



MADD

Activism | Victim Services | Education™

NORTHERN VIRGINIA Chapter Newsletter

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Magazine Alcohol Ads Target Youth

By: Wendy J. Hamilton, MADD National President

Despite the industry's claims, a new study by The Center on Alcohol Marketing and Youth shows young people under the legal drinking age of 21 are prime targets for alcohol advertisers. Young people actually see far more beer, distilled spirits and "malternative" advertising in magazines than adults. Last year, nearly a third of all measured magazine alcohol ads were placed in 10 publications with a youth audience of 25 percent or more.

Studies like this one paint a clear picture of youth's exposure to alcohol marketing. Underage drinking is America's No. 1 youth drug problem - a problem ingrained in a society that often looks the other way while young minds are saturated with media messages and marketing campaigns that portray drinking as glamorous, sexy and cool. The results of these irresponsible ads are seen in increased binge drinking, drunk driving and other dangerous and often deadly choices made by impressionable young people. Numerous surveys and polls show that youth are influenced by alcohol advertisements.

In 1999 the FTC called on the alcohol industry to strengthen its advertising standards in order to reduce exposure to youth, yet it is clear the industry is falling short of meeting this order. Whether through flashy television commercials or ads in Rolling Stone, kids are clearly getting the message from alcohol advertisers. We say enough is enough. It is time for Congress and the FTC to take a harder look at the alcohol industry's marketing practices and its impact on our children. Changes must be made to protect our kids.

8th Annual Red Ribbon Run

This year's 8th Annual Red Ribbon Run is looking like it will be the most successful ever. Because of the beautiful weather last year, we had a record number of runners and we expect many of them to return this year.

The Red Ribbon Run is held in Alexandria at 4:00 pm on New Year's Eve. What a great way for families to begin their New Year's Eve celebrations! Because this event emphasizes healthy and fun physical activity, we hope that it encourages many people in our area to have a safe and sane holiday.

As always, we could not do any special events without the generous support of our corporate sponsors. This year's Red Ribbon Run sponsors are Nissan, Connection Newspapers, Acumen Heart Rate Monitors, Holiday Inn Eisenhower Metro Center, Fresh Samantha, Bagel Place, Pacers, Sportrock Climbing Centers, and Newton Asphalt.

The enclosed flyer is suitable for copying (as well as for your use to register for the race) and we hope that you will be willing to make copies and to put them up at your work or at your place of worship. If you have kids or grandchildren in school in the area, we ask that you send a copy to school for the bulletin board.

Also, we need volunteers to help with registration and to be course monitors. No experience is necessary. If you can spare a few hours on Tuesday afternoon, December 31st, please call the office at 703-352-3944 to volunteer.

When it's time to donate your car, it's really easy if you just call MADD!

News Briefs

Virginia Upgrades Child Seatbelt Laws

A new Virginia law requires that kids be properly restrained in child seats up until age 6. The old law required child seats for kids up to age 5. The new law, which became effective July 1, 2002, also requires seat belts for all kids ages 6 to 16 – wherever they are seated in a vehicle.

###

Updated Victim Board Nearing Completion

The committee, headed by John Franceschini, that is updating our Victim Board is nearing completion of its work. The board shows photos and the stories of people killed by drunk drivers. Showing the victims as individuals has a much greater impact than simply showing statistics. There is still room to add more photos to the board. If you are a family member of a victim killed by a drunk driver and would like to remember your loved one while helping to educate the public, please call the office at 703-352-3944.

###

Tie One On

When you opened your newsletter, did a Red Ribbon fall out? We hope so. We also hope that you will pick it up right now and take it out to tie it onto your car.

###

Please Renew Your Membership

If you have not renewed your membership in the past year, please take a few moments to do it now. Notice that there is a membership envelope enclosed with this newsletter. If you have already renewed (or are a victim or victim family member whose membership automatically renews), please give the envelope to a friend.

###

Vehicle Donations

For most of us, it is now almost the end of the tax year. Do you want to get rid of your old car but don't want the hassle of selling it? The MADD Vehicle Donations Program is the easiest program around for getting rid of your old car, getting the maximum tax deduction allowed by law, and helping MADD. The volunteers at the MADD Vehicle Donations Hotline are ready to help you. Just call them at 703-779-7534 or toll-free 1-877-547-9612. You'll be glad that you did.

