

the RED CUP Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q If the Most Interesting Man in the World offered drinking tips, what would they be?

A. “I don’t always drink beer, but when I do I prefer...” – you know the rest, right? Suave, sophisticated, and always in control, the Most Interesting Man in the World has become the stuff of legend, even if he was invented by an ad agency.

But who cares if the guy isn’t for real. You don’t even need to drink his beer of choice – or alcohol at all for that matter – to appreciate him. We channeled the MIMW for some advice on how to drink (and live) a little more interesting:

Be in control. The MIMW doesn’t “do” in-line skating; he doesn’t do sloppy drunk, either. Set a limit on the number of drinks up front, pace yourself until you get there, and by all means, indulge in good food and conversation along the way.

Be confident. Part of the MIMW’s mystique is that he defines his experience, not the other way around. And yes, confidence (the calm, non-arrogant kind) can be attractive. Stick to your game plan, no matter how amateurish things around you may get. Besides, you might need to step up and make an amphibious rescue if someone gets in trouble.

Be free. DUI convictions in Arizona come with jail time. Arizona law defines a DUI as being impaired to the slightest degree, or driving with any amount of alcohol in your system if you are under 21. DUIs are decidedly not interesting. Ditto for ignition interlock devices.

Choose quality over quantity. This is tough, because quality comes at a price. But less can be more. Instead of pounding the cheap stuff, savor something with flavor.

Premium beer at twice the price costs the same as double the swill, and think of what you’ll gain. Be warned: any beer sold in 30-packs may ruin your beard.



wildfact

Of all the alcohol consumed by UA students, 79% drink only 25% of the alcohol.

(2013 Health & Wellness Survey, n=3,055)



Got a question about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

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