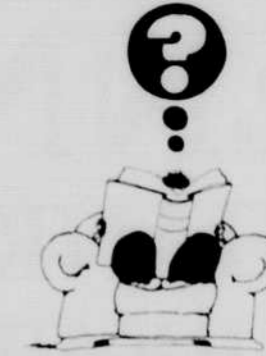


# What are weekends made for . . .



## Ask Dr. Duck\*

**Dear Dr. Duck:** When I'm out at a party and don't feel like drinking, I often feel pressured to drink. How do I turn down a drink without turning off my friends? *Signed, B.C., Business.*

Dear B.C.: A straight forward "Thanks, I'm not drinking alcohol today" or "I've got all the gusto I can handle" might be all you need to say. Be clear about your decision not to drink before you meet with your friends and allow yourself to feel good about being an individual who doesn't have to conform.

**Dear Dr. Duck:** Lately, when I go out and party with friends, I end up getting drunk and feel hungover the next day. Do I have a drinking problem? *Signed, J.K., Journalism.*

Dear J.K.: The fact that you end up getting drunk each time you party might imply you are no longer in control over how much alcohol you consume at any one time (although you might tell yourself that you want to get drunk). Furthermore, your hangovers might indeed indicate that your body is having physical withdrawal-type reactions. Both the loss of control and withdrawal are known symptoms of alcohol dependency.

To what extent you have a problem with alcohol depends on various factors. It's best if you assess your behaviors with a professional counselor. In the meantime, however, you might want to explore in what ways your drinking affects:

- a) your emotional, psychological and physical wellbeing;
- b) your relationships with friends and family;
- c) your academic / professional performance and aspirations.

You might want to keep track of:

- a) how much time and energy you use thinking about getting a chance to drink;
- b) how often you "alter" your plans (and perhaps even friends) for the opportunity to get high;
- c) what the specific circumstances are when you are drinking;
- d) how much you consume each time you drink, etc.

**Dear Dr. Duck:** Every Friday and Saturday nights, my roommates come home drunk and act obnoxiously. I pretend I'm asleep so I don't have to deal with them. Should I talk to them, and if so, what should I say? *Signed, D.H., Leisure Studies.*

Dear D.H.: In any relationship, it is generally most helpful to be honest in a caring and nonjudgmental way. By pretending to be asleep, you only create distance between you and your roommates. You may either resent them for waking you up, or you might feel that they really don't care about or respect you.

Before you talk to them, you need to be clear about your observations and feelings. Write down the frequency of behaviors and be specific in what you note. Then:

- 1) express your care for them;
- 2) state objectively your observations;
- 3) express how you feel - "I feel upset... tired of... abused..."



\*Question responses were provided by the Counseling Center staff, 686-3227.

## For many students, weekends are a time to party with friends

And partying may include alcohol consumption. The below list will give you an idea of whether or not you, or someone you care about, has a problem with alcohol.

### A social drinker:

- drinks slowly without gulping
- knows when to stop drinking and avoids getting drunk
- eats before and while drinking
- never drives while drinking
- respects nondrinkers
- knows and obeys laws related to drinking

### A problem drinker:

- drinks to get drunk
- tries to solve problems by drinking
- experiences personality changes — may become loud, abusive, remote or reclusive
- drinks at inappropriate times — before class or before driving
- causes other problems — harms self, friends, family, etc.

### An alcoholic:

- spends lots of time thinking about drinking
- keeps bottles hidden for quick pick-me-ups
- denies drinking
- needs a drink before facing a stressful situation
- may have blackouts
- has or causes major problems — with the police, instructors, friends, etc.

If you are concerned about a friend's or your own drinking habits, call the Counseling Center at 686-3227, the Student Health Center at 686-4441, or Joanie Robertson, Assistant to the Dean for Training and Prevention, at 686-3105.

