



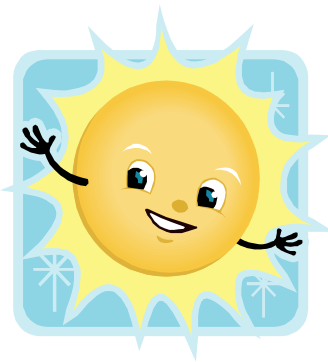
Healthy Habits

Issue 13

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Newsletter of the
Alcohol/Drug
Education Program,
Health Services, and
the McADOC Peer
Education Network

Enjoy the
Summer!!



Fun In The Sun

According to Time Magazine, 40% of all beer sold in the United States is consumed from May to August, 3 months total. That means 60% of beer is consumed between September and April, 8 months total. YIKES! Many people think to themselves, "It's so hot; I just want a cold beer." Great idea, right? Think again. Alcohol dehydrates the body and can cause more problems when the temperature rises.

Heard of heat stroke? It is caused by dehydration. The body will begin to sweat as it gets hot and the sweat evaporates to cool the body down. Evaporation is hard in hot, humid weather and the body can overheat. Alcohol lowers the body's tolerance for heat and causes it to lose more fluid through urine bringing on dehydration. If you



continue to drink beer without switching to water and replacing the fluids in your body, you could overheat and suffer a heat-related illness such as heat stroke. Another problem is that a dehydrated person is likely to feel the effects of alcohol more quickly and severely than a person who is properly hydrated. Sound like a good idea? Not quite. Feeling the affects of alcohol while at a beach, on a boat, or near any other body of water is dangerous. Alcohol impairs judgment and makes it more difficult for an intoxicated person to make sound decisions such as deciding to go for a swim or when to get out of the heat. According to the National Transportation Safety Board, drinking may have been a fac-

tor in 80% of boating fatalities. The National Institute on Alcohol Abuse and Alcoholism reports that alcohol is involved in approximately 38% of drowning deaths.

Be safe when you head out this summer. Make sure you are eating if you decide to drink, bring water, and play safe in the heat. Know the symptoms of heat-related illnesses. These include dry lips and tongue, headache, weakness, dizziness or extreme fatigue, darker than normal urine, nausea, and muscle cramps. If you feel your body is overheating, find some shade and drink some water.



Information for this article was obtained from www.truestarhealth.com.

Jen Lane

Graduate Assistant

Outreach Education

BACCHUS Area 10 Conference

On March 31st 10 McADOC Peer Educators made the trek up to the University of Maine at Orono for the BACCHUS Area 10 Conference. BACCHUS is a nationwide organization for peer education on college campuses. This conference included colleges and universities with a BACCHUS affiliated peer education group from Connecticut, Massachusetts, Maine, New Hampshire, Rhode



Island, and Vermont. The conference was well attended having 145 men and women representing 26 different campuses. There were breakout sessions covering a wide variety of topics including, sexual health, stress relief, leadership skills, and promoting awareness. One breakout session had an immense impact on the Peers.

It was called Drawing the Shades and it chronicled 4 different students, heterosexual and homosexual, male and female, who had experienced rape.

The McADOC Peer Educators who attended this very informative conference came back to campus with many new ideas to bring the campus community. For more information on McADOC and BACCHUS, stop by room 010 in Tillinghast Hall or go online to www.bridgew.edu/mcadoc or www.bacchusnetwork.org.

STRESS FREE ZONE

Come De-Stress with McADOC!
Play Games
Color
Make A Stress Ball
Become a kid again!!



Stop by the Campus Center
May 1, 2, 3
10am-3pm

A Look Back at Seat Belt Safety

Students and adults across the country often overlook the importance of taking the time to buckle up before driving. The McADOC Peer Educators recently participated in a seat belt safety campaign to raise awareness of the importance of seat belt safety across the Bridgewater State College campus. This involved counting

cars of, faculty, staff, commuters and residents of the campus to determine the number of vehicle operators and passengers that buckled up. Walking through the campus center, students, faculty, and staff could see the bulletin board posted spreading



the message of the importance of seatbelt safety. With facts posted about seat belt safety, the Peers hope to find that more people have taken to heart the importance of buckling up.

Meagan O'Keefe

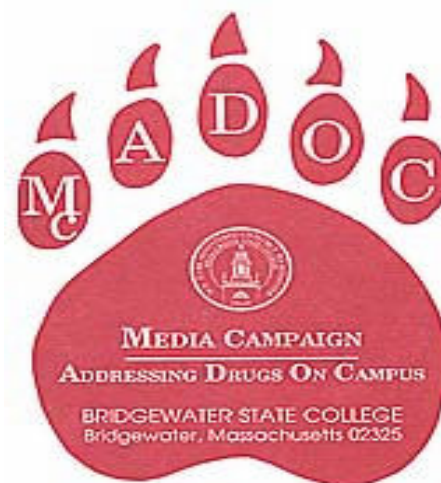
McADOC Peer Educator

Alcohol /Drug Education Program

Tillinghast Hall
(508) 531-2200

Health Services
Tillinghast Hall
(508) 531-1252

Counseling Center
Tillinghast Hall
(508) 531-1331



The McADOC Peer Educators
Wish you a safe and happy
Summer!



A Personal Perspective

I'm at a typical college party. Christmas lights decorate a poorly furnished basement. People are drinking and having a good time. At first, everything seems to be going okay. Everyone is enjoying themselves and spending time with friends while participating in drinking games. Two hours pass. Things begin to change. People start exceeding their alcohol limits and the situation becomes dangerous. Arguing and fighting ensues.

I go up into the kitchen to find people taking shots of tequila, and two girls



are getting very friendly while another girl is vomiting violently in the bathroom. I go back downstairs, realizing that it wasn't much better upstairs. As I step off of the stairs, I hear a girl screaming and turn around. An obviously intoxicated girl comes flying down the stairs. She trips and tumbles down. She lays on the ground crying. I lean over to see if she's okay, and she pushes me away. She broke her ankle. The party is continuing. People continue to hook up left and right, and I'm standing in the middle of chaos.

The next day, I see the group of people I spent the previous night with, and to my dismay, they can't recall most details of the night. I thought to myself, how sad that so many people think this is entertainment, and continue to do this to themselves over and over. So here's a word to the wise, drinking can be fun - in moderation. So, as the year comes to a close and you head out to party, think twice about where you're going, what you're doing, and who you're with.

Rich Henderson

McADOC Peer Educator