

Test Your Alcohol I.Q.

By Christine Leister

The spring 1988 semester marks a new "first" for the Capital College. It is the first time that our college community has seen a group of concerned students, student affairs staff, and faculty members working together to heighten awareness of alcohol related issues.

This group of people make up the newly-created Task Force on Alcohol Awareness. Funded by contributions from various student affairs offices and the SGA, the task force will be promoting activities this semester that address the use and abuse of alcohol.

The following quiz is adapted from Operation Threshold, a program sponsored by the Jaycess. Most people answer at least five questions incorrectly. Can you do better than average?

Myth or Fact?

1. Alcohol is a drug.
2. In the body, alcohol is digested just as food is.
3. Because it is a stimulant, alcohol tends to pep a person up.
4. Everyone's body reacts the same way to the same amount of alcohol.
5. Alcohol in any quantity will damage organs in the body.
6. A person can die of alcohol poisoning.
7. All alcoholic beverages are equally strong.
8. Liquor taken straight will affect you more strongly than liquor mixed with water or soda.
9. Switching drinks will make you drunker than staying with one kind of alcoholic beverage.
10. You can sober up quickly by drinking black coffee and dousing your head with cold water.
11. It's risky to drive a car right after having a drink.
12. Drunkenness and alcoholism are the same thing.
13. Anyone who drinks at all is likely to become an alcoholic.
14. Alcoholics can be helped.
15. There are certain symptoms to warn people that their drinking may be leading to alcoholism.
16. Alcohol is the sole cause of alcoholism.
17. Alcohol-related motor vehicle accidents are the leading cause of death in this country for 16-24 year olds.
18. You can never be arrested in Pennsylvania for drunk driving with a blood alcohol level of .06 percent.
19. You may refuse to take a breath test for drunk driving without penalty in Pennsylvania.
20. When a pregnant woman drinks, her unborn baby is unaffected.

Answers

1. **FACT.** But it is not perceived as a drug. A drug is something negative, alcohol is seen as being positive. When you ask, "Anybody doing drugs?" no one thinks of alcohol.
2. **MYTH.** No breakdown of alcohol is necessary since it begins to be absorbed into the bloodstream almost immediately. Food in the stomach will slow down the absorption rate.

3. **MYTH.** Alcohol is a depressant. It depresses the inhibitors in the front of the brain (the judgement center) so behaviour actually becomes more animated for a time.

4. **MYTH.** The larger the body, the more spread out the alcohol becomes.

5. **MYTH.** "Any" is the key word. Recent studies indicate that small amounts may be beneficial to lowering blood pressure. However, abusive drinking can harm organs.

6. **FACT.** As a depressant, alcohol can shut down some body systems and cause death. Poisoning is not a good word, overdose is.

7. **MYTH.** 12 ozs. of beer, 4 ozs. of wine, 1 oz. of straight alcohol are equal.

8. **FACT.** Straight alcohol will have a stronger effect, even though alcohol taken with a carbonated beverage will enter the bloodstream quicker.

9. **MYTH.** The different kinds of alcohol and mixers will make you sicker, not drunker.

10. **MYTH.** Alcohol remains in the body and is oxidized at the rate of one ounce per hour.

11. **FACT.** As soon as alcohol is introduced into the body it begins to affect judgement, motor skills and vision.

12. **MYTH.** Some reasons for a person's drunkenness can be indicators for alcoholism (especially behaviours that show a lack of control over alcohol use), but simply being drunk does not mean that a person is alcoholic.

13. **MYTH.** The consensus of researchers is that about one out of every 10 drinkers in this country is (or will become) an alcoholic.

14. **FACT.** Through self-help programs and individual counseling.

15. **FACT.** Some would include blackouts, gulping drinks, sneaking drinks, making alibis for drinking, morning eye-openers, anti-social behaviour, and body tremors. Loss of control is a good definition for alcoholism.

16. **MYTH.** Alcohol is a symptom of underlying problems, and is used to cope. There is also evidence that individuals can be born with a genetic predisposition to alcoholism.

17. **FACT.** The leading cause of death for the 16-24 yr. age group is motor vehicle accidents. More than half of these highway deaths are alcohol related.

18. **FACT.** Most people are aware of the fact that in Pennsylvania a blood alcohol level of .10 percent is enough to justify an arrest for DUI. What many people do not realize is that you can also be arrested for DUI if your blood alcohol level is greater than .05 percent if there is other evidence that your driving is impaired.

19. **MYTH.** If you refuse to take a breath test your license will automatically be suspended for one year. The fact that you refused to take the test can be used as evidence against you in court.

20. **FACT.** Any drug, including alcohol, that a pregnant woman ingests passes through the placenta to the fetus. Fetal Alcohol Syndrome, which is caused by maternal drinking during pregnancy, is believed to be the third leading cause of mental retardation due to birth defects in this country.

Opportunity for Adventure Available

STUDY ABROAD, from page 3

Concepts which is offered in Cologne, Germany.

Structural design and construction engineering students may want to study the design of concrete structures in Leeds, England.

And a 15 credit program for mass media students in Manchester, England will concentrate on the English media system.

Students may study Spanish in Salamanca, French in Nice, or modern Greek in Athens, all while earning Penn State credits that can be taken as required or elective courses.

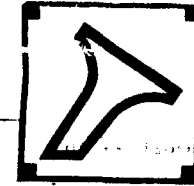
"Applications for Spring 1989 study abroad programs must be submitted by Mar. 11, 1988," said Swetz. "A short essay explaining the reasons for seeking enrollment in a particular program should also be enclosed."

A grade point average of 2.50 is required and prerequisite courses must be completed before enrolling in a program. Tuition is comparable to University Park expenses.

For more information or an application to study abroad, contact Joan Swetz, room 200, or call 948-6017.

Faculty - Students - Staff

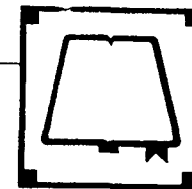
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