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## RIDD Week To Prepare Students For Spring Break

The Alcohol and Drug Abuse Initiative will give students tips on how to RIDD themselves of irresponsible drinking and drug habits with a week of events beginning Monday (March 3).

The SHSU Ag Ambassadors and members of Respecting Ourselves and Others Through Education (ROOTED) will help kick off RIDD Week, by showing students how to "Catch a Bull by the Mock-tail," from 10 a.m. to 2 p.m. that day in the Lowman Student Center Mall Area.

That afternoon, health education professor and medical doctor David Ficklen will explain how date rape drugs, illicit, over the counter and prescription drugs can have a negative effect when mixed with alcohol.

"Interaction Reaction" will be held from 2-3 p.m. in Lowman Student Center Room 307.

On Tuesday, the ADAI will recruit designated drivers for a new program they will soon start during a drive from 10 a.m. to 2 p.m. in the LSC Mall Area.

"We want to take more steps to insure the safety of our Bearcats," said Lisa Joyner, ADAI assistant. That evening, the ADAI will team up with the men's baseball team in asking students to "Play it Safe."

During the game versus Rice, which will begin at 6:30 p.m. at Don Sanders Stadium, students can pick-up informational packets on ADAI programs, as well as safety tips.

The first 300 students will receive a free T-shirt and other spring break prizes, Joyner said.

Students can get information on dealing with peer pressure and other safety tips on how to survive spring break on Wednesday, at 10 a.m. in the LSC Mall Area.

At 3 p.m., the ADAI will teach students the basics in first aid in the event of a drug or alcohol overdose during "Save a Kat" in LSC Room 304.

"Sometimes we don't realize how much alcohol is too much and how much drugs are too much," Joyner said. "This event will show you the signs and symptoms of what to look for when you think that someone may be in danger."

That evening, students can join the men's basketball team in taking it "to the hoop" versus the University of Texas at San Antonio.

During the game, which begins at 7 p.m. at Johnson Coliseum, students will don a pair of beer goggles and join a game of musical chairs. Sammy the Bearcat also will be shooting out RIDD Week T-shirts throughout the game.

On Thursday, the Bearcats Advocating Sexual Education will discuss alcohol's affect on your inhibitions during "Safe Sex/Smart Sex," from 10 a.m. to 2 p.m. in the LSC Mall Area.

"Sex under the influence can lead to unexplained pregnancies, STDs/STIs (sexually transmitted diseases and infections) and lowered self esteem," Joyner said.

From 2-3:30 p.m., the ADAI will "lei" students "the safe way" with an activity focusing on sexual responsibility, abstinence, sexually transmitted diseases and infections, contraception and the effect alcohol and drugs can have on each.

"Collegiate Leis," during which students can learn the skills of Hawaiian fun fur lei making, will be held in LSC Room 204.

Finally, on Friday, students can pick up a "Spring Break Survivor Kit," including "necessities that will help you have a fun but safe spring break," from 10 a.m. to 2 p.m. in the LSC Mall Area.

RIDD Week will also include repeat sessions of the ADAI "wRite of Passage" and "Decisions Under the Influence" programs that will be held at a variety of times in SHSU's residence halls. A complete schedule can be

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found online at <http://www.shsu.edu/mailer/riddweek.pdf>.

"RIDD Week will be filled with fun, informational events designed to heighten awareness about the risks associated with alcohol and drugs and to challenge the minds of our students, staff, and faculty at Sam Houston State University," Joyner said.

Class rosters will be available during the week for course registration, and participation can be listed on co-curricular transcripts.

In addition, prizes will be awarded at each event, as RIDD Week events are also part of the Six Weeks of Alcohol Awareness Training program.

For more information visit the [ADAI Web site](#) or contact [Rosanne Keathley](#), ADAI coordinator, at 936.294.1171.

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Feb. 29, 2008

Please send comments, corrections, news tips to [Today@Sam.edu](mailto:Today@Sam.edu).

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