

**FOR IMMEDIATE RELEASE**

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**KIDS DROWNING IN ALCOHOL**  
*6 Signs Your Student is Headed for Drinking Danger*

(Seattle, WA, August 1, 2006) – Studies show that alcohol is the number one drug of choice for America’s youth. Drinking among school friends takes place in every community and on college campuses. How can you tell if you have just enrolled your child in a crash course for binge drinking and alcohol abuse?

“Problem drinking is no longer a hidden problem,” says **Chris Volkmann**, coauthor of *FROM BINGE TO BLACKOUT* (New American Library-Penguin, August 2006). “Parents must learn how to engage kids in discussion and agree about acceptable behavior, and recognize warning signs of alcohol abuse.”

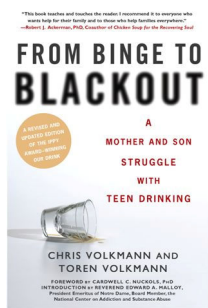
Written with her 26-year-old son **Toren**, *FROM BINGE TO BLACKOUT* reveals how the family missed the signs of Toren’s addiction and describes the agony of the ensuing discovery. Both the book and their workshops, which cater to teens, parents, high school assemblies, college student/parent orientation weekends and community groups, are designed to educate youth and families about alcohol choices and the consequences of heavy drinking.

Here Chris and Toren share six signs to help you recognize if your child is headed for the drinking danger zone:

1. **Abuse of alcohol; drinking to get drunk; heavy drinking**
2. **Hangovers and blackouts**
3. **Trouble with relationships/trouble at school/irritability/rebelling against family rules**
4. **Finding alcohol in a kid’s backpack or smelling alcohol on her breath**
5. **Poor concentration, memory lapses, slurred speech, bloodshot eyes**
6. **Family history of alcoholism**

“We do not have to accept high-risk drinking as a standard part of campus life,” says Chris. “If parents, colleges and communities work together, we can change harmful drinking patterns and offer hope and help so that fewer parents and students have to suffer.”

To find out more about how to make sure your teen and family have been sufficiently informed about the risks of alcohol abuse, get FROM BINGE TO BLACKOUT and go to [www.frombingetoblackout.com](http://www.frombingetoblackout.com).



## HOT TOPICS

- 5 THINGS TO DO if worried about a Teen Who May Be Drinking
- 3 **Things Every Drinker Should Consider** before Breaking out the Beer Bong
- Top Ten Things to Discuss *before* Spring Break
- 5 **Mental Activities Compromised** by Chronic Alcohol Abuse
- 3 **Ways Parents Can Influence Young Drinkers**

BIOS: Chris Volkmann & Toren Volkmann, *Alcohol Abuse Prevention Advocates*

**Chris Volkmann** is a former classroom teacher and a recipient of the 2001 Washington State Artist Trust GAP Literary Grant. She went to Toren’s college graduation having no clue her son was part of a not-so-hidden epidemic. She shares what every parent thinks but cannot always say.

**Toren Volkmann** had a BA in psychology, a competitive spot in South America with the Peace Corps, spoke three languages and could charm his way around the world. He never envisioned he would be the “I Told You So” poster boy for alcohol education. After successfully completing six months residence in a Florida halfway house, Toren now lives one day at a time.

FROM BINGE TO BLACKOUT, New American Library, 2006, ISBN-0-451-21909-0, \$14.0

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