



Alcohol Awareness Week 13 - 20



Catch the wave for a SMART SPRING BREAK

ALCOHOL AWARENESS WEEK

Hi! This week has been dedicated to Alcohol Awareness Week. SMART PACC at UNB has chosen the theme of SMART SPRING BREAK. SMART PACC believes that the examples that will be shown during the Alcohol Awareness Week can be put to good use and carried on throughout the Spring Break.

Alcohol Awareness Week starts off with a great concert in the SUB cafeteria, on Saturday, Feb. 13, featuring Sprit of the West and their opening act Byrds of Dilemma. It starts at 8:00 P.M. and tickets are \$10 for students. Monday includes a display at noon in the SUB cafeteria by the Christian Action Federation. Also at noon, on the lawn between the SUB and the residences, the "Crash Test Dummies" will be "appearing". Tuesday's display at noon in the SUB cafeteria will be from UNB SMART PACC. At the start of the evening, from 4:30 to 6:00 P.M., there will be the Pudding Eating Contest at McConnell Hall. Afterwards, starting at 8:00 P.M., the Sue Medley Acoustic concert will be held in the SUB cafeteria. It is \$12 for students and is a sit down concert in candle light. Wednesday includes a display at noon in the SUB cafeteria by the Fredericton City Police. The Wednesday Loonie Movie will be "The Last of the Mohicans" with shows at 7:00 and 9:30 P.M. in MacLaggan Hall. On Thursday, the FHS TADD group will have a display at noon in the SUB cafeteria. There will also be a Non-Alcoholic Beer Taste Test in the SUB cafeteria at noon. These taste tests will also be held before each of the concerts. On Friday, there will be a display from the Alcohol and Drug Dependency Commission at noon in the SUB cafeteria. To finish the week off, SMART PACC and the campus radio station, CHSR, will sponsor the "RAVE". It will be taking place from 9:00 P.M. to 4:00 A.M. in the SUB Ballroom. Tickets will be \$7 for students and \$10 for others. This will be a non-alcoholic event and the SMART PACC dry bar will be there as well as at Sprit of the West and Sue Medley.

Aside from these daily activities, there will be other activities taking place throughout the week. There will be residence presentations and the Banner signing in the SUB cafeteria all week. There will also be SMART SPRING BREAK Pledges handed out throughout the week that are to be signed and dropped in the ballot box outside the Student Union office. The draw will take place on Feb. 22 and the prizes include hats, t-shirts, tapes, and CD's. Also, there will be one \$700 Alpine car stereo to win in Canada. SMART PACC hopes that you will benefit from this week and remember to drink smart during Spring Break.

TIPS FOR A S.M.A.R.T. SPRING BREAK

If you are taking a trip...

1. Different countries/states have different laws concerning alcohol. Become familiar with them before you leave. For example:
what is the legal drinking age?
are the drinking and driving laws different from Canada?
what are the consequences and fines for impaired driving?
2. Be careful of higher strength alcohol i.e. Jamaican Rum.
3. Don't participate in a new activity while under the influence, i.e. scuba diving, hang gliding, boating, etc.
4. Remember a hotel/airport/restaurant can evict you for rowdy, alcohol related behaviour.
5. Don't start your week on a drinking binge, moderation is the key to avoiding hangovers that can ruin your holiday.

Or even if you're not travelling... We still have a few tips...

1. There will be more parties this week so keep moderation in mind.
2. If you've been drinking, don't drive. Instead, call a cab, appoint a designated driver, or spend the night at a friend's place.

Set a limit for yourself before you start drinking, remembering that it takes at least an hour for your liver to burn off just one drink. Remember that once you've started drinking it may be too late to set a reasonable limit. After all, the organ we depend on for judgement, the brain, is the first organ to become impaired by alcohol.
4. If you go to a bar, try dancing more and sitting less. You'll burn off more calories, blow off steam, and spend less time drinking. Consequently you'll have more fun, spend less money, and feel better the next day.
5. Go for quality drinks rather than quantity drinks - in the long and short run, it will be easier on your body, more enjoyable, and probably cheaper.

SMART SPRING BREAK

DIRECTIONS TO A SMART SPRING BREAK

SMART PACC and BACCHUS encourages you to play it SMART during Spring Break this year. Whatever your plans, make sure they include these tips:

- * Remember you don't have to be DRUNK to be impaired. Even one or two drinks affects your ability to operate a motorized vehicle properly.
- * Over half of all boating deaths are alcohol related. The rules of the road apply to water safety as well!
- * Respect other people's right, and your own - to choose not to drink.
- * Be a ZERO HERO and take your turn being a designated driver.
- * If one of your friends drinks to excess, or to the point of passing out, stay with him/her. Make sure they sleep on their side and check their breathing periodically. If you are the least bit concerned, please seek medical attention. Better safe than sorry! Play it SMART and sign the pledge!

The BACCHUS/SMART PACC PLEDGE

- I will remember that even 1 or 2 drinks affects my ability to operate any type of vehicle or use sporting equipment properly on land or sea.
- I will respect everyone's right and my own to avoid dangerous situations involving alcohol whether in a car, a bar or a bedroom.
- I will take my turn and be a ZERO HERO. That way we'll all get where we want safely.
- I will watch out for my friends, take care of myself and have a SMART BREAK!

Signed: _____

Name: _____

Campus: _____

Address: _____

City/Province: _____

Postal Code: _____

Phone No. _____

cut off this bottom portion and drop off in the ballot box for a prize draw

F E B R U A R Y	13	15	16	17	18	19	20	1 9 9 3	
	Kick-off to Alcohol Awareness Week SPIRIT OF THE WEST (Opening Act: <i>Byrds of Dilemma</i> in the SUB cafeteria Tickets \$10.00)	Display in SUB Cafeteria by Christian Action Federation 12:00 noon "Crash Test Dummies" at 12:30 on the lawn between the SUB and Residence	Display in cafeteria by S.M.A.R.T. P.A.C.C. Residence Jello Eating Contest 4:30 - 6:00 McConnell Hall Sue Medley concert \$12.00 for students 8:00 P.M. cafeteria	Display by Fredericton City Police Movie: Last of the Mohicans 7:00 P.M. & 9:30 P.M. MacLaggan Hall admission: one loonie	Display by T.A.D.D. Non-alcoholic beer taste test 12 noon McConnell Hall and SUB Cafeteria	Display by NB Alcohol and Drug Dependency Commission	SMART PACC & CHSR/RAVE		
							SUB Ballroom 9:00 P.M. - 4:00 A.M. \$7.00 students \$10.00 non-students		

Sponsored by SMART PACC a program of the UNB Student Union