###

Court Monitors

We presently have three trained Court Monitors who are gathering statistics about DUI cases in the courts of Northern Virginia. But we need more help. If you can spare about four hours during the normal workday to monitor the activities in the District Courts, please call the office at 703-352-3944 to get signed up for the training session. Not only is Court Monitoring fun and interesting, it is also a very valuable public service.

###

Tax Time

It's Tax Time! Although now is not the time of the year that most of us file our income tax returns, now is the time to do those things that will make it less painful in April. If you itemize your deductions, charitable contributions are one of the best ways to reduce the bite that Uncle Sam takes out of your assets. Not only do charitable contributions to MADD help reduce your income taxes, they also help MADD with educational programs and victim services here in Northern Virginia.

###

Alcohol Effects & You

What Alcohol Can Do:

Brain

Acting as a sedative on the Central Nervous System, alcohol depresses the nerve cells in the brain.

Lungs

High amounts of alcohol lower resistance to infection or may cause breathing to stop.

Heart

Alcohol weakens the heart muscles' ability to pump blood, leading to abnormal heart signs and an irregular heart beat. White and red cell production is inhibited.

Liver

Chronic heavy drinking may cause alcoholic hepatitis (inflammation and destruction of the liver cells) and then cirrhosis (irreversible lesions, scarring and destruction of liver cells).

Stomach

Alcohol irritates the stomach which can lead to peptic ulcers, inflammation, bleeding lesions and cancer.

Intestines & Pancreas

Blocking the absorption and breakdown of nutrients by damaging the lining cells of the intestinal tract and colon, alcohol may cause inflammation, ulcers and cancer of the intestines and colon. The pancreas can become inflamed and leak digestive enzymes which attack the pancreas itself.

