

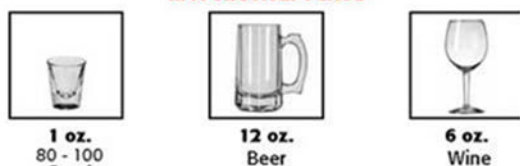
THINK BEFORE YOU DRINK

YEAH SURE YOU MAY THINK "WHOO IT'S FRIDAY. LET'S GET IT!!" BUT HOW MUCH ARE YOU REALLY DRINKING...ARE YOU **BINGE DRINKING**? BINGE DRINKING IS DEFINED AS A PATTERN OF ALCOHOL CONSUMPTION THAT BRINGS THE BLOOD ALCOHOL CONCENTRATION (BAC) LEVEL TO 0.08% OR MORE. THIS IS 4-5 OR MORE DRINKS IN ABOUT 2 HOURS. BINGE DRINKING IS ASSOCIATED WITH MANY HEALTH PROBLEMS, INCLUDING: UNINTENTIONAL INJURIES (E.G., CAR CRASHES, FALLS, AND BURNS, DROWNING); INTENTIONAL INJURIES (E.G., FIREARM INJURIES, SEXUAL ASSAULT, DOMESTIC VIOLENCE); ALCOHOL POISONING; SEXUALLY TRANSMITTED DISEASES; UNINTENDED PREGNANCY; CHILDREN BORN WITH FETAL ALCOHOL SPECTRUM DISORDERS; HIGH BLOOD PRESSURE, STROKE, AND OTHER CARDIOVASCULAR DISEASES; LIVER DISEASE; NEUROLOGICAL DAMAGE; AND SEXUAL DYSFUNCTION.

DRINKING IS DANGEROUS- ESPECIALLY TO THOSE UNDER THE AGE OF 21. BE SURE TO **THINK BEFORE YOU DRINK!!!**

DRINK COUNTING METHOD

Blood Alcohol Content
In A One Hour Period



NUMBER OF DRINKS							
CUST. WEIGHT	1	2	3	4	5	6	7
100 LBS	.036	.076	.105	.140	.180	.220	.250
125 LBS	.030	.060	.090	.120	.150	.180	.210
150 LBS	.025	.050	.075	.100	.120	.150	.170
175 LBS	.020	.040	.060	.085	.105	.130	.145
200 LBS	.016	.036	.050	.070	.090	.105	.120
225 LBS	.014	.028	.043	.065	.080	.100	.110

REMEMBER - The liver removes the equivalent of one ounce of 80 proof alcohol per hour. One ounce of 80 proof alcohol, 12 ounces of beer, or 6 ounces of table wine all have the same effect on the body. As a professional bartender, you **MUST** know your state's Blood Alcohol Content laws! **All states have set their BAC to .08% as federally mandated!**

Chocolate...Health Benefits? Winning!

Mmm Chocolate. What is it that makes chocolate so irresistible? A large part of chocolate's allure, of course, lies in the taste - a deliciously rich concoction that satisfies the most intense craving. But several chemical reactions are also at work. For one thing, chocolate stimulates the secretion of endorphins, producing a pleasurable sensation similar to the "runner's high" a jogger feels after running several miles.

Dark chocolate is good for your heart. A small bar of it every day can help keep your heart and cardiovascular system running well. Two heart health benefits of dark chocolate are:

- **Lower Blood Pressure:** Studies have shown that consuming a small bar of dark chocolate everyday can reduce blood pressure in individuals with high blood pressure.
- **Lower Cholesterol:** Dark chocolate has also been shown to reduce LDL cholesterol (the bad cholesterol) by up to 10 percent.

Trick or Treat!

Halloween should be full of fun, costumes and candy. Yet, too often college kids party and succumb to the dangers of this holiday. If you are walking at night, watch for traffic! If you are 21, do not consume a dangerous amount of alcohol. Alcohol is involved in 50% of all driving fatalities. Stay off the roads if you have been drinking!

Be safe. Be smart. Have FUN!

"Only those who dare to fail greatly can ever achieve greatly."