



KEYS to Your Future



CALENDAR OF EVENTS

The week of October 15-22 is National Collegiate Alcohol Awareness Week. Events have been scheduled this week by various groups on campus in order to support this week's efforts.

MONDAY, OCTOBER 15 - FRIDAY, OCTOBER 22

- A 1974 Camaro that was totaled in an alcohol related accident will be on display throughout the week
- An information table will be in the EMU lobby from 10 a.m. to 2 p.m. throughout the week.

TUESDAY, OCTOBER 16

- Come see the "Bob and Donny Show" a comedy act that will address the perils of drunk driving at 7 p.m. in the Caswell Lounge.

WEDNESDAY, OCTOBER 17

- Mocktails will be served at the information table in the EMU lobby from 10 a.m. to 2 p.m. today.

WEDNESDAY, OCTOBER 24

- Mark Alan and an evening of table magic will highlight an evening of Mocktails in Schaeffer lounge from 9 p.m. to 11 p.m.

Can You Identify a Drunk Driver? It Can Save Your Life!

By learning to spot the following warning signals of an impaired driver, the chances of becoming involved in an alcohol-related motor vehicle accident are reduced:

- Unusually wide turns
- Straddling the center line or lane marker
- Driving with one's head out of the window or with the window down in cold weather
- Nearly striking an object or another vehicle
- Weaving or swerving
- Driving on other than the designated roadway
- Stopping with no apparent cause
- Following too closely
- Responding slowly to traffic signs
- Abrupt or illegal turns
- Rapid acceleration or deceleration
- Driving with headlights off at night

Don't Take A Chance... Take Action!

If you are concerned that one of your friends may have had too much to drink to drive safely, don't hesitate. Don't take "I'm fine" for an answer. Be polite. But be firm. Do one of the following in order to save your friend's life.

1. Drive your friend home. They can always come back for their car later.
2. Have your friend stay overnight at your home. This may involve some inconvenience for you, but you could be saving your friend's life.
3. Take the car keys away if your friend insists on driving. Some people may resent it at the time, but if they are too drunk to listen, take charge!
4. Call a taxi. Pay for the cab yourself. Your friend cannot object to a free ride home. You'll probably receive your money back and a big thank you the next day.



Table of Approximate Blood Alcohol Levels

# of drinks	Body Weight (Lbs.)							
	100	120	140	160	180	200	220	240
1	.04%	.03%	.03%	.03%	.02%	.02%	.01%	.01%
2	.08	.05	.05	.05	.05	.03	.03	.03
3	.11	.10	.08	.08	.06	.05	.05	.04
4	.14	.13	.11	.10	.08	.07	.07	.05
5	.18	.15	.14	.13	.10	.09	.08	.08
6	.22	.18	.16	.15	.13	.11	.10	.10
7	.25	.21	.19	.18	.15	.13	.13	.12

In order to determine blood alcohol level (BAC), find the number of drinks in the left hand column consumed by the hour and your total body weight across the top. For the purposes of this chart, "one drink" is 12-ounce beer, a 5-ounce glass of wine, a standard sized mixed drink, or one "shot" of hard alcohol.

Beat the Odds!

- 50% of all traffic fatalities are alcohol related.
- Approximately 2 in every 5 Americans will be involved in an alcohol related accident at some time in their lives.
- Traffic crashes are the greatest single cause of death between the ages of 5-32. More than half of these fatalities are a result of alcohol related crashes.
- On the average, one person is injured every minute in an alcohol related accident.
- The proportion of fatal crashes that are alcohol related is about three times greater at night than during the day.

Did You Know?

- In the state of Oregon, an individual is legally drunk at the BAC of .08%.
- At BAC .08%, it takes a night driver 7 seconds to recover their eyesight in the darkness after being passed by another car.
- The liver is capable of removing one drink per hour's worth of alcohol from the system.
- At .02%-.03% BAC, inhibitions are loosened and the existing mood is intensified.
- 20% of the alcohol content of each drink consumed goes directly into the bloodstream.
- At .05-.06% BAC, an individual becomes relaxed and experiences deficits in motor skills.

Assistance is Available

Office of the Dean of Students • 346-3105
 Counseling Center • 346-3227
 Student Health Center • 3464441
 Crisis Line • 346-4488
 Public Safety • 346-5444

Date to Care

Events sponsored by Student Health Center's Health Education Program, Office of the Dean of Students, Panhellenic Association, ASUO, Alpha Lamda Delta and University Housing.