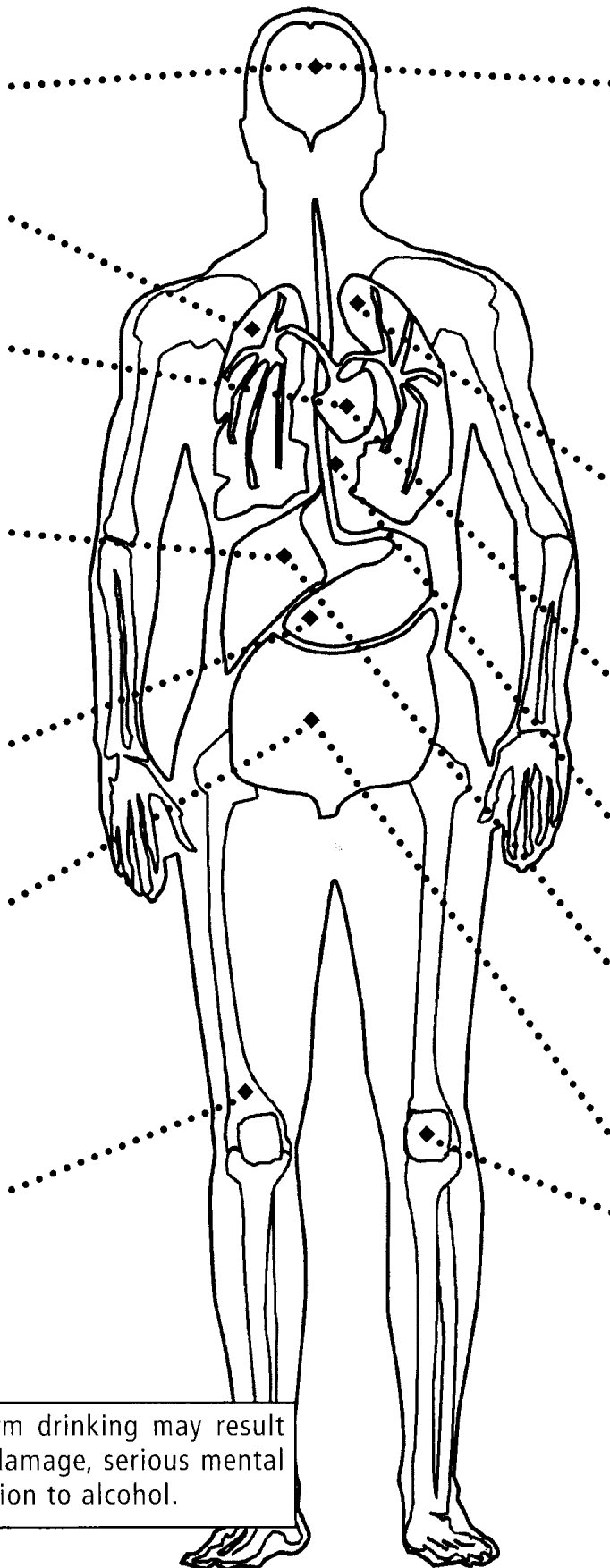
Bones & Muscles

Alcohol interferes with the body's ability to absorb calcium resulting in bones being weak, soft, brittle and thinner (osteoporosis). Muscles become weaker.

What May Happen to You:

- Because your cells are dulled, altered or damaged, you initially experience mild euphoria, and loss of inhibition.
- But as alcohol continues to affect regions of the brain controlling behavior and emotion, your memory, concentration and coordination become impaired. You can experience extreme mood swings and emotional outbursts.
- Your vision is impaired, your hearing is unclear, your senses of taste and smell are dulled. You experience an altered sense of time and space. Your fine motor skills are reduced as are your abilities to react. You suffer a loss of pain perception.
- As a heavy drinker, you have more pulmonary infections and can be more susceptible to pneumonia and lung collapse. You lose your reflexes and cannot clear your airway when you vomit. Stomach contents may get sucked into the lungs, which can lead to choking or pneumonia.
- You can suffer heart disease, stroke, high blood pressure and heart failure. Even social drinkers who binge on special occasions can sometimes experience bouts of irregular heartbeats, otherwise known as "holiday heart."
- Your prolonged alcohol abuse can cause anemia and abnormal blood clotting, resulting in excessive bleeding and easy bruising. Your reduced white cell count increases your susceptibility to infection.
- Because your liver's ability to remove yellow pigment is impaired, your skin appears yellow (Jaundice). Liver damage causes fluid to build in the extremities (Edema). Your liver will accumulate fat which can cause liver failure, coma and death.
- You experience nausea, diarrhea, vomiting, sweating and loss of appetite.
- You can suffer from arthritis and deformed joints, and can experience atrophied muscles with acute muscle pain and weakness.
- If you are a male, alcohol impairs your production of sperm and testosterone, and can lead to infertility and impotence. In females, decreased estrogen metabolism in the liver increases the amount of estrogen circulating in the body, which can contribute to menstrual irregularities and infertility.

WARNING: Long term drinking may result in permanent brain damage, serious mental disorders, and addiction to alcohol.



Consequences of DUIs

OFFENSE	FINE	POSSIBLE JAIL SENTENCE	MANDATORY INCARCERATION (no suspension)	LICENSE SUSPENSION	VASAP REFERRAL	IGNITION INTERLOCK
1ST Class 1 Misdemeanor	\$0 - \$2500	0-1 year	BAC .20 – .25 = 5 days BAC. .25 or > = 10 days	1 year (restricted license possible)	mandatory	optional
2ND within 5 years Class 1 Misdemeanor	\$200 - \$2500	1 month - 1 year	5 days and if BAC .20 –.25 + 10 days BAC .25 or > + 20 days	3 years (1 year, no driving; 2 years driving with restricted license)	mandatory	mandatory
2nd within 5 - 10 years Class 1 Misdemeanor	\$200 - \$2500	same as above	BAC .20 – .25 =10 days BAC .25 or > = 20 days	3 years (4 months no driving; 2 years 8 months driving with restricted license)	mandatory	mandatory
3rd within 10 years Class 6 Felony	\$0 - \$2500	1 year - 5 year in prison or 12 months in jail, either or both	10 days (within 5 – 10 years) 30 days (within 5 years)	indefinitely	n/a	n/a
4th or subsequent within 10 years Class 6 Felony	same as 3rd offense	same as 3rd offense	1 year	indefinitely	n/a	n/a
Zero Tolerance 18.2-266.1	\$0 - \$500	none	n/a	6 mos. (restricted license possible)	mandatory with restricted license	optional
Refusal	n/a	n/a	n/a	1 year in addition to DUI suspension	n/a	n/a

