ALCOHOL CONSUMPTION DROPS AMONG MODERATE DRINKERS

Thirty-nine percent of Americans say they never consume alcoholic beverages. This represents a five-point increase over 1983's finding of 34 percent, and a two-point rise over 1991's finding of 37 percent.

The drop in alcohol consumption has occurred primarily among moderate drinkers. Half of American adults say they drink, on average, one to three drinks on a day they drink alcohol, compared with 54 percent reporting that level of consumption ten years ago. The proportion of heavy drinkers - those who drink at least four drinks on a day they consume alcohol - has remained at a consistent 11 percent over the same period.

*Source: ACA NEWS, November 1992, from a survey conducted by Louis Harris & Associates.

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LIFE'S NATURAL HIGHS

Can a person have fun without using alcohol or other drugs? Of course! Probably the best known form of "Natural Highs" comes from physical exercise. The "Endorphin Rush" is well known among persons who exercise as nature's own "feel good" chemical.

TAKE TIME TO PLAY

Play! Take time for yourself to recreate and explore your leisure opportunities. The word "recreation", capitalized and hyphenated becomes "Re-Creation". This is play in the fullest sense of the word: to vitalize again, to inspire with life and energy. When one plays without the use of alcohol or other drugs, one is enjoying one of the best Natural Highs known. Try it today, play!

BORON: BRAIN STIMULANT

It's common to reach for a cup of coffee when you need to feel alert. But an apple may be of more help. According to the U.S. Department of Agriculture's Human Nutrition Research Center physiologist James Penland, PhD, apples contain boron, a mineral which is a powerful brain stimulant.

WHAT IS NICOTINE?
Nicotine is the active chemical found in tobacco. It is a central nervous system stimulant. Nicotine also effects the autonomic nervous system. Low doses of nicotine stimulate and high doses depress the autonomic nervous system, which aid gland and smooth muscle actions.

Chronic use and/or abuse of nicotine/tobacco is harmful to the body. The chief hazards are cancer of the lungs, larynx and mouth. It can also cause an irritation of the respiratory system, chronic bronchitis and emphysema. In addition, nicotine can cause damage to the blood vessels and the heart. If current use continues, nicotine could kill 2.5 million United States citizens by the year 2000. Smoking is the most preventable cause of death in our society and kills both smokers and nonsmokers.

MONEY SPENT IN SMOKING WARS
Cigarette ads and promotion...............$ 4 Billion
Federal anti-smoking programs...............$101 Million

CAMPUS RESOURCES
Alcohol & Other Drug Education Service
Lafene Health Center - Room 214
532-6927

Al-Anon Meeting
Lafene Health Center - Room 21
532-6373 (Loleta)
Thursdays, Noon - 1pm

Alcoholics Anonymous
Open Noon Meeting (M-F, Noon - 1pm)
Ecumenical Campus Ministry
1021 Denison

Lafene Health Center
532-6544

SOME SMOKING STATISTICS
*43.9 million Americans smoke.
*30.4 percent of smokers fall between the ages of 25 and 44.
*26.7 percent of men smoke.
*23.5 percent of women smoke.
*13.6 percent of people with a college education smoke.
*Two-thirds of single mothers are smokers.
*Most smokers light up an average of 20 cigarettes per day.
*In 1988, lung cancer became the leading cause of cancer deaths among women, surpassing breast cancer, which had been the number one cause since 1950.

Source: Center for Disease Control and Prevention
TAD MUSSER/WHITE/Collegian