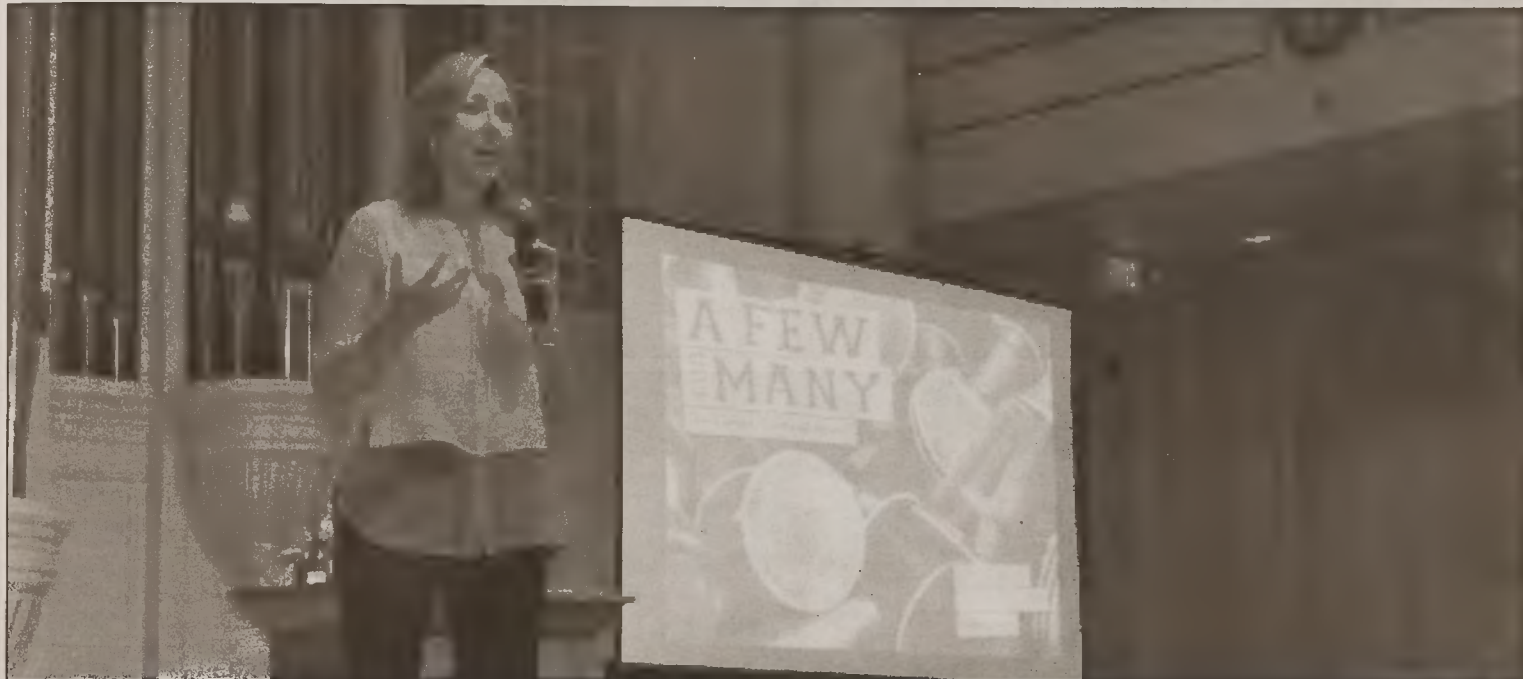


A refreshing take on alcohol consumption

Lori Hart visits Elon to discuss students' alcohol choices



Lori Hart spoke to an audience of Elon students Sept. 10 at Whitley Auditorium about the effects of binge drinking and overconsumption of alcohol on their future goals and dreams in life.

Sophia Asmuth
Multimedia Editor

CAMPUSPEAK's Lori Hart ended her talk, "A Few Too Many: Our Campus Culture of Alcohol," with one crucial piece of advice: "Use [your bowels] as any excuse to get out of an uncomfortable drug-related situation."

"Let's be real," Hart said, "No one has ever looked at a friend and said, 'Stay, we'll clean up your [expletive].'" Students filled Elon University's Whitley Auditorium Sept. 10 as Hart took a humorous approach to alcohol choices. She encouraged students to "begin with the end in mind" and picture their future 10 years from now. The audience shared their future aspirations of world travel, financial stability, romantic relationships and dog ownership.

