

Lumberjack Link

A weekly newsletter for the newest members of the Lumberjack family

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Sobering Statistics

Alcohol has a reputation for being widely available and abundant on college campuses. The consequences of excessive and underage drinking affect virtually all college students, exemplified by the gristly statistics below:

Each year in the United States.....

- 1,700 college students die from alcohol-related injuries, including motor vehicle crashes.
- More than 696,000 students are assaulted by another student who has been drinking.
- More than 97,000 students are victims of alcohol-related sexual assault or date rape. In fact, 90% of all campus rapes involve alcohol.
- 400,000 students have unprotected sex under the influence of alcohol and more than 100,000 students report having been too intoxicated to know if they consented to having sex
- About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.

How do you keep yourself and your friends from becoming statistics?

- First of all, realize that not everyone drinks and you do have a choice not to drink.
- If you do choose to drink...
 - Know your limits. To see what your blood alcohol content (BAC) would be based on a variety of drinks, visit the link listed below. Keep in mind that while the legal limit for intoxication is a BAC of 0.08, significant impairment of judgment and motor skills can occur well below that level.
 - Use the buddy system. Pick a designated driver at the beginning of the night to stay completely sober (NOT the person who decides they are the least intoxicated at the end of the night). Check in with your friends at least every 20 minutes.
 - Always know what you are drinking! Never accept a drink that you did not open or prepare yourself and don't set your drink down even momentarily. Date rape drugs like roofies and GHB are easy to acquire, often odorless, colorless, and tasteless, and some take less than 20 minutes to take effect.
 - Know the symptoms of alcohol poisoning and when to get help. (See the link below)
 - For more information, visit <http://www.collegedrinkingprevention.gov>

In This Issue:

- Drugs=Bad.....pg. 2
- The TSC.....pg. 3
- Easy Microwave Recipe.....pg. 4
- Upcoming Events.....pg. 4

University policy stipulates that the unauthorized use of intoxicating beverages on University controlled property or at University sponsored activities, including intercollegiate and intramural athletic events is prohibited. Alcoholic beverages are not permitted in University residence halls. University sanctions imposed for alcohol possession or consumption can include progressive levels of probation leading to suspension for multiple offenses, attendance at an alcohol education class offered by the University, community service, substance abuse evaluation, treatment, and/or counseling.

Sources:

"A Snapshot of Annual High-Risk College Drinking Consequences," National Institute on Alcohol Abuse & Alcoholism

“This is your brain...this is your brain on drugs...”

You’ve heard it since you were a kid. At this point, nobody should have to tell you that doing drugs is stupid. If you are looking for your ticket back to your parent’s house or some place worse like a homeless shelter or jail, drugs certainly provide a fast track to no place you want to be. There is no quicker way to ruin your life (not to mention your GPA) than to use drugs. If you need a little more convincing, read on.

The three illegal drugs most commonly used by college students are marijuana, ecstasy, and methamphetamines. Abuse of each one comes with some nasty side effects listed below:

Users of Marijuana can expect to experience....

- Infections of the sinuses and lungs
- Increased risk for cancer
- Sexual dysfunction
- Problems with memory, learning, and thinking clearly (college is hard enough anyway, right?)
- Higher college drop-out rate
- Higher risk for moving on to “harder” drugs

Users of Ecstasy can expect to experience....

- Confusion
- Depression, severe anxiety, paranoia, and psychotic episodes (X destroys the serotonin receptors in your brain. This is bad because serotonin is the chemical in your brain that makes you feel happy and relaxed.)
- Sleep problems
- Inability to regulate body heat which can cause heat stroke
- Death

Users of Methamphetamines can expect to experience....

- Depression, hallucinations, anxiety, and psychosis
- Increased blood pressure, stroke, and heart attack
- Lung, liver and kidney damage
- Violent tendencies

Prescription Drugs:

There has also been a growing trend on college campuses towards prescription drugs like Ritalin, Adderall, OxyContin, Codeine, etc. Many carry significant risks for physical side effects just as street drugs do, and if you don’t have a prescription for them, they are just as illegal.

Consequences of possessing/distributing prescription drugs:

Prescription drugs are classified as “dangerous drugs”, and if you give a “dangerous drug” to someone else, it becomes an “illegal drug”. It is illegal to possess a “dangerous drug” unless it has been prescribed to you. Illegal possession of a “dangerous drug” is a Class A misdemeanor and can be accompanied by a hefty fine and jail time. Giving your medicine (the pills or the prescription) to someone else is a state felony with jail time of 180 days to 2 years and up to a \$10,000 fine. If you have a previous felony conviction for anything - consequences then become equal to a 3rd degree felony (2-10 years imprisonment & up to \$10,000 in fines). Using and/or selling or distributing dangerous/illegal drugs can result in your dismissal or expulsion from Stephen F. Austin.

