

February 27- March 3, 2006

RID Week

Reducing Irresponsible Drinking Week

Spring 2006

WHAT'S ON TAP?

ALCOHOL ON THE HOME FRONT

Dr. Craig Henderson, assistant professor of psychology, explores how family members of students with alcohol abuse problems can help in the recovery process. Dr. Henderson will also speak to students who are trying to cope with other family members who abuse alcohol and offer some advice for intervening.

WALK ACROSS TEXAS KICKOFF

Looking for something to do after sitting in class all day? Forget about high-calorie drinks in a smoky bar. Get active, just for the health of it. Get a team together and come to the Walk Across Texas kickoff on campus and pick up your free pedometer to track your healthy steps.

PLAY IT SAFE!

RID Week is up to bat. Join us as RID Week takes over the men's baseball game against Centenary. Prizes will be given to the first 300 people to enter the gates. T-shirts will be thrown out by Sammy throughout the game. Watch the first pitch with beer goggles, and enter your name in the drawing as you enter the complex. Six lucky students will be chosen to watch the game from a suite with snacks provided by the Alcohol Abuse Initiative.

ALCOHOL SCREENINGS

The Counseling Center will be providing free alcohol screenings to determine if a student is demonstrating evidence of physiological and psychological problems with alcohol use. Screenings will be performed in private and counseling center staff will be on hand to discuss results.

THE CHEMISTRY OF ALCOHOL

Dr. Rick White, professor of chemistry will take alcohol education to a new level with his presentation of the chemical affects of alcoholism, including how alcohol affects the body as an irritant and a depressant. Dr. White will also discuss variations in the chemical makeup of different alcoholic beverages. Join him for this scholarly presentation (No chemistry prerequisite required!)

SCHEDULE OF EVENTS

Monday, 2/27

- 2:00 p.m. **Alcohol on the Home Front**
(LSC Ballroom B)
- 5:30 p.m. **Walk Across Texas Kickoff**
(Intramural Field 1)

Tuesday, 2/28

- 11:00 a.m. - 2:00 p.m. **Alcohol Screenings**
(LSC 331)
- 2:00 p.m. **Chemistry of Alcohol**
(LSC 320)
- 7:00 p.m. **Play it SAFE!**
(Baseball Complex)

Wednesday, 3/1

- 3:30 p.m. **Alcohol Victims Panel**
(LSC 304)
- 5:00 p.m. **Don't Gamble with Alcohol**
(Kat Klub)
- 7:00 p.m. **Take it to the Hoop**
(Johnson Coliseum)

Thursday 3/2

- 10:00 a.m. - 4:00 p.m. **Drunk Driving Simulator**
(LSC Atrium)
- 5:00 p.m. **Don't Gamble with Alcohol**
(Kat Klub)
- 6:00 p.m. **Can you out-drink the Greeks?**
(Outside the HKC expansion)

Friday 3/3

- 4:00 p.m. **Beer, Bones and Pizza**
(HKC multipurpose room 2)

FOR THE RECREATION LOVERS



TAKE IT TO THE HOOD BEARKATS

Shooting is fundamental to basketball, but shooters are not a good idea for a Wednesday night!

Join us instead for the Lady Bearkat's basketball game against UTA, where dribbling and stealing are not (party) fouls.

DON'T GAMBLE WITH ALCOHOL

Texas Hold'Em Tournament. Open to all students, faculty and staff with no entry fee! Winners of the tournaments go on to compete in a tournament of champions. Contact Gary Roark 294-1722 for more information.

BEER, BONES AND PIZZA

Due to the popularity of "Beer, Bones and Pizza" last semester, we're bringing it back with more activities for students. Join us for games including dominos, cards, and other board games. You can even bring your own to play with others, but the root beer and pizza is on us!



SAVE-A-LIFE TOUR

DRUNK DRIVING SIMULATOR

We know that most students at SHSU do not drink and drive, but have you ever wondered just how impaired alcohol could make you at the wheel? Come sit behind the wheel in the Drunk Driving Simulator sponsored by the Student Health Center, the Recreational Sports Department, and the Alcohol Abuse Initiative. Each participant will receive a "ticket" showing the number of violations committed during

ALCOHOL VICTIMS PANEL

While alcohol is often present at joyous occasions in life, it is also present at, and sometimes the cause of, some of life's lowest points. Join Stephanie Frogge and SHSU students in a discussion of how alcohol has affected them; from the loud party that kept them awake before a big exam to the loss of a loved one that changed their lives forever.

CAN YOU OUT-DRINK THE GREEKS?

Join us, if you dare, for a drinking contest against members of the Greek organizations. The drink of choice? You'll have to show up to find out, but it does a body good! We will explore stereotypes about Greek life while looking at the dangers of peer pressure involved in drinking games.

LSC Mall Area

11:00 a.m. – 2:00 p.m.
2/28-3/2

LOOK

Join the Alcohol Abuse Initiative, the Bacchus P.E.N., and the Exceptional Men of the Talented Tenth in the Mall Area on Tuesday, Wednesday and Thursday!

We will have many demonstrations and activities, including beer goggles.

SH Alcohol Abuse Initiative

www.shsu.edu/aai

"Kats Taking Care of Kats"

For more information on Reducing Irresponsible Drinking Week, contact Michelle Lovering at (936) 294-4347 or mlovering@shsu.edu

RID Week is sponsored by the SHSU Alcohol Abuse Initiative and all of our dedicated members and friends on campus. To learn more about the A.A.I visit our website at www.shsu.edu/aai or call Rosanne Keathley at (936) 294-1171.