"If you are a person in this room that drinks alcohol and does drugs, I want you to think about what you clapped for and how these drugs affect that goal," Hart said.

Nothing Hart said was new. She summarized the five factors that affect blood alcohol content: quantity of al-

cohol, rate of consumption, weight, the amount of time taken to drink the alcohol and the gender of the consumer. She went on to explain a 1993 Harvard study that produced the term "binge drinking" — the consumption of five or more drinks in one sitting.

"For such an overdone topic, she made it unique," said senior Evan Skloot, president of the Eta-Sigma Chapter of Zeta Beta Tau at Elon.

Skloot said he was particularly impressed with Hart's ability to connect to both men and women.

Elon was recently named the fourth safest college town in the United States, according to Safe Wise. But the consequences of binge drinking and overconsumption are still apparent.

"Alcohol-related crimes are the top [at Elon]," said Mike Brewer, patrol lieutenant in the Town of Elon's Police Department. "Assaults and damage to property usually occur from people who have been drinking alcohol."

Senior Felicia Cenca, president of the Epsilon-Chi chapter of Alpha Omicron Pi at Elon brought Hart to the campus to have a realistic conversation about alcohol.

"The risks that come with alcohol use are hard to talk

about for many of us as students, but openly addressing it seemed to be like one step in the right direction," Cenca said.

Hart addressed these risks with students by asking them to list some. The first yelled: "Death." The room erupted in laughter. The next comment: "Sometimes, I feel alienated because I don't drink."

No one laughed.

Senior Conor Janda — part of the 20 percent of college students who abstains from drinking, according to the American College Health Association's National College Health Assessment from spring 2014 — agreed that it can be difficult to be social and refrain from drinking.

"I do not think that people explicitly or purposefully alienate those who don't drink, but drinking is so pervasive in Elon's culture that staying sober requires a certain level of isolation," Janda said.

"We all clap to the same tune ... We're all looking to build a life that we want," Hart said. At this event, the consumers, the abstainers, the sorority sisters, the fraternity brothers — the Elon students — clapped together.

POLITICS from cover

with college students who wonder what lies beyond graduation.

The senator said that, for college graduates, job prospects have improved from 2008 lows, but there's still a long way to go.

"If you are a college graduate, you are desperately trying to find a job commensurate with your education," Sanders said. "And that is often very hard to do."

The disparity can be especially clear when it comes to the cost of college.

Jax Preyer, a high school senior from Chapel Hill who attended the speech, recently applied to Elon to potentially join next year's freshman class. She called the cost of college in the United States "completely absurd."

Elon's total cost of attendance this academic year comes to \$46,670, an increase of 3 percent from the year prior and a 27-year low in terms of percentage increase.

"We've kind of been conditioned to feel like it's normal, but, really, we've been duped," said Preyer, 17, of the cost of college.

Preyer said Sanders' policy line to her is not radical, though she admitted she saw how others could see the self-described socialist in a different light. The senator reinforced his claim that few of his ideas haven't already



More than 9,000 people attended Bernie Sanders' rally Sunday, including many Elon students.

been done in another country, despite attacks from Republicans who call his agenda radical to the point of ridiculous.

Ideology aside, some say just voting is im-

portant — no matter the candidate. Elon, like many college campuses, can at times be apathetic when it comes to elections, said junior June Shuler, a representative of Elon Votes, an

organization dedicated to civic engagement.

"Voting — no matter the party line — matters," Shuler said.

Tarasidis said that many students in Elon College Republicans align themselves with Marco Rubio and Jeb Bush, with others also supporting John Kasich and Donald Trump, who has received more support than expected.

Kane isn't surprised by the rise of odd-ball candidates such as Trump and Sanders, though. She said the uncharacteristic backgrounds and ideals of current front-runners grab people's attention.

The larger pool of candidates for voters to choose from draws interest from a wider range of people.

"It's an exciting time because no matter what your views are, you have an array of candidates who any student can relate to," Kane said. "That's creating more of a discussion on campus."

While political discussions on campus are prominent right now as the country is at the peak of watching for the next presidential nominees, in non-election years, discussions dip with the lack of attention.

"Elon's political climate is similar to the country in that the political climate increases around election year," Bailey said. "I think Elon does a good job of trying to engage students in politics and trying to keep discussions open with panels on current events."