Your best bet for avoiding drugs while in college is to stay away from people who do drugs. If your closest friends smoke pot, there’s a good chance that you eventually will too. If you already do drugs but think you’re in control of your drug use, think again. You are only one bad move away from being arrested, getting hurt, or being expelled from school.

Need help?

Stephen F. Austin State University, through the Counseling Services office, provides alcohol/drug abuse services which are available to all students. For more information, visit <http://www.sfasu.edu/ccs/> or call (936) 468-2401.

It is the policy of Stephen F. Austin State University that any unlawful manufacture, possession or delivery of any controlled substance or illegal drug is strictly prohibited. Moreover, it is the policy of the State of Texas and of this University that this institution will be as free of illegal drugs as it can possibly be. Any student who is determined to have violated the policy on the use of illicit drugs will be suspended from the University for no more than two years and no less than the remainder of the current semester. At the discretion of the Vice President for University Affairs, a student suspended under this policy may, under certain conditions, remain enrolled at the University on disciplinary probation. These conditions can include substance abuse evaluation, treatment, and/or counseling.

Sources:

Facts on Tap: College Student Facts about Alcohol and Drugs <http://www.factsontap.org>



Technical Support Center

If you find yourself in need of help with your computer, you should know that the TSC exists to alleviate some of the headaches involved in moving your computer into the SFA realm. Established in August 2004, this group within the ITS Department is devoted to assisting SFA Students with computer-related problems. Whether you are an on-campus or off-campus student, if you need computer help, they are just a phone call away. In some cases they will ask that you drop your computer off at their new location.

The TSC has three main goals which are to:

1. Get your computer safely working on the SFA network.
2. Ensure you have anti-virus software installed and updating on a daily basis, and make sure your system is free of virii, worms, Trojans, etc.
3. Ensure you have anti-spyware software installed and updating on a daily basis, and make sure your system is free of spyware.

Their initial scope-of-work is focused only on resolving these three main problems, but depending on the workload and time of year, they may be able to help with other problems as well.

The first three to four weeks of each semester are very busy times for the TSC with thousands of new students in need of their services at one time. If you find yourself needing computer help during this time, please understand that they are very busy but will do everything they can to help you out. Visit their website for helpful information and important links that can help keep your computer running properly.

For more information:

Email: tsc@sfasu.edu

Phone: On-Campus- 4357 (HELP)

Off-Campus 468-4357 (HELP)

Hours: Monday-Friday 8:00 AM-8:00 p.m.

Location: 514 E. Austin



Easy Microwave Recipe: Tuna Noodle Casserole

Ingredients:

- 1 box of macaroni and cheese
- ½ cup butter or margarine
- ½ cup milk
- 1 can cream of mushroom soup
- 1 can of tuna (drained & flaked)
- 1 can green peas (optional)

Directions:

In a microwave safe dish, prepare macaroni and cheese according to box with butter/margarine and milk. Add the soup, tuna, and peas (if desired). Mix together. If necessary, place back in microwave until hot (1-2 minutes more, stirring every 30 seconds).

Advice of the Week

Have fun! Studying and classes
are only part of the college
experience!

—Veronika, Grad. Student

Upcoming Events:

Tuesday, September 22nd

- SFA Ladyjack Volleyball at North Texas, 7:00 p.m.
- John Roberts Faculty Piano Recital, 7:30 p.m., Cole Hall

Wednesday, September 23rd

- *SFA Fall Career Fair*, 1-4 p.m., Patillo Student Center Grand Ballroom. You might think it is too soon to begin looking for a job, but career fairs are a great way to network and work on your interview skills. You can speak with numerous business professionals which can help you choose a major or a potential career!

Saturday, September 26th

- SFA Lumberjack Football vs. North Dakota, 6:00 p.m., Homer Bryce Stadium
- Lumberjack Alley featuring Kailin Garrity
- SFA Ladyjack Volleyball vs. Northwestern State, 2:00 p.m., Johnson Coliseum
- SAA-Comedian Buzz Sutherland, after football game, Grand Ballroom-BPSC
- Parent's Day--http://www.studentorgs.sfasu.edu/RHA/programs/parents_day.

CLEAN YOUR ROOM!

Feel like watching a new movie or seeing a concert?

- Check out what Student Activities is providing this week at <http://www.sfasu.edu/studentactivities/>.