

If you catch a buzz, catch a ride

This holiday season, if you catch a buzz, catch a ride

Designate a Sober Driver Before Every Holiday Party

Nov. 30, 2009 -- The holiday season is supposed to be time for family, friends, and festive celebrations, but it is unfortunately also a time when there is a tragic jump in the number of alcohol-related highway fatalities each year between Thanksgiving and New Year's.

That is why Carlisle Barrack's Army Substance Abuse Program is joining with other national, state and local highway safety and law enforcement officials to remind everyone this holiday season to always designate a sober driver before each holiday party or event involving alcohol.

Nationally, more than 17,000 people died in alcohol-related highway crashes during 2003. Every 30 minutes, nearly 50 times a day, someone in America dies in an alcohol-related crash. Hundreds of thousands more are injured each year. According to the National Highway Traffic Safety Administration (NHTSA), about three in every ten Americans will be involved in an alcohol-related crash at some point in their lives.

Remembering to designate a sober driver before the party begins is just one of several, simple steps to help avoid a tragic crash or an arrest for impaired driving during the holiday season. Other reminders include:

- Never get behind the wheel of your vehicle if you've been out drinking;
- If impaired, call a taxi – use mass transit if available – or call a sober friend or family member to come and get you;
- Or, just stay where you are and sleep it off until you are sober;
- If you are hosting a party this holiday season, remind your guests to always plan ahead to designate a sober driver, always offer alcohol-free beverages during the event, and make sure all of your guests leave with a sober driver; and
- *Friends Don't Let Friends Drive Drunk*. Take the keys and never let a friend leave your sight if you think they are about to drive while impaired.

Since 1981, every President of the United States has proclaimed December "National Drunk and Drugged Driving (3D) Prevention Month" to help underscore the public's commitment to preventing impaired driving and promoting the use of designated drivers and sober ride programs. The month of December and the New Year's Eve holiday are also often highlighted by significant increases in state and local law enforcement efforts to combat impaired driving such as the use of sobriety checkpoints and saturation patrols.

Driving impaired or riding with someone who is impaired is simply not worth the risk. The consequences are serious and real. Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for

driving while impaired can be really significant and not the way you want to spend your holiday season.

So remember, this holiday season, if you catch a buzz, catch a ride.

The Designated Driver Program on Carlisle Barracks: “You Drink – You Drive – You Lose”. LVCC and The Strike Zone support the Designated Driver Program.

- A designated driver is a person in a group of two or more drinking adults who agrees not to drink any alcoholic beverages and to safely transport the other group member’s home.
- If it is a large group, more than one Designated Driver may be needed.
- Designated Drivers **should not** drink any alcoholic beverages and are therefore **never** the person least drunk.
- Designated Drivers are also important if someone is taking medication that makes them drowsy or otherwise impaired.

LVCC - inform the bar tender that you are the designated driver and you will receive **FREE** non-alcoholic soft drinks or water throughout the event. They will give you a sticker that will identify you as such. (Wear it proudly).

STRIKE ZONE BOWLING CENTER – inform the staff that you are the designated driver and you will receive **FREE** non-alcoholic soft drinks or water throughout the event. You will receive a sticker that will identify you as such. (Wear it proudly).

Additional information, contact the Army Substance Abuse Office at 245-4576.