

# MEREDITH COLLEGE

## Health, Safety & Responsibility Newsletter

Volume 7 No. 1  
2007

**What is your responsibility as a Student or Employee of Meredith College regarding alcohol and other drugs? Here are the facts, policies, laws and resources you need to know.**

### Meredith College's Philosophy on Alcohol and Other Drug Use.

Meredith College is committed to assisting students and other members of the College Community to develop responsible attitudes and behaviors about the use/non-use of alcohol and other drugs within the framework of existing College policy and state laws.

This newsletter has been written as a commitment and guide to all members of the Meredith College Community. In addition, this newsletter provides facts concerning alcohol and other drugs to help you make informed choices.

As a recipient of federal monies, Meredith College is subject to the Drug Free School and Campus Act Amendments of 1989 and the Drug-Free Work Place Act of 1988.

### Meredith Policy on Alcohol and Other Drugs

#### Students

Meredith students are expected to represent the College with dignity at all times. Any amount of alcohol shall be considered "*possession*" and shall result in judicial action. (*Please refer to student handbook and activities calendar*).

Meredith College strongly discourages the use of alcoholic beverages by Meredith student's. Students shall **not** possess or

consume intoxicants on the campus or at College functions sponsored by Meredith students or student organizations.

Student's participating in any Meredith-affiliated study abroad program are expected to follow the laws of the host country and the host institution. For more information contact the Office of International Programs at 760-2307.

A student may **not** attend class while under the influence of alcohol. In addition, students who drive are deemed to be impaired will not be allowed to operate vehicles on campus.

The threshold of impairment is very low (any alcohol or controlled substance previously consumed remaining in the body) for persons under the age of twenty-one.

A report will be sent to the Dean of Students in the case of any student deemed to be driving while impaired. In addition, if the student is a resident, an immediate notification will be sent to their Resident Director or Resident Advisor.

#### Employees

The use of alcohol or controlled substances by employees on the job, reporting to work under the influence of alcohol or a controlled substance constitutes a direct threat to the safety of the whole Meredith Community.

Reflecting its concern over the threat

that alcohol abuse and illegal drugs constitutes to communities of higher education and to comply with these laws, the College prohibits the following by all of its employees:

1. The use or possession of alcohol while on College property (excluding the Massey House);
2. The unlawful manufacture, distribution, possession, or use of any controlled substance- including prescription medications while on College property or as a part of any college activity;
3. Reporting to work or working while intoxicated or otherwise impaired;
4. The violations of any laws while governing alcohol or drug use on College property or as part of a College activity.

*Further information is available in the Office of Human Resources, Park Center.*

# MEREDITH COLLEGE

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*Alcohol Beverage Control Laws of North Carolina is available in the Dean of Students office.*

### North Carolina Laws on Underage Drinking and Fake Identifications.

If you are under 21:

Penalty: Class 1 misdemeanor. With no criminal record, a person convicted can receive up to 100 hours of community services and/or up to \$1,000.00 fine. Also, upon conviction, the court will file a report with the DMV, and the Division will revoke that person's license.

A 19-or 20-year old of caught possessing beer or wine can be charged with a Class 3 misdemeanor. A person found guilty might receive a fine of up to \$200.00.

**If you are over 21:**

Adult Providers: North Carolina has mandatory minimum penalties for people convicted of providing or helping provide alcohol to underage persons.

### **Selling and Providing:**

A person convicted for the first time of selling or providing alcohol to someone under 21 will receive a minimum sentence of a \$250.00 fine and 25 hours of community services.

### **Aiding and Abetting:**

A person convicted of aiding and abetting the sale or provision of alcohol to someone under 21 for the first time will receive a minimum of \$500.00 fine and 25 hours of community service.

For both charges, the fines and community services requirements

will increase with a subsequent offense within four years.

### **Law Bans Fake ID Use:**

Beginning December 1, 2001, it is a crime for a person under 21 to enter a place where alcohol is sold, consumed, or to get a wristband that enables them to buy alcohol. The new law also creates a new criminal offense for possessing or manufacturing fake ID's. It is a Class 1 misdemeanor to possess, manufacture or use a fake ID to get into a place where alcohol is consumed. This applies to any kind of identification document, including in-state and out-of-state licenses.

