S.T.A.H.L. NEWS

Students Talking About Healthy Lifestyles...Words of Whiz-Dom

Brought to you by Alcohol, Tobacco, and Other Drugs & The Center for Student Life *Special Edition*

IUP HOMECOMING 2012!

Homecoming is a time of tradition and camaraderie. IUP's first homecoming football game took place in 1933. Fourteen years later, in 1947, the first homecoming parade was organized. Each year, IUP's homecoming draws more than 20,000 people to Indiana, including alumni, family, friends, and community. During this time of celebration, it is important to make responsible decisions and be aware of what is going on around you. Make this homecoming a healthy one that you will remember for years to come.

Homecoming is a busy time. Police officers are out in full force to assure the safety of the students and residents of Indiana. So, if you are under 21 or if you drink to excess, you are at risk of being cited. Please be responsible & courteous of others while having fun.

University Events

During Homecoming weekend, keep in mind that not everybody is out partying. Indiana offers tons of things to do (both indoors and out) so be sure to check it all out.

Saturday, October 6

- **10:00 AM** - Homecoming Parade: *Comics*
- **11:00 AM** - Crimson Huddle: Alumni and Friends Pregame Party and Kidz Karnival, Kovalchick Complex - $12
- **2:00 PM** - IUP Crimson Hawks vs. Slippery Rock at Miller Stadium
- **4:30 PM** - Huddle in the Courtyard: Suites on Maple East sponsored by SOAR and CAAUD
- **9:30 PM - 1:30 AM** - Dance Party at Kolvalchick Complex: Students must pick up ticket(s) prior to event and have I-Card for admission

*** For more information visit www.iup.edu/homecoming**

Safety Tips

- **Don't assume everyone is drinking just because it's homecoming. Many students don't and you don't have to either!**
- **Travel in groups: walking with even one other person can greatly reduce the risk of experiencing violence.**
- **Look out for your friends! Never leave someone behind. Make sure everyone makes it home safely.**

Turbo Taxi - (724) 465-8294

Red & White Taxi - (724) 463-0270

Indigo Bus Service - indigobus.com

DON'T drink and drive this homecoming.
If you do not have a sober driver, cab services and bus routes are available throughout Indiana. The Indigo runs until 2:30 AM.

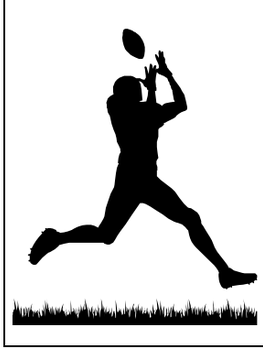
GO CRIMSON HAWKS!

If You Choose to Drink...

- Know your limit and stick to it.
- Sip your drinks slowly. Eat before and during drinking. Food helps to slow alcohol absorption.
- Alternate between alcoholic and non-alcoholic beverages.
- Know what's in your drink (mixed drinks and/or punch may contain more alcohol then you can taste).
- Don't participate in drinking contests or games.
- Avoid using other drugs.
- *Recognize the signs of alcohol poisoning*: semi-consciousness or unconsciousness, slow or irregular breathing, changes in skin temperature or color. If anyone is experiencing these symptoms CALL 911 IMMEDIATELY.
- **DON'T drive.**

To Pee or Not to Pee...

More and more students are drawing attention to themselves by urinating in public. Don't get caught with your pants down! Increased urine output is not caused by drinking too much liquid. Alcohol has an effect on the pituitary gland, and a hormone that regulates urine production. Alcohol depresses this hormone, therefore too little of the hormone is released and the kidney produces a larger than normal amount of urine. The cure? Don't drink or drink less.



Questions or comments can be directed to the Alcohol, Tobacco, & Other Drug Program in the Center for Health and Well-Being:

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