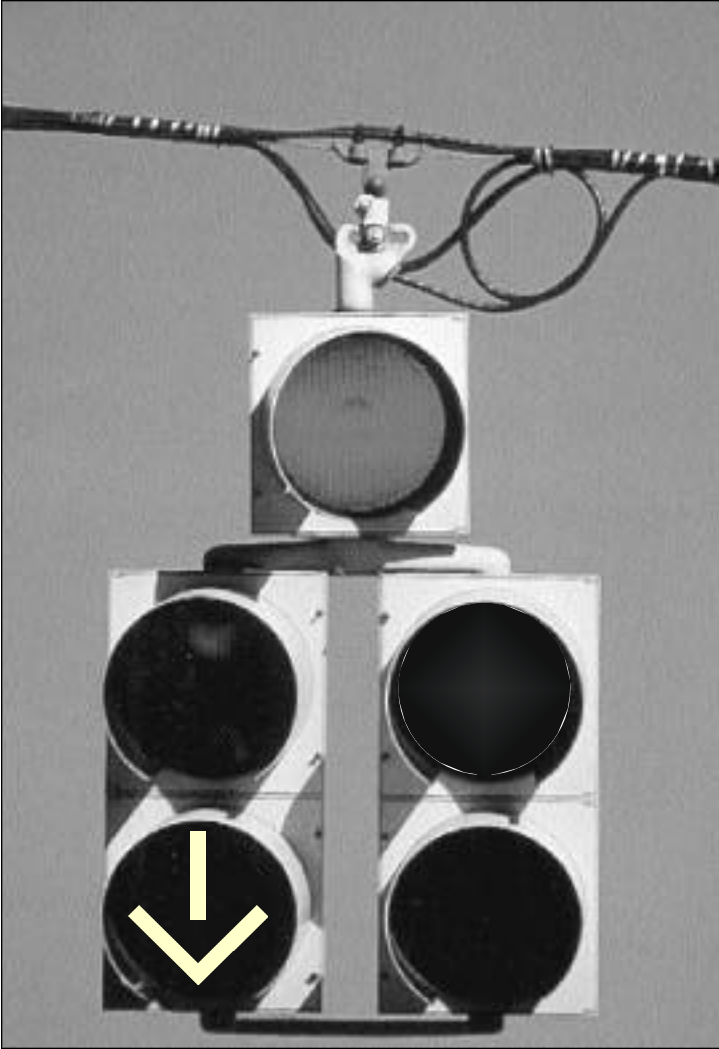


# HOLIDAY PARTY PLANNING

## The DWI Prevention Plan



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PAULA ROSSI,  
Peer Health Educator, SHC

**B**etween office parties, receptions, family gatherings and New Year's Eve bashes, the holiday season which, begins on Thanksgiving Day, is a deadly time to be driving on our highways. Drug or alcohol use, coupled with bad weather, can impair a driver's ability to operate their vehicles and result in disaster. Most accidents caused by alcohol/drug impaired driving are the direct result of a person's decision to drive while under the influence.

Here are some ways you can be a responsible host and a good friend.

Ask each group who their designated driver is and give that person a "No thanks, I'm driving" button or sticker. Collect car keys at the door.

Keep several cab company phone numbers handy. Find out about "safe ride" programs in your area. Be prepared to provide overnight accommodations (sleeping bags, cots, inflatable mattresses etc) for unexpected overnight company.

Serve food and lots of it. High-protein foods such as cheese, nuts (unsalted), meat and fish slows the body's absorption of alcohol. Avoid salty foods that encourage people to drink more.

Know the limits. Only time will sober up your guests. Coffee, cold air, even a cold shower won't help. Don't be fooled by lines like, "I'm fine. I only had a couple of drinks."

Obey the law. Hire a bartender who will card anyone who appears to be under age.

Keep several cab company phone numbers handy. Find out about "safe ride" programs in your area. Be prepared to provide overnight accommodations (sleeping bags, cots, inflatable mattresses etc) for unexpected overnight company.

NEVER serve alcohol to anyone under the age of 21 or to a guest who is visibly intoxicated.

Have a variety of non-alcoholic beverages available such as juice, soda, bottled water, coffee and tea. Make a smashing "mocktail" in a beautiful punch bowl (see recipes below).

#### Mocktail Recipes:

DESIGNATED DRIVER'S DELIGHT  
2 1/2 OZ. ORANGE JUICE  
1 1/4 OZ. PINEAPPLE JUICE  
1 1/4 OZ. CRANBERRY JUICE  
2 SCOOPS VANILLA ICE CREAM

3 - FROZEN STRAWBERRIES  
MIX IN A BLENDER UNTIL SMOOTH. SERVE IN A HURRICANE GLASS WITH AN ORANGE SLICE AND A STRAWBERRY.

THE ENFORCER  
FRESH BREWED COFFEE  
WHIPPED CREAM  
CHOCOLATE SPRINKLES  
SUGAR CUBES  
CINNAMON

POUR COFFEE INTO A MUG AND STIR IN 2 SUGAR CUBES AND A DASH OF CINNAMON. TOP WITH WHIPPED CREAM AND CHOCOLATE SPRINKLES.

NEW YEAR'S EVE KISS  
POUR 2 OZ. PASSION FRUIT JUICE IN A CHAMPAGNE FLUTE. FILL WITH CLUB SODA.

#### When the Party is Over...

If one of your guests has been drinking, do not return their car keys or let them drive. They could hurt themselves or others and sometimes a little persuasion could mean the difference between life and death.

Suggest that your impaired friend stay overnight in your home.

Have your friend taken home in a taxi. Pay for the ride yourself, it is hard to object to a free ride.

Whatever you do, don't give in. Friends don't let friends drink and drive.

**How to protect yourself from impaired driving**

Never ride in a car with someone who has been drinking. If you don't have a ride, call a cab.

Your best defense against a drunk driver is to wear your safety belt and be sure children are properly secured in child safety seats. Support measures to strengthen drunk driving laws by contacting elected officials.

#### STUDENT HEALTH CENTER ANNOUNCEMENTS

Jingle Bell Campaign – DWI

Info Tables:

**Monday** Dec 11, 12-2pm, Student Cafeteria

**Tuesday** Dec 12, 12-2pm, Student Cafeteria

**Wednesday** Dec 13, 12-2pm, Carman Café

#### HEALTH EDUCATION INTERNSHIP PLACEMENT

Available at the Student Health Center With the Health & Prevention Program

#### COME SEE OUR NEW T3 STUDENT LOUNGE

Building T3-Room 111

#### FOR MORE INFORMATION

regarding alcohol, drugs, driving under the influence, or any other health-related topic of interest, contact:

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