This law also calls for the Division of Motor Vehicles to establish an electronic system available for retailers to verify driver licenses and dates of birth.

It is **illegal** for **ANYONE** to obtain or attempt to obtain alcohol using any type of fraudulent driver license or altered identification document. *That includes driver licenses borrowed from siblings or friends that happen to look like you.*

Penalty: Class 1 misdemeanor. Also upon conviction the court will file a conviction report with the DMV and will revoke that person's license.

### **Letting someone borrow your ID:**

It is also illegal for anyone to allow his or her driver license (or other document of identification) to be used by another person to obtain or attempt to obtain alcohol.

Penalty: Class 1 misdemeanor.

For more information on Fake ID's visit:

<http://www.dmv.dot.state.nc.us>

### **Meredith College Regard to Drug Use and Possession**

Meredith College students shall **not** manufacture, possess, sell or deliver a controlled substance or counterfeit controlled substance.

The term "*controlled substances*" shall be defined in accordance with the definitions set out in the *North Carolina General Statutes*.

Any student suspected of this violation of this policy is subjected to a hearing by the Honor Council. If found guilty, the student will be suspended or expelled in accordance with the drug policy as enunciated by the Board of Trustees. The violator is also subjected to the North Carolina law.

*(Refer to Student Handbook/Activities Calendar)*

### North Carolina Laws With Regard to Drug Use and Possession

Under North Carolina Law, penalties for drug possession vary depending on the type of drug, amount and whether or not the drug is intended for sale. Drugs are classified under different schedules of penalties.

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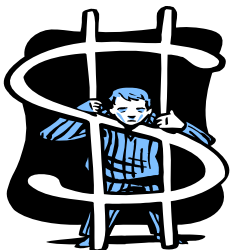
### North Carolina Laws With Regard to Drug Use and Possession

The Federal Penalties and Sanction for Illegal Possession of a Controlled Substance are up to one-year imprisonment and a fine of at least \$1,000.00 for a first offense and at least 90 days imprisonment and a fine of at least \$5,000.00 after two or more prior drug convictions.

Special sentencing provisions for possession of crack cocaine are mandatory sentencing of at least five years in prison, not to exceed 20 years, and a fine up to \$250,000.00 if the first conviction exceeds five grams, the second conviction exceeds three grams, or the third conviction exceeds one gram. Cocaine and heroin are schedule II drugs.

The penalty for first offense trafficking of cocaine (500-4999 gm mixture) and heroin (100-999 gm mixture) is not less than five years imprisonment. Marijuana, hashish, and hash oil are scheduled I drug.

The penalty for first offense trafficking of marijuana (less than 50 kg), hashish (less than 10 kg), and hash oil (less than one kg) is up to five years in prison and a fine up to \$250,000.00. Possession of drug paraphernalia is a class I misdemeanor as of January 1995.



### Alcohol Facts:

(Sources: [factsontap.org](http://factsontap.org))

**300,000** of today's college students will eventually die of alcohol related causes.

**159,000** of today's first year college students will drop out for alcohol or other drug related issues.

**One-third** of college students admit to missing at least one class because of alcohol or drug use.

**One-fourth** of college students report bombing a test or project because of after effects of drinking or using drugs.

**One night** of heaving drinking can impair your ability to think abstractly for up to 30 days.

### **How Alcohol discriminates between women and men.**

(Sources: [factsontap.org](http://factsontap.org))

#### **Women:**

Average total body water is 52%.

Women have smaller quantity of the dehydrogenase enzyme.

Premenstrual hormonal changes causes intoxication to set in faster during the days right before a women gets her period.

Alcohol increases estrogen levels. Birth control pills or other medicines with estrogen increases intoxication level.

#### **Men:**

Average total body water: 61%

Men have lager quantity of the dehydrogenase enzyme.

Their susceptibility to getting drunk does not fluctuate dramatically at certain times of the month

Alcohol also increases estrogen levels in men. Chronic alcoholism has been associated with physical body changes and impotence.

### **Alcohol & College Life**

(Source:[factsontap.org](http://factsontap.org))

- **300,000** of today's college students will eventually die of alcohol-related causes.
- **159,000** of today's first year college students will drop out next year due to alcohol or other drug related reasons.
- Almost **1/3** of college students admit to missing at least one class because of alcohol or drug use, and nearly **1/4** students report bombing a test or project because of aftermath of alcohol or drug use.
- **One night** can impair your ability to think abstractly for up to 30 days.



