



Husky Headlines



A monthly bulletin of news, facts & tips from OPEN

Alcohol Awareness Month

Alcohol Awareness Month 2013 Lineup:

Friday, October 4th

Red Watch Band 'Train the Trainer'

1:00pm – 3:00pm, 313 Ell Hall

Become a certified Peer Educator for the Red Watch Band program.

Wednesday, October 16th

Not your grandfather's Natty Lite:

Beer styles and food pairings from around the world

21+, 7-9pm, Xhibition Kitchen, Stetson

Tuesday, October 22nd

IF AND HOW MUCH: ALCOHOL AND COLLEGE with Dr. Jason Kilmer

7pm Location, McLeod Suites (CSC)

Dr. Jason Kilmer is a nationally recognized speaker whose presentation will challenge, amuse and educate you on issues relating to alcohol.

Wednesday October 22nd

Our School. Our People. Our Responsibility: Medical Amnesty Policy Q & A

7pm, AfterHours

Discussion about the Medical Amnesty Policy and how it works over pizza!

Saturday, October 26th

Red Watch Band Training

12:00pm – 1:30pm, 420 Behrakis

CPR Training and Peer Education on alcohol use. Learn how to identify and handle alcohol emergencies and reduce the risk of dangerous alcohol intoxication. Sign up online at: www.neu.edu/open

For a full list of events, go to www.neu.edu/open

Follow us on twitter @OPENortheastern

The legal drinking age is 21 years old and the safest choice is to abstain. If you decide to drink, **reduce your risk:**

- ⇒ Eat before & while drinking
- ⇒ Alternate with non-alcoholic drinks
- ⇒ Set a limit for the night & keep track of your drinks
- ⇒ Avoid mixing alcohol & drugs (legal or not)
- ⇒ Avoid playing drinking games or going 'drink for drink' with someone else — **do what's best for you**
- ⇒ Remember that your body can generally process **one standard drink per hour.**

Standard Drinks in a Solo Cup

A standard drink is the amount of alcohol that your body can generally process in one hour. When drinking from solo cups, it can be very easy to lose track of how much you are consuming. Below are the measurements within a solo cup for different types of alcohol.



12 oz. beer

8-10 oz. malt liquor (Smirnoff Ice, Colt 45, etc.)

4-5 oz. wine or champagne (2nd from bottom line)

1-1.5 oz. liquor (bottom line)

CHECK OUT theKnurd.com

for a listing of weekly events in Boston that don't involve drinking/drug use, "fun without the hangover!"

