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NEWS

Drunk and Hyped-up

Caffeinated alcoholic beverages make way through the college scene

Tolu Taiwo

According to health reports, college students are starting to try a new trend of drink on campus. The popularity of caffeinated alcoholic beverages has been on the rise during recent years, despite health risks and concerns of health officials, college administrators and politicians.

Many students have taken to mixing energy drinks, caffeine and alcohol together for a bizarre concoction, but there are some ready-made beverages for the drink enthusiast. One of them is Four Loko, a can containing all the ingredients in caffeinated alcohol. But the 23-ounce, 12 percent drink is more than just a "good time," it has landed 23 people in the hospital with alcohol intoxication, according to [USA Today](#).

The effects on beverages on students have been a concern of several experts, including Glen L. Sherman, co-chair of the Alcohol and Other Drug Knowledge Community for NASPA: Student Affairs Administrators in Higher Education. He believes that schools should plan out feasible ways to keep students from harm by caffeinated alcoholic drinks.

"These beverages are of great concern to us," Sherman said via e-mail, according to USA Today. "Each campus must decide what specific steps make sense to best educate students about and try to protect them from these risks, and to encourage students to make good decisions when they are confronted by them."



Alcohol combined with caffeine and energy drinks can cause a lot of damage. Source: Wikimedia

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Certain universities, such as Ramapo College, have done this by completely banning the drinks on campus. Kathleen E. Miller, research scientist for the Research Institute on Addictions at the State University of New York at Buffalo, agrees with this method.

"A college ban will make people take a second look and maybe they'll be more aware of what they're drinking," Miller told the USA Today. "It's inherently potentially dangerous to mix caffeine and alcohol because you're sending your body mixed signals."

Read the [USA Today article](#).

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