

the RED CUP Q&A

separating alcohol fact from fiction

wildfact

Franklin D. Roosevelt was president when prohibition was repealed in 1933 by the 21st Amendment.

Top 10 Ways To Pass on a Drink

Whether it's your turn to be the designated driver or you're just looking to stay in the sweet spot (BAC .05 or below) to avoid the pain of overindulging, there are plenty of perfectly good reasons to skip out on a drink.

Here are a few ways to help you pass on one like a pro:

(Drum roll please...)

10. "I'm the DD tonight"
9. "I've already got one, thanks"
8. "I have a paper to write" or "I have a test tomorrow"
7. "Uh, I'm feeling sick" (acting skills here can quickly curtail any potential push-back)
6. "(Friend's name here) is grabbing me one"

5. "(Cheap vodka joke here)"
4. "I'm doing a detox diet"
3. "I'm in the sweet spot"
2. "Look – squirrel!"
1. "No, thanks!"

Of course, there are no shortage of other *indirect* ways to avoid a drink as well. These include dumping the drink in the nearest drain, toilet, or thirsty desert plant (preferably outdoors). We've also heard of fake handle pulls, where no alcohol is actually consumed, as well as the shoot and spit, where a shot is taken but the alcohol is spit back into a red cup, etc., when you "chase" the drink.

Use your imagination, but by all means stay in the sweet spot. We just can't be held responsible for houseplants that are killed off in the process.

Got a question about alcohol? Email it to redcup@email.arizona.edu



www.health.arizona.edu



**CAMPUS
HEALTH**

The Red Cup Q&A is written by Lynn Reyes, LCSW, LISAC, David Salafsky, MPH, Lee Ann Hamilton, MA, CHES, Spencer Gorin, RN, and Christiana Clauson, MPH, in the Health Promotion and Preventive Services (HPPS) department of the UA Campus Health Service.