

Binge Drinking Becomes Major Problem For PSU

By Sandy Sasse
Lion's Eye Staff Writer

In the past ten years binge drinking among college student has become a problem. The effects on drinkers' lives and on their peers are causing concern. Low grades, violent crimes, sexual assaults, and physical injuries have all been linked to the abuse of alcohol. Universities across the nation are trying to find answers to this growing dilemma.

Since 1993, Harvard University has been questioning thousands of college students from hundreds of universities, including Penn State, about their drinking habits. Binge drinking in particular has been on the rise, increasing 27% since the study began. Additionally, the frequency of the binges and the amount of alcohol consumed during the binges has grown. The most significant increase has been among college women.

The Penn State Pulse is PSU's own survey system. The most recent survey on alcohol shows that binge drinking has increased 3% among men since last year and decreased 8% among women.

University Park has responded to this data by offering "Late Night" programs on weekends as an alternative to alcohol-related events. Athletic, creative, and recreational activities are offered at the HUB. So far the program has been successful; many of the students polled said they did binge less when they went to the programs.

PSU's policy on alcohol is quite harsh. If alcohol is found in the student's possession, the University will take disciplinary actions that may involve expulsion. According to Student Life Director Doreen Hettich, the University notifies parents if the student is underage and found with alcohol.

Since Delco is a commuter campus, alcohol abuse is not as visible as on campuses with residences. Still, Hettich feels Delco students are not excluded from this problem. During Orientation, incoming freshmen are involved in the issue through programs such as "Alcohol 101". They also receive information on the risks of alcohol abuse, Penn State policy, and state laws.

A recent informal survey on campus showed that while most Delco students drank, not many reported bingeing. Many felt binge drinking consisted of two drinks when its usual definition is four or more drinks in succession. All the students polled felt peer pressure was the main cause of binge drinking.

Although Hettich thinks it's the responsibility of the campus to educate students about the dangers of drinking, most students felt it was not. Hettich put it best when she stated, "The problem is not the legal consumption of alcohol, but the irresponsibility some students show when it comes to alcohol."

For more information about Penn State students and alcohol, visit the University's website (www.psu.edu).

Winners!



The Women's Commission recently presented their Outstanding women of the Year Awards to Dr. Arden Watson, Associate Professor of Speech Communication (center) and Junior L.J. Lucidonio, with presenter Meghna Vara (sophomore LA).

A Hip And Upscale Evening

(Continued from page 4)

basket and eat in their wooded picnic grove; then enjoy Gershwin's delightful musical *Crazy for You* under the stars in their open-air theater (7/27-29, 8/3-5). Or, take that picnic basket and head north on Rt. 352 to Malvern, where People's Light and Theater Co. offers beautiful lawns with shady trees for picnicking, as well as outstanding theater. *Dimly Perceived Threats to the System* (an American Beauty-like look at a suburban family) runs 5/126/25 followed by the classic comedy *The Skin of Our Teeth*, 6130-816.

If you don't mind traveling a bit, drive north on Rt. 95 to the revitalized town center of Bristol in lower Bucks County, a charming and historic few blocks along the Delaware River. Bring a box supper to eat in the park or dine at one of the restaurants overlooking the river. Then enjoy the riotous musical *A Funny Thing Happened on the Way to the Forum* at the Bristol Riverside Theater (5/19-6/1 1).

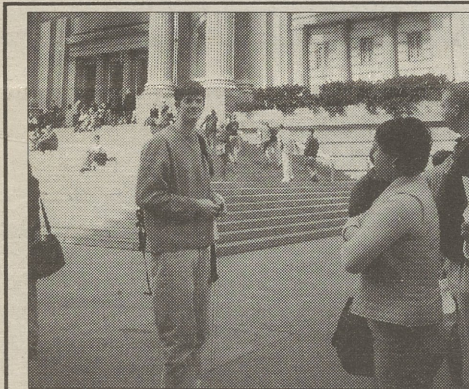
Of course, the city offers the widest range of options for indulging yourself with dinner and the theater. One of the best locations is Olde City, where 25+ restaurants are clustered from Front to 4th and Arch to Pine. For something deliciously different, try Warm Daddy's

blues and soul food (Front & Market) or Shivnanda's Indian delights (Chestnut between Front & 2nd). Afterwards, walk a few blocks to the Arden Theater (2nd & Market) for Sondheim's fascinating musical *Into the Woods* (5/16-6/18).

A great Center City combo is dinner at Zanzibar Blue (Broad & Walnut) with jazz in the background, then a short walk over to 9th & Walnut to see the wonderfully outrageous *La Cage Aux Folles* at the Walnut Street Theater (5124-6115). Or start the evening down on South Street at Cafe NOLA with Cajun food and Zydeco.

Equally riotous theater, but more classic, is *The Taming of the Shrew*, playing 5/5-6/10 at the lively Philadelphia Shakespeare Festival (2111 Samson St.) Afterwards have a late supper at the Tangier Cafe (1801 Lombard).

To close out the summer in a big way, see the smash hit musical *Rent* at the Mann Center in Fairmount Park 9/12/17. But get your tickets now at 215-893-1999. If you miss it, don't worry. The newest, quirkiest theater experience of all spills out into the streets of Philly for ten days in September. It's cheap (often free), fun, and never dull. It's the *Philadelphia Fringe Festival!* Watch for announcements and indulge yourself one last time before summer ends.



Delco students in the Integrative Arts class traveled to New York City to visit the Metropolitan Museum of Art and then enjoy dinner in Little Italy.

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