

Cheers! Some suggestions for surviving the holidays

Deb Severin, FH

The happiness and hopefulness surrounding the winter holidays offer natural opportunities to celebrate. Alcohol is often a part of the celebration, and even those individuals who don't normally drink alcohol will consume some alcoholic beverages. If you don't buy alcoholic beverages yourself, they will probably be offered to you frequently during these holiday gatherings.

Whether you are a guest at a party or the host of a holiday celebration, everyone wants a safe drive home. Follow the suggestions below to help assure you and your guests will have fun and live to remember it.

If you are the host:

- Don't make drinking the main focus of your party.
- Before the party begins, designate someone to help you keep things under control.
- Provide plenty of attractive non-alcoholic drinks and nutritious foods. Serve foods rich in protein and carbohydrates, like cheeses and meats, pizza and stuffed potatoes. Serve drinks such as juice, soda, coffee and non-alcoholic punch.
- If you serve an alcoholic punch, use a non-carbonated base such as fruit juice. The body absorbs alcohol faster when it is mixed with carbonated liquids.
- Try not to serve salty foods that make your guests thirsty.
- Know everyone's age. Never serve alcohol to minors and never ask children to serve drinks.
- Never force drinks on a guest.
- Mix and serve drinks yourself, or designate someone and avoid serving doubles; do not have an "open bar."
- Have a "car keys check-in" and take your guests' keys.
- Have some resources to call upon when a guest should not be driving home (a family member, a neighbor or police). Two local taxi companies are Tri-City Deluxe Cab Service at 783-1234 and LaidLaw Transit Services at 586-0212.
- Know who is driving. Identify designated drivers as they arrive. Make up some ""Designated Driver" or "No thanks, I'm driving" labels to wear during the party.
- Provide alternative activities such as dancing and board or card games, so guests are not solely focused on drinking.
- Close the bar at least an hour before the end of the party.

If you are the guest:

- Eat something before you drink, and always sip your drink slowly.
- Concentrate on consuming the goodies rather than alcohol.
- Set a limit on how much you will drink and stick to it.
- Don't drink punch or eggnog without asking first if it is spiked with liquor. Alternate your alcoholic drinks with other beverages such as water or juice.
- Don't feel you have to drink alcohol to "get in the mood."
- If someone asks you if you want a drink, and you do not drink alcohol at all, say, "What a good idea. I would love a drink. Do you have soda water with lemon or a soft drink?"
- Watch out for those Christmas cake rum balls!

