

# Beer drinkers tackle sport with gusto, playful games

By JENNIFER HARLEY  
Staff Writer

Beer drinking has become a sport. Couple UNC students with countless regional, national and imported brands of beer available to them, and the competition begins.

Jay Wardlaw, a sophomore from Omaha, Neb., says he plays beer drinking games "to get away from it all, have fun and meet people." Wardlaw says "quarters" is his favorite.

The game involves bouncing a quarter into a glass centered in a circle of friends. If the player misses, he must take a drink of the golden beverage.

But beer games' rules and equipment vary tremendously along with the different levels of creativity and skill. Many require slight physical exertion, while others as much mental adroitness as the players can muster. Aside from obvious necessities such as beer and people, games can utilize cards, dice, balls, coins, frisbees, matches, cigarettes, television shows, music, furniture, grocery bags and board games.

Though the traditional "Buzz" and "Quarters" remain popular, several others are gaining in popularity. There are also games, "Thumper," "Cardinal Puff," "Bowling for Beers" and "Smurf."

In "Bowling for Beers," each dropped pin earns the player an ounce of beer while gutter balls merit a chug. "Smurf" is unique because it is played early in the morning when the Smurf cartoon is aired on television. Players take a gulp of their beer each time the word "smurf," or any word derived from it, is spoken.

"Buzz" players sit in a circle and carefully count, substituting the word "buzz" for all multiples of seven, numbers that have seven in them and double numbers.

According to the authors of "Beer Games II," "Bite the Bag" is the quintessential beer game, combining physical and mental dexterity with

copious kegging capacity." The object of the game is to successfully lift an empty grocery bag up off the floor using only one's teeth. Hands may not be used and only feet may touch the floor. Before each round, players take the required swallows of beer. The tricky part is that after each round, a referee tears a strip off the top of the bag, making it progressively smaller. Finally only a scrap of paper remains for players to retrieve, after having consumed necessary swallows.

Eager businesses are profiting from the new trend, marketing board games like "Pass Out" and "Chug a Lug." Books like "Beer Games,"

volumes I and II, written by four game enthusiasts from Yale University, are also available.

Perhaps the greatest attraction to beer games, though, is that they are inherently flexible. Essentially anything goes depending on the mood, imagination and degree of sanity of the players.

"I play to loosen up before I go downtown," says Erich Talley, a sophomore from Burlington.

Doug Dusenberry, also from Burlington, has ulterior motives when he plays beer-drinking games. The sophomore says "It's easier to meet girls downtown that way."

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**AIDS . . . For your own and others' protection and peace of mind, you need to know about this deadly disease. It has no proven cure so far and has killed more than half of the persons diagnosed as having it.**

## What is AIDS?

AIDS stands for *acquired* (not inherited) *immune deficiency* (breakdown of the body's defense system) *syndrome* (group of conditions that together characterize a condition or disease). The reason that it is so dangerous is that the body of a person who has it cannot protect itself from even simple infections. The body becomes extremely vulnerable to severe infections and rare cancers that cannot be stopped.

Since AIDS was first reported in the United States in 1981, more than 20,000 persons have been identified as having it. But it is not known how many more persons are infected with the virus and are silent carriers of the disease.

The largest group of people infected with AIDS virus is not presently ill. Since they have no symptoms, they can be identified only by a blood test. This test can confirm that the virus is present, but it cannot predict whether a person will develop AIDS or ARC — AIDS-related complex. Less than one-fifth of ARC cases develop AIDS. All persons with a positive blood test should regard themselves as carriers of the virus — because even if they have no symptoms, they could be contagious and transmit the infection.

## What are the symptoms?

- persisting, excessive *tiredness*, for no reason
- recurring *fevers*, chills or night sweats
- unexplained *weight loss* of 10 or more pounds
- persistent enlargement of lymph *glands* (in neck and under arms)
- *sore throat* or white spots or patches in mouth that don't go away
- a new, persistent *cough*
- easy *bruising* or unexplained *bleeding*, any place on body
- persistent *diarrhea*
- pink or *purple bumps* or blotches on the skin

If any of these symptoms last for a couple of weeks, get in touch with your doctor immediately. You can call one of the numbers listed at the end of this article and get information without giving your name. Your confidentiality, in any case, will be protected. These AIDS-related symptoms are a lot like those with other diseases, ranging from flu to other blood diseases and cancer. If you have these symptoms, see your doctor for your own protection.

If you suspect that you have been exposed to AIDS, call your doctor. A blood test can show if you have the virus. Because even if you have no symptoms or never get AIDS, you can be a *silent carrier*—someone who can pass AIDS on to others. So if you think you have been exposed to AIDS, you should act to protect yourself and others.

## How is AIDS transmitted?

AIDS is not easy to get. There is no real evidence that you can get it from casual contact. It is transmitted by intimate sexual contact and by exposure

to contaminated blood. The risk of kissing is uncertain, but it is best to avoid deep or rough kissing that damages tissue.

