

# Alcohol Affects Women Too

by Amy Brubaker

Have you ever found yourself trying to keep up with your date when drinking at a party? If you answered yes, you are not alone.

With the battle for equality and the double standards assigned to women and drinking, women have had a hard time facing their drinking problems and have been left out of many statistical data collections.

According to "Alcohol and Women a Guide for Getting Help", Women are expected to obtain their sense of self worth through relationships with men. Studies show time and time again that the reason women drink is to relieve their sense of loneliness and inferiority feelings and conflicts with their sex roles.

In today's society where women are becoming more and more "equal" with men it is important to point out that women do have drinking problems and they are not all middle aged house wives.

A study done in the New York metropolitan area showed that the women who have drinking problems fall between the ages of 18 and 34 and are generally working women.

A woman can be classified as a heavy drinker if she has two or more alcoholic beverages per day. A woman is a moderate drinker if she has a drink once or twice a week.

There is more to having a drinking problem than simply when you drink and how much you drink during a given week. If you are not sure how you rate with drinking, ask yourself a few questions.

- Do you have a few drinks before you go to a party so you will be more out going?
- Has someone close to you expressed concern about the amount you drink or your behavior?
- Have you lost friends since you've started drinking?
- Has drunk driving ever put you in a hospital or jail?

If you have answered yes to any of these questions you may want to rethink your party scheme.

We all know that alcohol is a drug but did you know that women become more intoxicated than men on the same amount of alcohol. Why? Because men have more muscle with fluids in them which can dilute the alcohol and decrease or slow down its effects. Women on the whole have a lower tolerance than men when it comes to alcohol consumption.

Your health bears the brunt of your drinking. Alcohol inhibits the body's ability to use vitamins and calcium and will lead to dull looking hair and flakey or acne covered skin.

More women contract and die at a younger age than men from cirrhosis of the liver.

Women who drink die more commonly from things such as liver disease, violence including suicide and accidents, breast, head and neck cancer and circulatory disorders.

Sure, it won't happen to you but what about the immediate social consequences? We have all laughed at people who have been "sloppy drunk" at mixers but, have you ever been the one that has been laughed at or do you remember?

What about the nightmare date who was so drunk you couldn't control him? Do you still go out with him? Do you think he'd go out with you if you embarrassed him at a party?

Do you find yourself coming home at odd hours of the morning or the afternoon because you passed out in "some guy's room"?

Do you think people are laughing at you? Well, you are right, they are.

A drinking problem is not funny and unfortunately more of our friends than we'd like to admit have drinking problems. Don't laugh at your friends, get them to realize their problem and get them some help.

It used to be that all the organizations that provided help for people with drinking problems were targeted at men. Now there are Alcoholics Anonymous groups just for women. There are groups starting all over the country known as "Woman to Woman".

If you think you have a problem do not be afraid to admit it and seek help. It may be difficult to do but in the long run it will make your life a lot simpler and longer.

# Schroeder To Speak

by April Edmondson

On Monday, November 6 at 7:30 p.m., Democratic Congresswoman Pat Schroeder will present a lecture entitled "Women in Leadership" in the Drama Workshop of the Fine Arts Center. This lecture is the second Fireside Chat in the Lecture Series.

Schroeder, who represents the First Congressional District of Colorado, was elected in 1972 and has been reelected eight times. In 1987 she explored a bid for the presidency, and in 1988 she was ranked by the Gallup poll as one of the six most respected women in America.

She is the most senior woman in Congress and is the Dean of the Colorado Congressional Delegation. She has served as Democratic Whip in the House since 1978, and was appointed a Deputy Whip in 1987. In 1989, she was appointed to co-chair the Democratic Caucus' Task Force on National Security.

Schroeder is the leading House sponsor of the Family and Medical Leave Act which allows workers a right to a job-guaranteed unpaid leave of absence for family emergencies such as birth, adoption, or serious illness. Her first book was released in February, entitled Champion of the Great American Family, outlines her work on family issues and a proposed family policy agenda for the 21st century.

Schroeder is a member of the House Armed Services Committee, Judiciary Committee, the Committee on Post Office and Civil Service, and the Select Committee on Children, Youth, and Families.

She graduated from the University of Minnesota and received a J.D. degree from Harvard Law School. Before her election she practiced law in Denver, Colorado.

## Abortion - continued from p. 4

There will be green ribbons available at the meeting on Wednesday, November 1. There will also be a picket of the "Abortion is Murder" sign on Silas Creek Parkway on Friday November 3 from 5:00 to 6:30 p.m. There are a lot of different ways that you can get involved and help keep abortion safe and legal.

Obviously, the abortion issue is very emotional, and very controversial. No one can say who is morally right or wrong. People who are pro-choice are not pro-abortion. Pro-choice activists are simply demanding a woman's right to choose for herself. And, pro-choice supporters are asking that existing life be given the same respect and worth as potential life.

If abortion is made illegal in the United States, women will die. And that would be a national shame and terrible tragedy.

Brazil's Abortion Rate Compared to the US Rate		
	<u>Brazil</u>	<u>USA</u>
Status of Abortion:	Illegal	Legal
Annual Abortions:	3 Million	1.6 million
Total Population:	144,000,000	246,000,000

\* Making abortion illegal does not reduce the incidence of abortion. In fact, it may increase it. Compare the abortion rates for U.S., where abortion is legal to Brazil, where it is illegal. Brazil with half the population of the U.S. has twice as many abortions.

The Salemite Staff is starting a new page -

Women's Issues in future editions.

Hopefully we will be reporting on topics that are of concern to you, our readers.

Thank you!