RESTRICTED LICENSE OPTIONS:

- 1) to and from work
- 2) to and from ASAP
- 3) during work
- 4) to and from school
- 5) medically necessary
- 6) ignition interlock
- 7) transport minor child
- 8) medically necessary transport of elderly parent
- 9) court-ordered visitation with ones minor child

*Persons convicted of a third or subsequent offense DUI may petition for a restricted license three years after the conviction. An evaluation must be conducted by VASAP. After five years, a person may petition for full license restoration, with a VASAP evaluation.

*ADMINISTRATIVE LICENSE REVOCATION: As of January 1, 1995, a driver's license will be suspended for seven days if a person registers a .08 or greater on a breath test or refuses to take a breath test.

*IGNITION INTERLOCK: If required, an individual may only operate a vehicle equipped with this device. The cost of the device must be paid by the driver. DMV may in some circumstances administratively require an offender to install an ignition interlock following his conviction of a 2nd or subsequent DUI.

UNDERAGE DRINKING

2002-2003

ARE THEY DRINKING?

Binge alcohol rates in 2000 were **1.0** percent for 12 year olds, **3.0** percent for 10 year olds, and **6.0** percent for 14 year olds. (SAMHSA, 2000)

Almost **7 million youth** aged 12 to 20 are binge drinkers and 2 million are heavy drinkers. That's 1 in 5. (SAMHSA, 2000)

* DID YOU KNOW? *

Forty percent of ninth-grade students have consumed alcohol before age 13. (CDC, 2000)

79% of all high school students have tried alcohol at least once. (CDC, 2002)

An estimated 46 million persons aged 12 or older participate in binge drinking. Of these, almost 7 million are younger than 21, the legal drinking age. (SAMHSA, 2000)

55.8 percent of underage students say that drinking "to get drunk" was an important reason for drinking. (Weschler, 2001)

ACCESS

80% of underage students obtain alcohol from of-age students. (Weschler, 2002)

Over half of all underage students report that alcohol is "very easy" to obtain. (Weschler, 2002)

THE CONSEQUENCES

Teens 15 and older who drink alcohol are **seven times** more likely to have sexual intercourse than those who do not drink. (CASA, 2002)

Young adults who are heavy drinkers are more likely to use marijuana and other illicit drugs. (SAMHSA, 2000)

In 2000, **2,339** youth ages 15-20 died in alcohol-related crashes. That's 50 per week. (NHTSA, 2000)

Teenagers who drink too much may lose as much as 10 percent of their brainpower—the difference between passing and failing in school....and in life. (Discover, Tapert, 2001)

The younger someone is when they begin to drink alcohol, the more likely that individual will eventually become an alcoholic. 40 percent of drinkers who got started before age 15 were classified later in life as **alcohol dependent**. (NIAAA, 2001)

FYI

Minimum drinking age laws have saved **20,043** lives since 1975. In 2000 alone, **922** lives were saved. (NHTSA, 2000)

Underage students in states with extensive laws restricting underage and high-volume drinking are less likely to drink and to binge drink. (Weschler et al, 2002)

Virginia's Use and Lose Laws

Use & Lose Law: Adult

VIRGINIA IS TOUGH on drunk and drugged drivers

18.2-266 – Driving Under the Influence of Alcohol and Drugs

When operating a motor vehicle, boat or water craft in Virginia, you are legally considered driving or operating under the influence if your blood alcohol content (BAC) is 0.08% or higher. You may be considered under the influence with a lower BAC if your ability to operate a motor vehicle, boat or water craft is impaired. If your driving is affected because you are under the influence of any drug, you may face the same penalty as driving under the influence of alcohol.

18.2-270 – Penalties

A second DUI offense within five years carries a mandatory jail sentence of at least five days and up to 30 days. A third DUI offense will be prosecuted as a Class 6 felony. If your BAC is 0.20% or higher at the time of the first or second offense, you face additional mandatory jail time.

