

HOMECOMING

Tips advise how to keep tabs on alcohol

STAFF REPORT

Keep these tips in mind from the Will Rogers Institute in mind as you party this weekend.

Recent national polling reveals that less than half the public knows the crucial formula: the most common servings of beer (12 ounces), wine (5 ounces), spirits (1 1/4 ounces) and wine coolers (12 ounces) contain equal amounts of alcohol.

After your next tailgate party or happy hour--whether you've had beer, wine or spirits, don't drive.

One American dies in an alcohol-related accident every thirty-five minutes. Better walk an extra mile or spend the night at a friend's than risk taking lives on the road.

Eat something--before you go to a party and while you're there. Never drink on an empty stomach. Solid food like cheese can slow down the alcohol absorption rate. If you're throwing

a party, serve lots of munchies and plenty of mixers. Adding tonic, soda, or other mixers to spirits or wine slows down the rate of alcohol intake.

Don't be pushed into drinking more than you can handle or pressure your friends to keep up with you. Everyone has an individual tolerance. Let your friends pace themselves.

Keep a watchful eye: Cocktails should contain no more than 1 1/4 ozs. of spirits, wine is commonly no more than 5-oz. serving and a typical serving of beer is 12 ozs. If you're mixing your own drink, use a shot glass to measure liquor.

Know yourself-- and your mood. If you rarely drink, chugging a few beers will affect you faster than it would affect someone who is accustomed to drinking. Your mood can also influence the way you react to a drink. If you're depressed over a test or anything else, drinking will depress you further.

Miss WSSU is Veronica Howard

CONTINUED FROM PAGE 1

become involved in these worthy activities; Miss Howard said.

Miss Howard hopes to be a positive role model for everyone to follow. She feels this year will be a successful one for

the entire WSSU FAMILY.

Maria Williamson is a junior majoring in mass communications.



Speak Out

By Richard Alford

Homecoming is a time when students, former students, the faculty and staff along with thousands of Winston-Salem residents come together to celebrate this once-a-year event.

When thinking of homecoming, the first thing that comes to mind is one word "FUN!!!"

The question "What do you like best about homecoming" was asked to eight students. Here's what they had to say:

Bryant "Happy" Smith
From: Durham
Major: Undecided

"I feel kind of excited about homecoming because it is kind of like a championship game. Even if you lose, at least you made it this far, and had fun making it there."



Taylor

Rita Taylor
From: Winston-Salem
Major: Accounting

"I feel that homecoming is an exciting time to get together and celebrate. My favorite activities are looking at the pledges on line, the coronation, the homecoming show, the parade and last but not least, the game. Homecoming is also a time to get together with old friends, rela-

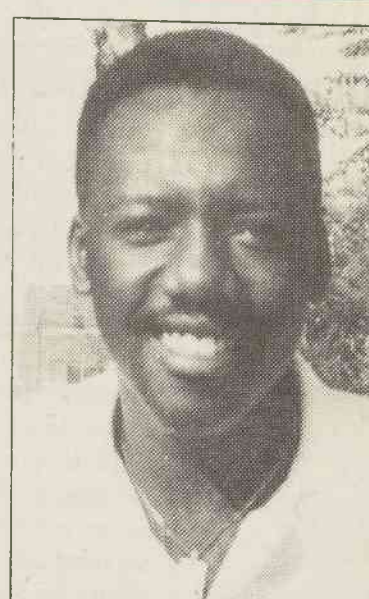


Razzak

tives, and past graduates of Winston-Salem State University, I love homecoming the most because it is the best event of the fall semester."

Akilah Razzak
From: Winston-Salem
Major: Accounting

"Homecoming is an exciting time of the year for everyone. I



Williams

think that it gives everyone from students to alumni an opportunity to share a joyful but intense moment especially during the homecoming game."

Jerome Williams
From: Topeka, Kansas
Major: Sociology

"I enjoy all the events centered around homecoming. My



Jack

favorites are the parade, the step show, and most of all, the football game. Homecoming just makes school fun to be a part of."

Happy Jack
From: Washington D.C.
Major: Computer Science

"Homecoming is a special time of the year when friends old and new get together and reflect on



Lamar C. Williams
From: ...
Major: ...

"Homecoming is a special time of the year when friends old and new get together and reflect on