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A local Stillwater favorite's cups contain more than one serving size and could cause alcohol poisoning. **(NEWS)**

Eskimo Joe's well-known Joe's cups tend to be a favorite for mixing alcoholic drinks on the weekend. The only problem with using the cups for this purpose is that Joe's cups are 16 ounces. **(CONTEXT)**

Kim Poslick, coordinator of the Alcohol and Substance Center at Oklahoma State University, wants students to be aware that drinking 16 ounces of any substance at one time is not healthy but when the substance is alcohol the consequences could be dangerous.

"Alcohol poisoning occurs at different blood alcohol levels with different people," Poslick said. "That is why binge drinking is so dangerous. We don't know ahead of time how much it will take with any given individual." **(SCOPE)**

Binge drinking can lead to alcohol poisoning. Although binge drinking depends on what type of drink is being made and the person drinking it, the speed at which the drink is finished alters whether or not alcohol poisoning will occur, Poslick said.

(IMPACT)

Eating a healthy meal and drinking plenty of water are a few steps that can possibly prevent alcohol poisoning. **(EDGE)**

People often assume that the leading cause of alcohol poisoning is drinking too much; however, a lack of nutrition can also bring it on. Elizabeth Lohrman, coordinator for Nutrition Services, urges students to use cups with fewer ounces.

“Binge drinking takes nutrition away from a person’s body,” Lohrman said. “Drinking on an empty stomach leads to poor consequences on a body.”

Even when taking the proper precautions, there is no way to tell when alcohol poisoning will occur, Lohrman said. Four or more drinks for women and five or more drinks for men are considered binge drinking. A person’s weight also plays a factor in potential alcohol poisoning.

Some things to look out for are slow or irregular breathing, hypothermia, mental confusion or vomiting. If someone suspects a person has alcohol poisoning, it is best to know the danger signs and not wait for every symptom to present itself.

Morgan Ray, an OSU graduate who received a degree in Health Education and Promotion, had the opportunity to present information to students on alcohol awareness. She was a member of Share the WEALTH, a peer health group on campus.

“If someone is conscious, make sure that they do not drink any additional alcohol,” Ray said. “Do not try to let them sleep it off if any signs are present; seek medical help. It’s better to be safe than sorry.”

Eskimo Joe’s is one of the most well known locations in Stillwater; however, it is not the only place in Stillwater that serves such big drinks.

A local bar, the Copper Penny, is home to the Limey, a 32 ounce mixed drink that is purely alcohol. Before Jonathan Adams, an aviation junior, turned 21, he was warned about the Limey.

“People told me the best way to drink a Limey was to share it,” Adams said. “It is a lot for one person to finish on their own.”

Neither place publicizes that their cups are two serving sizes. Because this information is not common knowledge, many students are not aware that they could get alcohol poisoning.

“I had no idea that Joe’s cups had two serving sizes, but that explains a lot,” Adams said.

Some people may be aware of this fact. Eskimo Joe’s or the Copper Penny are not going to share this knowledge with the public in advertisements. Their cups are such a big part of their business.

“I think by putting posters up on campus, chalking and signs in bar bathrooms are all beneficial ways of spreading the word about the size of Joe’s cups,” Ray said.

Sources

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