

URGE

Long-distance relationships. The idea alone sends waves of nausea through the very bowels of our souls. Not that we're bitter that ours didn't work out. OK, we are. But they still suck.

It seems this "disease" some label

chanted with LDRs. "They take too much time and energy," he says.

A sickeningly sweet example of LDR optimism is Amy Walsh, a sophomore at the U. of Kentucky. She and her boyfriend Greg Reiner, who lives and works in her hometown, fell victim to LDR in a moment of weakness.

"I never thought it would work, because we started going out a few weeks before I started school," she says.

to keep an LDR going, couples have to be able to deal with being away from each other for long periods of time.

"The two have to decide if their relationship is strong enough to keep, because one day, one of them will be walking around campus and may find someone who looks interesting," says Muir.

In her book *College Life*, Ellen Rosenberg offers different advice for coping with LDRs. "Meet new people, join clubs,

girlfriend or boyfriend isn't physically with you."

Jason Keene, a senior at the U. of Maryland, and his girlfriend Amara, a Duke U. medical student, can't be together, but they've managed to keep their relationship alive and well thanks to five-page phone bills and baskets of love letters.

Before he met Amara, Keene didn't think long-distance relationships were a good idea. "I was planning to put our relationship on hiatus," he says. "I found out, though, that I was crazy about her."

Do you feel a cavity coming on?

Keene says there is one way to keep a long-distance relationship healthy: Don't cheat.

Maybe that's where we went wrong.

Reach Out & Date Someone

LDR, reminiscent of the flesh-eating streptococcus, is afflicting college students at an alarming rate.

Andy Westfall, a sophomore at Ohio U., was infected when he and his high school sweetheart Lea Ann attempted to continue their relationship after going to colleges 180 miles apart.

Silly, silly little couple.

Westfall says he and Lea Ann ran into communication problems. They called each other often but didn't have much to say. "She had her set of friends, and I had mine," Westfall says. "We wouldn't know what or whom the other person was talking about."

Westfall says the two now only "date" at home and are "technically" free to "see" other people while at school.

The experience has left Westfall disen-

But after dating for more than a year, Walsh is still making the two-hour trip every weekend from Lexington, Ky., to Huntington, W.Va. "I don't even have a car, so I usually end up getting a ride somehow, or he'll come and get me," she says.

Yes, you just read correctly — he goes and picks her up. Two hours there and two hours back. All 240 miles of it.

But even Walsh admits the relationship isn't all sugar and spice. "It can get stressful at times," she divulges. "If we have a fight, it's a little harder to talk things out over the phone."

Is there any remedy for lovesick puppies? Get your teaspoons ready for a dose of medicine.

Ken Muir, a visiting assistant professor of sociology at West Virginia U., says that

attend social events. Immerse yourself in your studies," she writes in her book. "Don't leave yourself with a lot of extra time to sit around and feel sorry that your

■ Jennifer Entwistle and Maureen Kenyon, *Daily Athenaeum*, West Virginia U.



Will Guy, graduate, California Institute of the Arts

PULSE

Your roommate got lucky last night. He spent all night throwing up, and when he finally woke up, it was with a throbbing headache. He could have gone into a coma, choked on his vomit and died

Last Call!

of asphyxiation. At least he will live to party another day.

A sobering report by Columbia U.'s Center on Addiction and Substance Abuse revealed that in the past five years, emergency room admissions for drinking have grown 15 percent in campus communities.

An occasional drink does no real long-term harm, says Chris Flynn, an attending physician at Martin Luther King Jr. General Hospital in Los Angeles, but binge drinking can cause serious problems. The Columbia report defines binge drinking as having five or more drinks in one sitting.

"It's much more dangerous to drink a series of shots of whiskey or gin in a very short time.... The alcohol is much more concentrated," says Jim Goldman, professor of pathology at Columbia.

Downing a fifth of Jack Daniel's all at

once, for example, suppresses the central nervous system. This could result in respiratory failure, dangerously low blood pressure or cardiovascular collapse, Flynn says.

"If someone is in the 300- to 400-level [milligrams of alcohol per deciliter of blood], they are really confused, out of it, and could be so stuporous that nothing can arouse them," he says.

More than 40 percent of students in the Columbia study admitted they binged at least once in a two-week period.

And for every binger, there's that lucky friend who gets to hold back her hair as she prays to the porcelain goddess.

Sometimes friends should just let those who overindulge sleep it off, Moore says. And although it's not very pleasant for the drinker or the caretaker, vomiting is fairly normal. Drinkers who fall asleep should be turned on their sides so they don't swallow or choke on the vomit.

Giving bread to someone vomiting will not help, according to Flynn. Alcohol is absorbed very rapidly by the stomach — in about 20 to 30 minutes. So, by the time the person is throwing up, it's too late — the body is reacting to the toxicity of the alcohol already in its system.

Other ineffective practices include drinking coffee, taking a cold shower and eating, Flynn says. None of these accelerates the liver's rate of metabolism, which is about .15 to .20 grams per hour and

which removes 90 percent of any alcohol consumed. The other 10 percent is eliminated through respiration — hence the characteristic nasty breath and b.o.

The rate of metabolism depends on such factors as body weight, tolerance, gender and amount of food already in the stomach.

Drinkers who can't be aroused or who have difficulty breathing, or whose gag reflexes aren't functioning, should be taken to the emergency room, says Jude Moore, an emergency room physician at the (Los Angeles) County-USC Medical Center.

In the emergency room, the ABCs — airways, breathing and circulation — are checked, Moore says. An intravenous flow is often set up to give fluids and vitamins that may have been lost through vomiting.

Armed with the facts, you have the freedom to pick your poison: stay sober and have fun watching your friends make fools of themselves, drink moderately and be a moderate fool yourself, drink heavily and lose the rest of a perfectly good weekend or drink to excess and relearn

the ABCs, compliments of the local emergency room. Cheers!

■ Ken Braslow, *Daily Trojan*, U. of Southern California



Friends that pray together, stay together.