AIDS and ARC are believed to be caused by a virus called HTLV-III in the United States and LAV in Europe. It is a very fragile virus that does not live outside human body fluids (blood, semen and saliva) of infected people.

## Who gets AIDS?

Some 70-75 percent of the persons with AIDS are homosexual or bisexual men; 17 percent have been intravenous drug abusers. Others at risk are those who receive blood transfusions, including hemophiliacs. (Currently, a test for the virus is reducing the number of cases transmitted by a transfusion of blood or blood derivatives).

You don't have to belong to any of these groups to get AIDS. Some infected people have been sexual partners of those in one of the risk groups. AIDS can be transmitted sexually between men and women. The possibility of infection from a prostitute is quite high. Women can be infected through vaginal intercourse with a male carrier, and the male sexual partners of female carriers also are at risk.

## What is the 'AIDS Test'?

The HTLV-III antibody test is not a test for AIDS or ARC. It may tell whether a person has been exposed to the virus but not whether the person has or will develop the disease.

Anyone with a positive test *probably* is infectious and should take care to protect others. Talk to a health professional to understand the limitations of the test. A person in a high-risk group who chooses not to be tested should behave as if he or she tested positively and should protect others in making decisions about sexual partners.

## How can the risk be reduced?

The Center for Disease Control advises the following to protect yourself from AIDS and other disease:

- Do not share needles, razors, toothbrushes, tweezers or anything else that might be contaminated by someone with a blood disease.
- Avoid the use of "recreational" drugs. They may weaken the immune system.
- Do not mix alcohol or drugs with sexual encounters. Your judgment to protect yourself and others may be faulty.
- Know your sexual partners well. Talk about AIDS and your sexual history.
- Limit the number of sexual partners.
- Avoid the exchange of body fluids. Proper use of condoms reduces the risk but may not eliminate it.
- Avoid any injury to body tissue during sex.

## Can I get AIDS from just being around someone with AIDS?

There is not a proven case in which AIDS has been transmitted by casual contact of any kind. People with AIDS, ARC or a positive test present no danger to those with whom they go to class, share bathrooms, eat or work. But remember to be cautious about objects that may have been involved with blood. (Household bleach is a useful disinfectant).

You need not be concerned about the safety of swimming pools, whirlpools, saunas or telephones. AIDS cannot be transmitted by coughing or sneezing.

If you live with someone who has

AIDS, ARC or a positive blood test and are cautious, you are at no extra risk unless you are sexual partners or sharing needles.

## How should I act around someone with AIDS?

Don't shun them. They need friendship and caring. They're already frightened and may be alone. You should make sure you know what to do to protect yourself, but help them, as much as you can — just as you would help anyone who had a frightening and serious disease.

## Should I be careful if I use needles in my job, for transfusions or other purposes?

Yes, make sure needles and other equipment are sterile. Make sure any needle that sticks you has not been used before. Drug users take unnecessary risks with soiled, shared needles.

In the workplace, observe the special guidelines provided in your department.

## Can I get AIDS by donating blood?

No. Nor can you get it by receiving hepatitis B vaccine or gamma globulin.

## How much at risk am I if I am a gay or bisexual male or a person who was described as susceptible?

All gays are not necessarily going to be exposed. Those in stable relationships with one partner generally are not as likely to be exposed as those with a lot of casual contacts. But everyone should be alert that anal intercourse and oral-genital intercourse seem the most likely ways of contracting AIDS or passing it on to others. The key is knowing the sexual history of your partner.

## Whom do I call about AIDS?

Call one of the numbers listed below if you have any questions at all. Be sure to call a clinic or your own doctor if you have any suspicion that you have been exposed to or have AIDS. Unless you need to see someone, your identity won't have to be known. Even if you do have to go for a blood test or for diagnosis and treatment, your right to privacy will be protected.

Don't be afraid to seek answers — no question is too silly to ask. Your confidentiality will be respected.

Remember that a lot of people care and want to help you if you fear that you have been exposed to or if you need to be treated for AIDS.

You can get information about AIDS from any of the following places, but you may want to call the area specially equipped to answer your questions.

- Students—the UNC Student Health Service at 966-2281.
- University faculty or staff members—your personal physician or the Orange County Health Department at 942-4168. The Employee Relations Division in the Personnel Office also can provide information and counseling about employment problems at 962-3894.
- N.C. Memorial Hospital employees—Health Service, 966-4480. This is for employees in any job (doctors, nurses, aides, dietary workers or laundry workers).

## Other resources available:

- Lesbian and Gay Health Project, 1-683-2182.
- Mental Health Section, Student Health Service, 966-3658
- Orange-Person-Chatham Mental Health Center, 929-0471

UNC-CH AIDS Task Force  
Dr. Michelle A. Ibrahim  
Chairman  
Dean, School of Public Health

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