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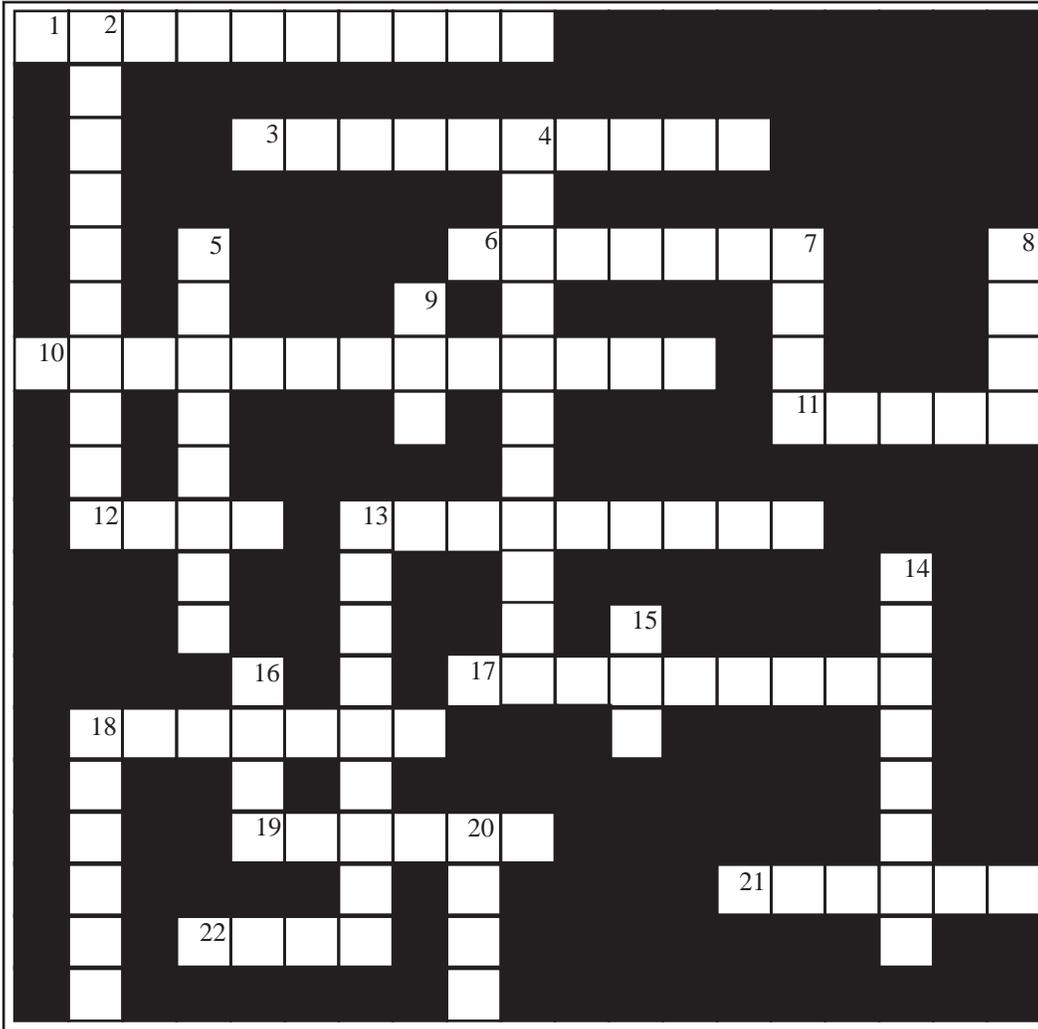
Cheers! Some suggestions for surviving the holidays, cont.

- Remember, if you want to keep seeing your children smile, don't drink and drive – *not for even a mile!*

Even if you leave a party sober, as you drive home you have to be extremely cautious to watch out for other drivers who may have been drinking. Some clues to help you identify drunk drivers include: weaving or swerving, very slow speed, inconsistent signals, braking erratically, stopping without apparent cause, accelerating or slowing rapidly, driving with headlights off at night, wide turns and speeding. Report a suspected drunk driver immediately to law enforcement.. ♦



Solve the crossword puzzle to remind yourself to drive safely this holiday season. Submit your completed crossword puzzle to **Deb Severin, Fluor Hanford Safety Awareness, at A0-23**. The first 75 correct responses will receive a prize.



ACROSS

- _____, snow boots and kitty litter are just some of the items to carry in your car (two words).
- _____ can lead to poor driving decisions.
- Improper _____ is one of the common causes of head-on collisions.
- Don't use _____ or overdrive on icy roads.
- _____ to stay alive.
- In a _____, turn your wheels the way you want the vehicle to go.
- Wearing your seatbelt reduces the risk of death by _____ percent (two words).
- Safe driving requires _____ of what's going on around you at all times.
- The biggest danger to sledders is not on the hill but in the _____.

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ACROSS, cont.

19. Hydroplaning rarely occurs at speeds under _____ miles per hour.
21. Salt used to de-ice roads acts in _____ minutes.
22. Tires often need _____ air pressure during cold weather.



DOWN

2. Most cases of _____ develop in air temperatures between 30 to 50 degrees (two words).
4. Driver _____ is the contributing factor in many crashes
5. After _____ any amount of alcohol your reaction time is slower.
7. Set a _____ driving example, even if others don't.
8. Safe driving requires a _____ attitude.
9. _____ can be as treacherous as rain or snow.
13. The most common hazard in the cold is _____.
14. It is safe to dream about driving, but dangerous to drive while _____.
15. It takes _____ seconds to fasten your seatbelts.
16. _____ belts save lives!
18. Hanford's number-one priority is _____ .
20. Only _____ will make you sober enough to drive.