18.2-270 – Transporting Children While Driving Under the Influence

You are subject to an extra penalty if you have children under age 18 in the motor vehicle when you are driving under the influence of alcohol or drugs. There is an additional fine of up to \$1,000 and up to 80 hours of community service for second conviction.

46.2-301.1 – Vehicle Impoundment

The vehicle you are driving will be immediately impounded or immobilized for 30 days if you are caught driving after your license has been suspended for an alcohol-related offense. The court can impound the vehicle for an additional 90 days following conviction. The owner of the vehicle impounded (other than the driver) may petition the court for release of the vehicle. Anyone who knowingly permits operation of their motor vehicle by a person known to have a revoked or suspended license for an alcohol-related offense can be charged with a Class 1 misdemeanor.

46.2-391.2 – Administrative License Revocation

Your driver's license will be automatically revoked by the arresting officer for seven days if your BAC is 0.08% or higher or if you refuse to take a breath test. You no longer have the option of requesting a blood test instead of a breath test for an alcohol-related offense.

18.2-323.1 – Open Container

You may be charged with drinking while operating a motor vehicle if you are stopped by law enforcement and you have an open container of alcohol in the passenger area, the contents have been partially removed, and you exhibit signs that you have been drinking. The passenger area means the area designed to seat the driver and passengers and any area within the driver's reach, including an unlocked glove compartment

Use & Lose Laws: Under 21

VIRGINIA IS TOUGH on underage drinkers driving under the influence of alcohol or drugs

18.2-266.1 – Equal Penalties

Persons under age 21 who drive while under the influence of drugs or with a blood alcohol content (BAC) of 0.08% or higher are subject to the same penalties as persons age 21 or older.

18.2-266.1 – Zero Tolerance for Under Age 21

If you are under age 21, and you drive with a BAC of at least 0.02% but less than 0.08%, you will receive a fine of up to \$500 and a six-month driver's license suspension.

18.2-270.1 – Ignition Interlock System

If convicted of a second DUI offense within five years of a first offense, you will lose your license for three years. You must use an ignition interlock for six months or more on every vehicle you own or co-own whether you apply for a restricted license (after one year) or a full license (after three years, applies to both adult and under 21).

4.1-304 – Persons to Whom Alcoholic Beverages May Not Be Sold

If you sell alcoholic beverages to a person under age 21, you are subject to a fine up to \$2,500 and 12 months in jail.

4.1-305

If you are under age 21 and you are in possession of an alcoholic beverage, you face a fine ranging from \$500 to \$2,500 and up to 12 months in jail.

4.1-306

If you purchase alcoholic beverages for a person you know to be under age 21, you face a fine of up to \$2,500 and 12 months in jail.

4.1-309

Drinking or possessing alcoholic beverages on public school grounds can result in a fine of up to \$1,000 and six months in jail.

4.1-305B – Misrepresentation of Age

If you are under age 21 and you use or attempt to use an altered, fictitious or simulated document or student ID to establish a false age in an attempt to purchase alcoholic beverages you will:

- be fined at least \$500 but not over \$2,500,
- be required to perform at least 50 hours of community service,
- face up to 12 months in jail, and
- be subject to suspension of your driver's license for up to 12 months.

This guide is an informational tool. It does not supercede the Code of Virginia, Virginia Administrative Code or any other statute.

2001 Virginia Crash Statistics*

General Facts

- 935 persons were killed, almost three per day, a 0.54 percent increase from 2000.
- 80,187 persons were injured, almost 220 per day, a 0.48 percent increase from 2000.
- 144,585 traffic crashes were reported, a 2.07 percent increase from 2000.
- There were 5,100,631 licensed drivers, a 1.32 percent increase from 2000.
- There were 86,969,000,000 estimated vehicle miles traveled, a 8.10 percent increase from 2000.
- There were 6,490,834 registered vehicles, a 2.81 percent increase from 2000.