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### Campus Resources on Alcohol and Other Drugs.

If you would like to know more about the use/abuse of alcohol or other drugs beyond what this newsletter can offer, Meredith has services & resources that can help:

Meredith Counseling Center and Health Center are responsible for providing alcohol education and programming on campus.

### Meredith Counseling Center

The Counseling Center offers programs, individual confidential counseling and referral for a variety of alcohol and other drug use/abuse concerns.

### Meredith Health Center

The Health Center offers a number of written materials, available free of charge, in the waiting and health promotion rooms. Additionally, the Health Center Staff members are available to answer questions or provide information.

Meredith College has joined **CAMPUS** in connection with North Carolina State University.

**CAMPUS** is a statewide program designed to assist colleges and universities address high risk drinking behaviors through the formation of campus-community coalitions and strategic planning based on an environmental approach and local policy.

Contact the Counseling Center for more details or visit our website: [www.meredith.edu/students/counsel](http://www.meredith.edu/students/counsel)

Additional alcohol and drug information can be found at these websites.

Adult Children of Alcoholics World Service [www.adultchildren.org](http://www.adultchildren.org)

Alanon-Alateen [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Alcoholics Anonymous [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

American Council for Drug Education [www.acde.org](http://www.acde.org)

Cocaine Anonymous [www.ca.org](http://www.ca.org)

Drug Help [www.drughelp.org](http://www.drughelp.org)

Families Anonymous [www.familiesanonymous.org](http://www.familiesanonymous.org)

Jewish Alcoholics, Chemically Dependent Persons and Significant Others (JACS) [www.jacsweb.org](http://www.jacsweb.org)

Marijuana Anonymous [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

Narcotics Anonymous [www.na.org](http://www.na.org)

National Institute on Alcohol Abuse and Alcoholism's College Drinking Prevention [www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)

National Institute on Drug Abuse [www.drugabuse.gov/drugpages](http://www.drugabuse.gov/drugpages)

National Poison Control: 1/800-222-1222

Treatment Locator Database [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

College Drinking Prevention: A resource from the National Institutes on Alcoholism and Alcohol Abuse. [www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)

Department of Education's Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention - [www.edc.org/hec](http://www.edc.org/hec)

Facts on Tap - [www.factson tap.org](http://www.factson tap.org)

National Institute on Alcohol Abuse and Alcoholism (NIAAA) [www.edc.org/hec/niaaa/](http://www.edc.org/hec/niaaa/)

National Social Norms Resource Center - [www.socialnorms.org](http://www.socialnorms.org)

U.S. Department of Education - [www.ed.gov](http://www.ed.gov)

National Association of Student Personnel Administrators Alcohol and Other Drug Knowledge Community - [www.naspa.org/communities/kc/community.cfm?kcid=21TheNetwork](http://www.naspa.org/communities/kc/community.cfm?kcid=21TheNetwork)

American Council for Drug Education - [www.acde.org](http://www.acde.org)

Association for Medical Education and Research in Substance Abuse (AMERSA) - [www.amersa.org](http://www.amersa.org)

Center for Substance Abuse Prevention - [prevention.samhsa.gov](http://prevention.samhsa.gov)

Center for Substance Abuse Treatment - [csat.samhsa.gov](http://csat.samhsa.gov)

Centers for Disease Control and Prevention - [www.cdc.gov](http://www.cdc.gov)

Drug Enforcement Administration - [www.dea.gov](http://www.dea.gov)

National Clearinghouse for Alcohol and Drug Information - [www.health.org](http://www.health.org)

National Council on Alcoholism and Drug Dependence - [www.ncadd.org](http://www.ncadd.org)

National Highway Traffic Safety Administration - [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)

National Institute on Alcohol Abuse and Alcoholism - [www.niaaa.nih.gov](http://www.niaaa.nih.gov)

National Institute on Drug Abuse - [www.nida.nih.gov](http://www.nida.nih.gov)

Office of National Drug Control Policy - [www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)

Substance Abuse and Mental Health Services Administration - [www.samhsa.gov](http://www.samhsa.gov)



Taking accountability for one's actions is a responsibility and personal choice. Are you making the right one?