From The Counseling Center: Drinking

What is one drink?

One ounce of liquor, five ounces of wine, seven ounces of malt liquor or ice beer, 10 ounces of wine cooler and 12 ounces of beer are all considered one drink. If you have ever had a mixed drink, chances are it was equal to the alcoholic content of four to six drinks. As a result, many students engage in binge drinking without even realizing that they are doing so. For more info see the Alcohol and Drug Education Programs website at http://studentlife.tamu.edu/adep.

What is binge drinking?

Binge drinking is defined as having a relatively excessive number of drinks (five for men and four for women) just like one occasion, such as an evening out. This may or may not seem like a lot of drinks but studies show that students who drink this much are more likely to experience negative consequences. Therefore, binge drinking is better described as “high risk drinking” because of the many negative consequences that may occur, including lower grades, missed classes, sexual assault, police trouble and injuries. For more information see the Statistics on Alcohol and other Drug Use website at: http://www.uiuc.edu/departments/coresist/public_html/recent.html.

Who drinks at college?

One of the biggest myths about alcohol and college is that excessive drinking is the norm. Research shows that this is far from the truth. Although a majority of students drink, only 23 percent of students are frequent “high risk” drinkers (which means drinking three or more times in a two week period). Fifty-eight percent of students are “infrequent high risk” or “non-high risk” drinkers and 19 percent abstain from alcohol entirely. The number of abstainers has increased over the past decade. The 23 percent of students who frequently “high risk” drink consume 68 percent of all alcohol consumed at college. For more information on these statistics call Counseling Service at extension 5157.

Responsible drinking

If you decide to drink, there are many things that you can do to make sure that you are drinking responsibly.

• Know your limit. Keep track of how much you’ve drank and stick to your limit. No one knows your body better than you do.
• Don’t let people talk you into drinking more than you are capable of.
• Eat before you drink. You are likely to get sick or lose control of yourself if you drink on an empty stomach.
• Never take an open container from someone you do not know or trust. You never know what forms of alcohol or other drugs have been placed in the drink.

Letter to the Editor: Parking woes

To whomever is in charge,

I am going to get right to the point.

I would like for someone to provide me with the answer to the question of just what was going on at Rider University around 6:45 in the evening on Sept. 25? What exactly was the event being held that caused a good deal of students to be late to their evening classes? What happened was taking place that every parking spot in both the front and back lots was taken up, mostly by individuals who were visiting?

Now I’m not an arrogant, know-it-all who thinks the university owes him something every time he’s inconvenienced by some happening on campus (heck, I’m more than happy to travel out of my way to class just to walk behind a cute girl for a little longer). BUT, when I am paying a considerable amount of money to this university, I do not expect to be forced out of what amounts to be one of my parking spots by individuals who, (forget the fact that they don’t pay tuition) probably didn’t even pay an hourly rate for parking on campus. THAT gets to me.

I am not writing to complain about what genius figured that it would be a good idea to turn off the light at the main entrance, thus backing up traffic all the way down 206, as well as up to the exit ramp on I-95. And I’m also not complaining about the fact that I was 15 minutes late to class due to this whole not very well publicized to the students event. I’m writing to ask why.

Why couldn’t the university have made arrangements to park this mass exodus of people somewhere else? Like around the soccer fields near the back part of campus or even next-door at the municipal center. Why did they have to park in my spot? I, as well as the rest of the student body, am paying to use university services, they’re not.

I’m all for opening up our school to the community. I’m just not open to the idea of letting the entire community park for free while those of us who pay get left out of a spot.

Jason Schwartz
Journalism Major

The Rider News will be hosting an advice column by Melissa Borotto. Please submit questions to ridernews@rider.edu.