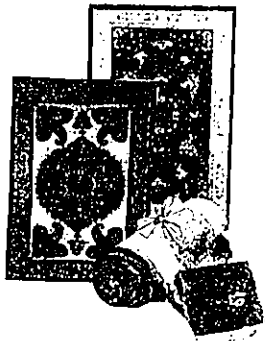


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## Holiday partying

Tune up your alcohol awareness

**Warning:** The surgeon general has determined that the holidays may be dangerous to your health.

Facetious? Maybe, but true. Every year, we Americans overindulge during the holidays — and with relish.

We overspend . . . and many of us overimbibe . . . all under the guise of holiday spirit.

However, those who overimbibe this season may get more than the proverbial hangover. Tough new drunk driving laws are going to be strictly enforced and those caught driving while intoxicated may be spending the holidays in jail.

In 1981, more than 2,000 people died on the nation's highways — victims of drunk drivers. But the loss of life in accidents caused by drunk drivers is something party-givers can do something about.

Today's wise party-givers know that the state's tough drunk driving laws will be doubly enforced this holiday season and are planning their parties to be lively but their guests sober.

The nation's CareUnit program and the National Institute of Alcohol Abuse and Alcoholism suggest the following holiday tips for the host and hostess who are planning on serving alcohol at their party.

- Offer more than drinks. When the focal point is liquor, the party is dangerously slipping. Stir up conversation. Find out a talented guest or play games, video or otherwise.

- Always have a jigger available when guests mix their own drinks. Guests who try to "eyeball" a jigger of booze will often end up drinking more than they had planned.

- If you plan on having a bartender, select one you know who will make drinks "light" and will quietly tell someone off when they've had too much.

- Don't double up. Many people get their drinks, so don't serve doubles for body can usually handle one drink an hour, a double is equivalent of two.

- Don't push drinks. Let a glass be come empty before you refill. And the don't rush; especially if someone comes up empty too often. When a guest says "no" to an alcoholic drink, don't insist.

- Provide something non-alcoholic to drink. While canned soda is fine, it is as festive, or budget-wise as a punch.

- Serve food. Many hosts and hostesses serve a late dinner so that guests eat something substantial before leaving the party. Food slows down the rate at which alcohol is absorbed by the body.



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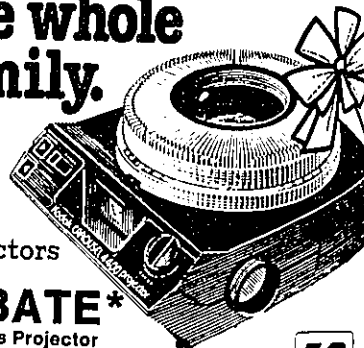
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