

# dapa newsletter

SPRING  
2013

## in this issue:

- Letter from the President
- Alcohol & Stress
- Coupons & DAPA Deals
- How does DAPA work?
- Past & upcoming events
- NASD 2013
- Find a DAPA



## letter from the president

DAPA has had a fantastic year so far, beginning with a retreat at the Sargent Center in Hancock, New Hampshire, to plan ahead for the year. We then presented our freshman workshops to every freshman entryway, which we are proud to report having continued to increase in approval ratings every year since their inception. At the BACCHUS General Assembly, a national conference for peer educators, DAPA was honored to receive awards for our new website, including the “Most Innovative Use of Technology,” as well as being voted “Outstanding Network Member” for the organization as a whole.

We are thrilled to welcome our new class of 11 DAPAs (or “DAPlings,” as we call them), who will go through 30 hours of training this spring before joining subcommittees in the highly anticipated “DAPA Draft” later this spring. In addition to the work done in subcommittees, DAPA task forces are continuing to work on HarvardProof, a new alcohol education module for incoming freshman that’s Harvard-customized, and Party Savvy, a party-host training workshop to be utilized in upperclass Houses. Keep an eye out for our awesome events this spring, and always remember—you’re smart, so party smart!



DAPA President  
Margaret Crane, '14



# dapa newsletter SPRING 2013



## find us!

**Office of Alcohol & Other Drug Services**, 7 Linden St,  
2nd Floor, Cambridge

[harvarddapa.org](http://harvarddapa.org)

@harvard\_dapa

[facebook.com/harvarddapa](https://www.facebook.com/harvarddapa)

[HarvardDAPA@gmail.com](mailto:HarvardDAPA@gmail.com)



## how does dapa work?

A DAPA's first semester is dedicated to more than 30 hours of training in all areas of drug- and alcohol-related topics. DAPAs spend the majority of their careers, however, on one of four subcommittees: Events, Grants, Community Education & Outreach (CEO), and Promotion & Design (PD). The subcommittees work to encourage an informed party atmosphere at Harvard College through a combination of individual and collaborative projects.

Have you seen DAPAs rocking our signature lime-green swag or gotten a free Camelbak bottle at National Alcohol Screening Day? Promotion & Design designs everything with our brand, including (but definitely not limited to) event advertisements, water bottles, this newsletter, and our signature party kit (right).

The Grants subcommittee manages DAPA's budget and reviews student party applications each week. They award hundreds of dollars to students each semester for the purchase of food and non-alcoholic beverages and supply party kits including lime-green plates, cups, and napkins.

Events, as you might guess, plans our big events, many of which you'll read about on the next page! These include both social and educational events, like film screenings, workshops, and the upcoming Carnival, both on and off campus.

CEO brainstorms ways of keeping in communication with the student body through poster and social media campaigns, providing late night food in the Square for Harvard students through DAPA Deals, and managing our website. Check it out at [harvarddapa.org](http://harvarddapa.org) for campus events, blog posts, our drug-*ipedia*, the party grant application, and contact information for your entryway or House DAPA!



## did you know?

In a 2012 survey (n = 2469), 98% of Harvard students reported being comfortable seeking medical attention for themselves or a friend under Harvard's Amnesty Policy.

Don't know Harvard's policies on alcohol and other drugs? Get in touch with a DAPA, stop by the AODS office, or check us out online!



Look out for upcoming deals with Quincy Grille and UNO!

# dapa newsletter

SPRING  
2013

## alcohol and stress

With midterms, papers, event-planning, practice, and everything else that keeps us so busy during the semester, how do you relieve stress? Some people de-stress by working out, sleeping, watching TV—or drinking. But alcohol can make stress worse.

“Stress” refers both to stressors that disturb an organism (you!) and to the organism’s physiological responses to those stressors. Alcohol alters your body’s responses to stress, often worsening rather than relieving it. Studies have found that stress can reduce alcohol’s pleasant effects, potentially leading to unsafe increases in consumption as consumers try to obtain the same effect. Studies also suggest that alcohol can decrease cortisol, a hormone released in response to stress, and prolong the feeling of tension triggered by the stressor. Over time, these changes can result in alcohol addiction.

How alcohol will affect your body’s particular response to stress depends on many factors. Find out more about alcohol’s effect on the body on our website and in the sources below. Remember: You’re smart. Party smart.

- National Institute on Alcohol Abuse and Alcoholism
- Alcoholism: Clinical & Experimental Research. “Stress and alcohol ‘feed’ each other.” ScienceDaily, 19 July 2011.
- Drinking alcohol may prolong, not relieve, stress. US News. US News & World Report, 15 July 2011.

## do you know a dapa?

**Class of 2013:** Melanie Comeau, Hilary Hayssen, Megan Fazio, Brittany Powell, Nevin Raj, Treavor Scales, Meghan Smith

**Class of 2014:** Matthew Abrams, Margaret Crane, Caitlin Fai, Andy Harris, Peyton Johnson, Neema Kanyua, Tyler Lewis, Susan Overall, Catherine Philbin, Jessica Salley, Joseph Zarrella, Luke Zelon

**Class of 2015:** Danielle Barbian, Kat Baus, Ali Nuri Bayar, Samir Faza, Annie Garofalo, Allison Harvey, Zachary Hodges, Kelsey McKenna, Mandi Nyambi, Miguel Perez-Luna, Nicole Sarvis, Kendall Sherman, Ryan Simpson, Jessica Van Sweringen

**Class of 2016:** Nicole Baker-Greene, Jackie DelMuto, Joanna Guth, Serena Haggerty, Katini Mwangasha, Daniel Ryu, Jilan Shimberg, Patrick Steeves, Amber Wade

Top: Some DAPAs at the Sargent Center last August.  
Right: Our new class of DAPlings—DAPAs in training!

**DAPA & b.good  
are giving you  
A FREE  
16 OZ SHAKE  
when you buy  
a burger,  
sandwich or salad**

Anytime before May 1st, just bring this with you  
to b.good in Harvard Square so we can scan this code.



food made by people, not factories  
24 Dunster Street, Harvard Square

