

For Immediate Release

CONFESSIONS OF A COLLEGE BINGE DRINKER

*Three Things Every College Student Should Consider Before
Breaking Out the Beer Bong*
(349 words)

No one told Toren Volkmann that drinking would make him lose lots of money and many memories. Throughout college he partied his way around the world, pounding beers and slamming shots. He graduated with a BA in psychology and a competitive spot in South America with the Peace Corps. He never envisioned he would become the “I Told You So” poster boy for the D.A.R.E. Program.

Like thousands of other college students, Toren (24-years-old) was swept into the heavy drinking culture that permeates so many aspects of university life. Studies show that binge drinking is the most widespread health problem on college campuses in the United States.

“Few students think about the problematic effects of continuous heavy drinking,” says Toren, coauthor of “Our Drink: Detoxing the Perfect Family” (Elton-Wolf, \$19.95 www.OurDrink.com). “Then suddenly, the party ends and they find themselves a feverish, shaky, paranoid halfwit, struggling to think, sleep, relax or eat.”

Written together with his mother Chris, “Our Drink” reveals how the family missed the signs of Toren’s addiction and describes the agony of the ensuing discovery. Both the book and their workshops are designed to educate youth and families about alcohol choices and the consequences of heavy drinking. To help families discuss the risks of alcohol abuse, they offer a free “Alcohol Abuse Assessment Tool” at www.OurDrink.com.

Here Chris and Toren share three things every student should think about before breaking out the beer bong:

1. **Broken Relationships:** Personal problems often arise with heavy drinking and contribute to tearing apart relationships.
2. **Brain Damage:** Chronic alcohol abuse affects abstract thinking, problem solving, attention and concentration.
3. **Risky Behavior:** Binge drinkers are more likely engage in unprotected sexual activity, resulting in unwanted pregnancies or contraction of an STD.

“Don’t let drinking ruin your life,” says Toren. “If you are struggling, ask for help. Asking for help is cool and sobriety is hip!”

For more information get the free “Alcohol Abuse Assessment Tool” or purchase your copy of “Our Drink” at www.ourdrink.com.