## Time to have fun! Here are some great leisure-time activities

- Go to coffee
- Ride a bike
- Go to the movies\*
- Get involved in Club Sports
- Feed the ducks
- Call your grandparents
- Browse the 5th Street Market\*
- Try new recipes
- Skate at Lane County Ice\*
- Volunteer at the YMCA\*
- Pick flowers
- Write a letter
- Be creative at the EMU Craft Center
- Hike Spencers Butte\*
- Work out
- Canoe the Mill Race
- Help an elderly person
- Rent movies
- Swim at the Lively Park Wave Pool\*
- Ask someone out\*
- Read
- Swing in the park
- Play Trivial Pursuit
- Hike the McKenzie Trail\*
- Listen to tapes



\*Your student ID entitles you to free service on all LTD buses.

## Ways to Reduce Stress

- Plan some unscheduled time every day.
- Laugh more often.
- Practice relaxation exercises when you feel tense.
- Make time for fun and recreation.
- Build up your general strength — get rest and eat right.
- Talk out your problems with someone.
- Be flexible and don't take yourself too seriously.



## Campus health issues are related to alcohol abuse

According to a 1989 U.S. Department of Health and Human Services report, the greatest threat to the health of college students is AIDS and other sexually transmitted diseases (STD incidence rate: 1/10). The leading cause of death for college students is "accidental" — a fall from a balcony, a drowning in a river, asphyxiation due to aspiration of vomit. Statistics show that alcohol use by college students is a significant contributing factor in cases of STD, assault, and accidental death:

- > 60% of women were intoxicated when infected with STD
- > 90% of gay men were intoxicated when infected with HIV
- > 40% of criminal assaults on campus involved alcohol use
- > 33% of students who are heavy drinkers reported physical injury to themselves or others as a consequence of drinking

## Gender may play role in alcohol absorption

Women appear to have significantly lower amounts of a stomach enzyme that breaks down some of the intoxicant in alcohol before it circulates through the body. The stomach plays a protective role in the metabolism of alcohol in men and only a negligible role in metabolizing alcohol in women, according to a report released in January, 1990, by researchers from the University School of Medicine in Trieste, Italy, and the Veterans Affairs Medical Center, Bronx, N.Y.

The lack of enzyme may account for the greater susceptibility of women than men to the effects of alcohol. If differences in body weight are taken into account, a woman might become legally intoxicated after consuming 20-to-30 percent less alcohol than a man. If weight differences are not considered, an average-sized woman might reach a given blood alcohol level after consuming about 50 percent less alcohol than a man.

## Is it worth the price?

Being arrested for drunk driving is expensive. A DUI (Driving Under the Influence of Intoxicants) conviction costs approximately \$3,260 after adding fines, attorney's fees, insurance costs, etc.

Here is a list of what you can buy with \$3,260:

- 217 concerts
- 327 albums or tapes
- 82 pairs of shoes
- 13,040 arcade video games
- 93 pairs of jeans
- Two-fifths of a new car
- 1,841 Big Macs
- 724 movies
- 65 ski trips
- 2,608 gallons of gas
- 26 portable stereos
- 181 haircuts

## Ten Ways to say "No"

1. I don't need to loosen up — I just got it together.
2. My weekends are made for something else.
3. If I were any more mellow, I'd melt.
4. I like my happy hours to happen on their own.
5. It sloshes too much when I jog.
6. I like me just the way I am.
7. My liver and I have an understanding.
8. Chocolate and alcohol don't mix.
9. Things are polluted enough as they are.
10. My life is weird enough as it is.

Taken from a series of posters created by the Office of Highway Safety, State of Delaware

## Dare to Care

about your health and the well being of others within the University community. For more information on how you can get involved, call Joanie Robertson, Assistant to the Dean for Training and Prevention, or Karlin Conklin, Media Relations Assistant, at COSAFE.

COSAFE (Dean of Students) • 686-3105  
Counseling Center • 686-3227  
Student Health Center • 686-4441  
Crisis Line • 686-4488  
Public Safety • 686-5444

Alcoholics Anonymous • 342-4113  
Adult Children of Alcoholics • 683-6533  
Narcotics Anonymous • 341-6070



Campus Organization for a Substance Abuse Free Environment