Alcohol-Related Facts

- 358 persons were killed in alcohol-related crashes, approximately one death per day, a 0.85 percent increase from 2000.**
- 8,211 persons were injured in alcohol-related crashes, more than 22 per day, a 0.48 percent decrease from 2000.
- 34 teenagers, aged 15-19, approximately one death every two weeks, were killed in alcohol-related crashes, 3.64 percent of the total (935) traffic fatalities.
- 1,110 teenagers, aged 15-19, more than 21 per week, were injured in alcohol-related crashes, 1.38 percent of the total (80,187) traffic injuries.
- 28,478 persons were tested with a blood alcohol content (BAC) of .08 percent or greater, a 4.20 percent decrease from 2000.
- The average BAC of tested drinking drivers was .1376. ***
- Of those convicted for DUI, 83.68 percent were male and 15.92 percent were female.
- 28,044 persons were convicted of DUI, 2.26 percent increase from 2000.

* Excerpted from 2001 Virginia Traffic Crash Facts. Detailed information related to specific areas of the state (listed by county/city/town) is available from the Department of Motor Vehicles and on their Web site at www.dmvnow.com.

** Medical examiner data used in addition to police reports to determine alcohol-related status.

*** This includes an average of both breath and blood alcohol tests.

Young Driver Safety Facts 2001

Sixteen to 20-year-olds historically have the highest traffic deaths compared to other age groups. In calendar year 2001, 51 16 and 17-year-olds died on Virginia's roads, up six percent compared to the same period in 2000.

In calendar year 2001, 90 individuals in the 18 to 20-year-old age group died on Virginia's roads, down 17 percent compared with the same period in 2000.

Primary causes of the crashes during 2001 included driver inexperience, driver distraction (use of cell phone, operating CD players and radios, etc.), excessive speed, low usage rate of safety belts, and the use of alcohol. In fact, 34 percent of last year's 90 teenager fatalities were alcohol-related. And 63 percent of the victims were not wearing safety belts.

Holiday Statistics

In addition to the holidays of Thanksgiving, Christmas and New Year's; Memorial Day, July 4th and Labor Day are also dangerous times of the year to be on the road. In 2001 there were 61 total fatalities and 5,024 total injuries for the six major holiday periods. Of those fatalities 23 or 37.7% were alcohol-related and 19 or 31.2% were speed-related, and of the injuries 723 or 14% were alcohol-related.

The break down for 2001 fatalities and injuries was 10 fatalities and 929 injuries for Memorial Day, five fatalities and 409 injuries for July 4th, six fatalities and 837 injuries for Labor Day, 17 fatalities and 1,347 injuries for Thanksgiving, 13 fatalities and 836 injuries for Christmas, 10 fatalities and 666 injuries for New Years.

Vehicle crashes are devastating to those whose lives have been touched by an incident. One life lost represents a cost to society of approximately one million dollars. This includes medical costs, lost time from work and the loss that a person would have contributed to society.

Therefore: NEVER drink and drive, do not ride with someone who has been drinking and/or taking drugs, and ALWAYS use the proper safety restraints for you and others.

Remember, make it "None for the Road," and buckle up on every trip – it's your best defense!

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THE EFFECTS OF ALCOHOL

Alcohol effects **all parts of the brain**, which also affects the heart rate, coordination, speech, and destruction of brain cells. (Narcotic Education Foundation of America, 2002)

Alcohol is society's legal, oldest and most popular **drug**. (Narcotic Education Foundation of America, 2002)

Laboratory and on-road research shows that the vast major of drivers, even experienced drivers, are significantly **impaired** at .08 with regard to **critical driving tasks** such as braking, steering, lane changing, judgment and divided attention. (NHTSA, 2002)

<h3>YOUNG DRIVERS</h3> <p>The rate of alcohol involvement in fatal crashes is more than 3 times as high at night as during the day. (NHTSA, 2000)</p> <hr/> <p>Among young adults aged 18 to 25 years, 19.9 percent have driven under the influence of alcohol. (SAMHSA, 2000)</p> <hr/> <p>In 2000, 21 percent of the under-age drivers killed in crashes were alcohol-impaired. (NHTSA, 2000)</p>
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DRIVING UNDER THE INFLUENCE

