



What Have You Done to Save a Life Today?

4905, 5th Ave. Fort Rucker, AL 36362-5363
Comm. (334) 255-2919 – Fax (334) 255-2609
<https://safety.army.mil>

A Fun and Sober Summer

Bob Van Elsberg
Strategic Communication Directorate
U.S. Army Combat Readiness/Safety Center
Fort Rucker, Ala.

Ah, yes ... it's time to fire up the barbecue, kick back, open a few brews and enjoy the sunnier days of spring and summer. But while you're enjoying yourself, you might want to give some thought to the "mellowing" effects of your favorite adult beverage. While these beverages can go great with ribs, steaks and burgers, they don't mix so well when with gasoline, concrete and asphalt. Unless you are hosting the party, you'll probably have to go home afterward, and that's where the rub comes in. Whether behind the wheel or on your motorcycle, you'll need sharp wits — not dull, "buzzed" brain cells — to avoid dumb decisions. To keep the good times going this year, consider the following tips from Mothers Against Drunk Driving.

Planning a Party with Polish

There's a reason it's called throwing a party—a host has to be ready to catch some curve balls and juggle the unexpected when it comes to staging an event that's fun, entertaining and safe for everyone. Responsible hosts know part of showing guests a great time is making sure they get home safely. Dealing with safe driving is an important host duty, so we've compiled some quick tips to help you throw a memorably successful party without tossing caution to the wind.

- Plan activities like party games, door prize drawings or amateur fortune-telling.

Planned activities engage people, make for less active consumption of alcohol and ensure your friends remember the great event long after the last piece of confetti has settled.

- As guests RSVP, confirm that at least one person in each group is prepared to be the non-drinking designated driver.
- Provide plenty of food to keep your guests from drinking on an empty stomach.
- Avoid too many salty snacks, which tend to make people thirsty and drink more.
- Offer non-alcoholic beverages or mocktails for designated drivers and others who prefer not to drink alcohol.
- If preparing an alcoholic punch, use a non-carbonated base, like fruit juice. Alcohol is absorbed into the blood stream faster with a carbonated base.
- Be prepared by having the number of a taxi service on hand for those who need a ride. Also, be ready with some clean linens so you can turn your sofa into a hotel for guests who need to sleep it off.

During Your Party

- Never serve alcohol to someone under the legal drinking age, and never ask children to serve alcohol at parties.
- Don't let guests mix their own drinks. Choosing a reliable "bartender" will help you keep track of the size and number of drinks guests consume.
- If a guest appears to be drinking a bit much, offer to freshen his or her drink with a virgin version.
- Do not push drinks! Drinking at a party is not mandatory for having a good time.
- Have fun — but not too much fun. To be a good host, you should stay within your limits to make sure your guests stay within theirs.
- Close the bar 90 minutes before the party ends and serve a great dessert treat with coffee. Remember, only time sobers someone who has been drinking.
- If, despite your efforts, some of your guests have had too much to drink, drive them home, arrange for a ride with another guest who is sober, call a taxi or invite them to stay over.



**ARMY SAFE
IS ARMY STRONG**

