

the

RED CUP Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q Why do cops target girls who take their shoes off? How come I can't wear my favorite shoes at night?

A. Turns out, it ain't the shoes – it's the way you walk (or stagger) that gets you noticed by the police. Coincidentally, most alcohol violations usually happen at night when ladies are more likely to be wearing high heels (or carrying them in their hands since their feet hurt). *The Red Cup Q&A* confirmed this observation with UAPD Crime Prevention officers.

Think about it: around campus during the day, most women wear comfortable shoes when going to class, hanging out in their residence hall, or walking to Campus Recreation. Favorites include flats, flip flops, athletic shoes, TOMS, etc. Do these shoes keep students safe from police scrutiny? NO. The reality is that few students exhibit intoxicated behavior during the school day, when wearing comfy shoes. It's not the shoes that keep people out of trouble with cops. It's the fact that they're sober.

When the sun goes down, the fancy shoes and stilettos come out for parties or social events. And so does the alcohol. If you're drawing attention to yourself, chances are it's the booze... not your shoes.

Q Why does drinking make me sweat?

A. Alcohol is a vasodilator. Drinking widens and opens up the blood vessels in your skin, causing you to sweat. This response triggers your body to lose heat. Although alcohol-induced sweating may make you feel warm, the opposite is actually true. When you sweat, your body loses heat, and your internal temperature drops. Hypothermia can be a risk, particularly in cold settings.

Some people, including those of Asian descent, may sweat more than others when drinking. They may also get a red or flushed look on their face from the effects of alcohol.



wildfact

Most adults need 7-9 hours to maintain proper alertness during the day.

(National Sleep Foundation)



Got a question about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

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