

FOR IMMEDIATE RELEASE

CONTACT: Lee Kravetz, publicist
(212) 366-2525
lee.kravetz@us.penguin.com
info@bingetoblackout.com

STAYING INVOLVED WITH YOUR COLLEGE FRESHMAN
5 Ways to Talk about College Drinking

(Seattle, WA, August 1, 2006) –When parents send kids off to college, the miles between home and campus seem endless. Worries about campus partying are made worse by the sudden departure. Studies show that many college kids perceive heavy drinking to be normal for college students. At the beginning of fall term, the highest level and long-term risks occur related to alcohol. What can parents do to keep in touch while their kids are away at college?

“I wish we had kept closer tabs on our son,” says **Chris Volkmann**, coauthor of *FROM BINGE TO BLACKOUT* (New American Library-Penguin, August 2006).

“Parents can take the lead in talking to their kids about alcohol choices. With a great deal of free time and the exhilaration of arriving on campus, the first six weeks are crucial.”

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.

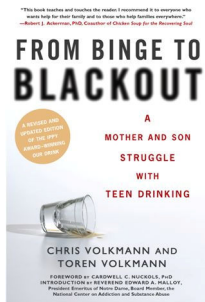
Here Chris and Toren share five ways to help you stay involved with your college freshman:

- Find out if there is a program during orientation that educates students about campus policies related to alcohol use. If there is one, attend with your son or daughter.
- Inquire about and make certain you understand the college's "parental notification" policy.
- Call your son or daughter frequently during the first 6 weeks of college.
- Inquire about their roommates, the roommates' behavior, and how disagreements are settled or disruptive behavior dealt with.

- Make sure that your son or daughter understands the penalties for underage drinking, public drunkenness, using a fake ID, driving under the influence, assault, and other alcohol-related offenses. Discuss how alcohol use can lead to date rape, violence, and academic failure.

“About one-third of first-year college students fail to enroll for their second year,” says Chris. “If parents, colleges and communities work together, we can change harmful drinking patterns and offer help so that fewer parents and students have to suffer.”

To find out more about how to make sure your student and family have been sufficiently informed about the risks of alcohol abuse, get FROM BINGE TO BLACKOUT and go to 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**

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, \$14.00

###