One in ten Americans aged 12 and older (22.3 million persons) has driven under the influence of alcohol at least once. (SAMHSA, 2000)

13 percent of adults have ridden with a driver who has had **too much to drink** or have themselves driven after drinking too much. (Nationwide Insurance, 2001)

About **three in every ten** Americans will be involved in an alcohol-related crash at some time in their lives. (NHTSA, 2000)

THE CONSEQUENCES

There were 16,653 alcohol related fatalities in 2000-40 percent of the total traffic fatalities for the year. (NHTSA, 2000)

An estimated 513,000 people are injured in alcohol-related crashes each year, an average of 59 people per hour or approximately one person every minute. (NHTSA, 2002)

: ARRESTS AND CONVICTIONS:

Approximately **1.5 million** drivers were arrested in 1999 for driving under the influence of alcohol or narcotics. This is an arrest rate of 1 for every 121 licensed drivers in the U.S. (NHTSA, 2000)

About one-third of all drivers arrested or convicted of driving while intoxicated or driving under the influence of alcohol are **repeat offenders**. (NHTSA, January 2001)

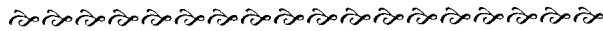
Only 17 percent of injured impaired drivers are charged and convicted. Eleven percent are charged and not convicted and **72 percent are never charged**. (Runge, 2002)

COLLEGE DRINKING

2002-2003

WHO'S DRINKING?

Males aged 12 to 20 are more likely than their female peers to report binge drinking. (SAMHSA, 2000)



Overall, underage college students consume approximately **half** of all the alcohol consumed by college students. (Weschler, 2002)



About **18 percent** of full time undergraduates are heavy drinkers. (SAMHSA, 2000)



Almost **7 million** persons aged 12 to 20 are binge drinkers and **2 million** are heavy drinkers. That's 1 in 5. (SAMHSA, 2000)

THE CONSEQUENCES

Academic Problems

About **25 percent** of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall. (NIAAA, 2002)

Sexual Abuse

More than **70,000 students** between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex. (Hingson et al, 2002)

Assault

More than **600,000 students** between the ages of 18 and 24 are assaulted by another student who has been drinking. (Hingson et al, 2002)

Injury

500,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol. (Hingson et al, 2002)

Death

1,400 college students between the ages of 18 to 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes. (Hingson et al, 2002)

THE BRUTAL TRUTH

Drinking by college students age **18-24** contributes to an estimated 1,400 student deaths, 500,000 injuries, and 70,000 cases of sexual assault or date rape each year. (Hingson et al, 2002)

2.1 million students aged 18-24 have driven a car while under the influence of alcohol. (NCADD, 2002)

THE PREDICTORS

Race/Ethnicity:

White students are more than twice as likely to be binge drinkers compared to other racial/ethnic groups.

Religion:

Students who say that religious participation is not very important to them are more than twice as likely to be binge drinkers compared to other students.

Athletics:

Students who said that athletic participation was very important to them are almost one-and-a-half times more likely to be binge drinkers.

Fraternity/Sorority Residence:

Residents of fraternities or sororities are 75% more likely to be binge drinkers compared to other students. (Weschler et al, 2002)

Responsible Hosting

Be the Life of the Party!

Planning for a successful event requires a tremendous amount of time, effort and energy. Whether hosting a small private gathering or a large charity event, party planners are responsible for making sure the event is not only fun, but also safe!

Did you know that nearly 40 percent of all traffic fatalities in Virginia are alcohol-related? The best defense against an alcohol-related crash is planning ahead! By following these tips, we hope your event will remain a cherished memory for years to come.

- Do not allow underage or intoxicated individuals to consume alcohol at your gathering.
- When offering alcoholic beverages, serve high-protein foods such as cheese and meats. These stay in the stomach longer, slowing down the absorption of alcohol into the bloodstream.
- Always provide non-alcoholic beverages as an alternative. Have a responsible bartender who will refrain from drinking during the party and who will use jiggers to measure alcohol for mixed drinks.
- Coffee and cold showers do not help someone sober up – only time can do that. Arrange rides for impaired and intoxicated guests or allow them to stay overnight.
- Remember that the alcohol content in a 12-ounce beer, a 4 to 5-ounce glass of wine and a 1-ounce glass of liquor (100 proof) is all the same, even when mixed with non-alcoholic beverages.
- Don't force drinks on your guests or rush to refill their glasses right away.
- Stop serving alcohol before the party is over and continue to serve food and non-alcoholic drinks.

