



Stay Well, Manchester College!!



Toilet Talk

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College Drinking: Local Consequences

Nationally about 5 percent of 4-year college students are involved with the police or campus security as a result of their drinking and an estimated 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence. (www.collegedrinkingprevention.gov)

Locally there has been a change in the consequences for alcohol or drug related arrests, according to Superior Court Judge Goff. Wabash County has added a "Drug Court." Now when an individual is arrested for an alcohol or drug offense in Wabash County, the person will be assessed by the Court's Substance Abuse Management Specialist, who is our own MC grad, Amanda Schuknect. The level and type of treatment an individual will undergo is determined by the assessment.

In the past, if a college student got arrested, it would often be a first time offense and the student *may* have participated in the pre-trial diversion program offered through the prosecutor's office. Those individuals will now typically be required to complete the assessment and the suggested treatment, which can range from requiring an educational course offered in the Wabash County Judicial Building to referral to a community treatment facility.

Upcoming Events

- May 3rd: Take Back the Night
Mechanical Bull Riding 4-8pm
- May 4th: Trike Race 6:00pm
Air Band 9:00pm
- May 5th: Mud Volleyball 10am-4pm
Pudding Wrestling 11am-1pm

More Exercise = Less Anxiety, Depression

A morning jog may do more than just promote cardiovascular health. In a recent study, people who receive regular vigorous exercise were less likely to develop depression and anxiety over time.

The study found that people who received regular rigorous exercise were one-quarter less likely to develop depression and anxiety over the next 5 years!

You can earn points towards rewards and prizes for your vigorous workout. Check out the Thank Goodness I'm Fit (TGIF) webpage, on the Health Services page for Manchester College (www.manchester.edu/OSD/health)

TAKE BACK THE NIGHT

Take Back the Night is an international rally and march with the purpose of unifying women, men, and children in an awareness of violence against women, children and families. This rally is a collaboration of community and campus members who are ready to take a stand against violence and make the night safe for everyone. The first Take Back the Night occurred in San Francisco in 1978.

Take Back The Night is May 3rd, at 8:00 p.m. Students are to gather outside the Chapel for words of inspiration and awareness. Then, the women and men will walk united together against violence on the streets of North Manchester. Upon return to the campus, there will be an opportunity to share reactions, personal stories, discuss ideas, or sit together in silence in the study lounge of the East Hall basement. All friends united in our stand against violence are invited to join us.

This event is sponsored by Facts 4 Life.