

the RED CUP

Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q Why Red Solo Cups?

A. You'd think the authors of the Red Cup Q&A would have an answer for this one, but even we can't fully explain the cultural phenomenon that is the Red Solo Cup. Here's what we do know: while the Solo Cup Co. has been around for over 75 years, their signature red party cups didn't show up on store shelves until the 1970s. Since then, the plastic cups have become a social icon representing backyard BBQs, beer pong parties – and everything in between.

In our homage to the original Red Cup, we offer you, the students, the Red Cup Tip List. Respect the Cup, but above all, respect yourself and other partygoers. If you drink from the Cup, here are six tips to celebrate by:

- 1. Know thy Cup** – Each one holds 16 oz., aka a pint, which is more than a standard bottle or can of beer. Two red cups worth is closer to three standard drinks than two. Pace your drinking and plan accordingly.
- 2. Choose quality over quantity** – If you drink, drink something you enjoy and savor it, rather than over-imbibing on the cheap stuff. Your body (and maybe even your wallet) will thank you the morning after.
- 3. Inform thy neighbor** – Get to know your neighbors, let them know if you plan to have a party and be a responsible host. This can help ensure that your first party at your new place isn't your last. Otherwise, you may be seeing red... red tags, that is.
- 4. Pong responsibly** – Moderate drinking and beer pong don't tend to mix, but the fact is you always get to decide whether and how much you play (and drink).
- 5. Choose humor** – It's not only the essential ingredient for any good party; it's also a great way to respond to pressure to drink.
- 6. Drink smarter** – Start by reading this column every Tuesday in the *Daily Wildcat* during the school year. Email us at redcup@arizona.edu and we'll even sign you up for our weekly listserv.

Have a safe and fun summer, Wildcats – we'll see you in August!



wildfact

Tucson's Unruly Gathering Ordinance (aka Red Tagging) requires that only five or more individuals be present to create a disturbance.



Got a question about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

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