adderall or Ritalin to get an edge, let them know the dangers of it. It might seem like some kind of wonder drug, but in truth, its no better than any other addiction.

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The Alcohol & Substance Abuse Task Force

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The Good, The Bad, and the Ugly of Energy Drinks By Richie Kenney

“Red Bull gives you Wings,” “Party like a Rock Star!” These slogans are targeting people aged 18-30, which encompasses most of the college community. These companies are trying to get you to use their product, but why? Finals are quickly coming around; are you ready for them? Pulling those all-nighters in the library really takes a toll on one’s body, and still Thousands of college students will be doing it, and usually the drink of choice is coffee or an energy drink.

The new energy drink craze has really taken off within the past couple years. Drinks like Red Bull, Rock Star, Full Throttle, and Monster, will give one a quick boost of energy much like a cup of coffee. These drinks have about the same amount of caffeine per drink as coffee, 80mg, which is enough to keep one awake and studying all night. But it is the other ingredients within the drink that are causing the trend; these other ingredients are: taurine (speeds the heart and muscle fibers), glucuronolactone (naturally found in the body), sugar (you know what this does), and some contain guarana (a



There is a huge variety of energy drinks on the market today.

caffeine-like herb).

The combination of all these ingredients gives you the modern energy drink.

Known primarily as a drink to keep you awake, the energy drink is now being used as an alcohol mixer.

Most common is the “Red Bull and Vodka,” which is a particularly dangerous mix. Having too many of these can actually cause a heart attack. Red Bull, which speeds the heart, combined with vodka, which thins the blood, causes the heart to pump at an extremely fast rate but it is lacking blood to pump because it is too thin. “Having alcohol with energy drinks also masks the depressant effects of

alcohol, causing the person to not feel fatigued and also causes the person to not realize how much they have actually drank,” states Brown University Health Services from a study done January 2005.

These drinks can be addictive, the addictive ingredients have such serious side effects that the drinks have been banned by the NCAA. Athletes should avoid this ban

“These drinks can be addictive, the addictive ingredients have such serious side effects that the drinks have been banned by the NCAA.”

in order to not violate this ban. Many think it is impossible, but you can make it through the next weeks without that energy drink. The solutions are: get some more sleep, do not pull those all-nighters, they do not work; eat breakfast, because

having breakfast in the morning will give your body all the energy it needs to survive the day. Fruits, vegetables, cereals, and dairy products are really good jumpstarts for your noggin in the morning!

So next time you go to the store for a drink, remember the things I have written here because the sugar high, and caffeine craze they give you for a couple hours is not worth the after effects of dizziness, and fatigue. Ironic, the after effects are what the drinks are supposed to suppress. Instead of keeping you awake and energized, you just want to go to bed once it wears off, and with those dreaded finals fast approaching, sleeping through your exams are not the best way to finish a great semester!



It's Finals Time, Sick of Studying?

By Bri Lewis

It's four o'clock in the morning and you are still sitting at your desk, staring at the same page that you have been looking at for a half an hour. All you want to do is go to sleep, but the final you have in the morning says otherwise. Your brain wants you to stay up and study longer, but your eyes say otherwise. You begin looking around for something release this tension for a bit, so you may refocus and study more later.

“Action on Smoking and Health also reported that tobacco is the only legally available consumer product which kills people when it is used entirely as intended”

You walk down the hall to see what your friends are up to. They are all just as stressed as you. They decide to go outside for a cigarette break and as you to join. Should you go with them? Will this just waste more time? You know you should go back inside and study, but the thought of returning to your desk to look at the same page again does not seem appealing.

All students face the stress of finals, but how you deal with that stress is crucial to your success. Many students turn to tobacco related products such as cigarettes, cigars, and chewing tobacco. It is believed by many students that taking a cigarette break will calm their nerves and help them to refocus their attention to their studies. The National Center for Chronic Disease Prevention and Health Promotion shows that the number of adult smokers ages 18-24 is 24.4% of the total number of smokers. This is the age group with the highest percentage. Action on Smoking and Health reports that 80% of smokers begin while they

are in their teens. Action on Smoking and Health also reported that tobacco is the only legally available consumer product which kills people when it is used entirely as intended and about half of all regular cigarette smokers will eventually be killed by their habit.

It has been proven that nicotine, an addictive substance found in tobacco products, is similar to another natural substance that is found in your body.

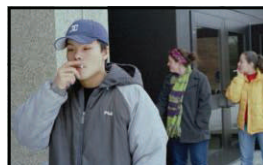
This substance is acetylcholine, which delivers signals from your brain to your muscles, controls basic functions like your energy level, the beating of your heart, and how you breathe, oversees the flow of information to your brain, and plays a role in learning and memory. However, unlike acetylcholine, nicotine is not regulated in your body; therefore, the nicotine acts as a wake-up call to your brain. The nicotine forces your brain to improve your reaction time and increases your ability to pay attention.

Although these may sound like good things, nicotine also has many negative effects. Some immediate effects include increases in blood pressure and heart rate, faster respiration, constriction of arteries, and stimulation of the central nervous system. Some long term effects include, low back problems,

premature wrinkles, a reduction in blood flow to the brain, hypertension, and cancer.

There are a variety of ways on every college campus to deal with the stress that is brought on by finals. Ithaca College, for example, has movies screenings, concerts within the School of Music and various luncheons hosted by different organizations, to break up the monotony of studying. You can check your own school calendars to see what will be going on at your own schools. Also, you can plan something with your friends. Organize a group of people to watch a movie or make gingerbread houses. If you do not think you have time to devote to other activities outside of studying, plan to have a “study party” with some of your classmates. This way, you will all be able to meet and quiz each other. This way, you are still reviewing; however, it will be a different format than studying alone at your desk.

It is important for students to understand that there are other options available for stress reduction around final exam time. School calendars are a good place to begin looking, and if you cannot find anything, set something up with your friends! However, nicotine is not a good option for stress relief. There are many negative outcomes, both immediate and long term, that come along with nicotine. Please make smart decisions, and good luck with your final exams!



28.5% of College students are smokers; Half of them have unsuccessfully tried to quit in the past year



NACURH Mission Statement

NACURH is the leading national organization advocating for the interests and welfare of residence hall students, while also providing opportunities for their personal growth and development. It is an organization of students committed to developing leadership, honoring diversity, recognizing achievement, as well as stimulating engagement and involvement among students who reside in college and university residence halls. Through regional and national programs and services, NACURH provides leadership opportunities for students, shares residence hall programming resources and best practices, and coordinates activities with appropriate professional associations and business partners.

About the NACURH Alcohol and Substance Abuse Task Force

The NACURH Alcohol and Substance Abuse Task Force is one of four issue based task forces established by the NACURH National Board of Directors. The mission of the task force is to provide a monthly newsletter (which you are currently reading), write articles for the NACURH Link, create national case studies and implement a half-day program at NACURH 07.

The Alcohol and Substance Abuse Task Force currently consists of three members:

- Avi Zacherman, Task Force Chair - Associate Director of Administration and Finance for the NEACURH Region
- Richie Kenney - Vice President of Administration and Finance for the University of Massachusetts—Amherst Residential Leadership Association
- Bri Lewis - NCC for the Ithaca College Residence Hall Association and NEACURH 2007 Regional Conference Chair

If you are interested in contributing, e-mail adafneacurh@gmail.com

NACURH 2007 Is Just Six Months AWAY!!! Keep Your Eyes Peeled for More Information Regarding Half-Day Programs Put On by the Task Forces.



One Small Step

University of Wisconsin - Oshkosh

June 1st—June 4th, 2007

<http://www.mio.uwosh.edu/nacurh/>