Information on this page is excerpted from "Life of the Party: Responsible Hosting in Virginia." This booklet is packed with useful information for hosting a party, including when to apply for an ABC license, food and holiday recipes, and safety tips. To order a free copy, call the Virginia Alcohol Safety Action Program (VASAP) at (804) 786-5895.

Holiday Recipes

Sangria (serves 4)

4 oz. Orange juice

4 oz. Cranberry juice

2 Slices Lime, Lemon, Orange (each)

4-6 Fresh Cranberries (optional)

1 bottle sparkling apple cider

Ice

Place orange juice, cranberry juice and fruit slices into a pitcher. Add ice and pour whole bottle of sparkling apple cider over the rest of the ingredients. Stir with a spoon and serve in wineglasses.

Sassy Salmon Dip

1 can (about 7 oz.) Salmon, drained, flaked

Grated peel of half of fresh lemon

1 tablespoon fresh lemon juice

1 cup dairy sour cream

¼ cup chopped ripe olives

3 tablespoons of finely chopped green onion

2 tablespoons chopped parsley

Assorted raw vegetables or chips

Combine salmon, lemon peel and juice, sour cream, olives, green onion and parsley; chill. Serve as a dip with vegetables or chips. Makes about 2 cups dip.

Remember:

**Friends Don't Let Friends
Drink and Drive!**

Victim Support

Did you know that one of the hardest things for the staff at your MADD office to do is to find those people who need our help? We are very fortunate to have six qualified Victim Advocates assisting those who have been injured or who have lost loved ones in drunk driving crashes. Although our Victim Advocates all wish that there was no need for their services, they stand ready to assist those who need their help in the trying times after a drunk driving crash.

However, unless we can communicate with the victim of a drunk driving crash, we cannot help that person. So we need your help. If you know of someone who might need our services, please call the chapter office at 703-352-3944 and we will let the victim know that we are here. We do not call or otherwise bother victims unless they want us to get in touch with them. We send one dignified and discrete card letting them know of our services and then wait for them to call us.

Once someone is in contact with us, we can provide our entire range of services from Victim Advocates and Victim Support Groups to access to our lending library and information about grief counselors and attorneys. But to be of assistance, we need to know about victims in need. So, please be our eyes and ears and let us know when someone needs our help.



Speakers' Bureau

Have you ever wanted a speaker for your office, school or club? Just call the office for information about how your organization can benefit from inviting MADD to do a presentation.

All of MADD's Speakers' Bureau volunteers are concerned members of the community, trained to raise public awareness about the crimes of driving under the influence and underage drinking. These volunteers arrange to take time away from work to educate our community about the consequences of underage drinking, the consequences of driving while impaired, and MADD's services that are available free of charge to the community.

We are always looking for new volunteers to join our Speakers' Bureau Team. At times, the demands for our speakers exceeds the availability of our volunteers and we must turn down some of the requests. If you are willing to be the "Face of MADD", please call the office and get the details about this exciting opportunity.

**CELEBRATE THE
HOLIDAYS SAFELY.
DESIGNATE A SOBER
AND RESPONSIBLE
DRIVER.
REMEMBER, MAKE IT
NONE FOR THE ROAD
FOR THE HOLIDAYS
AND ALL YEAR ROUND.**

Executive Director's Letter

By: Mike Green

Are you a "member" of MADD? If you are getting this newsletter for the first time, you may be an "Associate Member" but not a "Chapter Member."

MADD is a national organization with local chapters. To be a full-fledged voting member of MADD, you must be a member of a local chapter. Northern Virginia Chapter Members receive a number of benefits that others do not receive.

In addition to receiving the newsletter, Chapter Members learn of issues and events that may directly affect them. Also, there are numerous opportunities to volunteer, including being a court monitor, victim advocate, speaker, office assistant, grant writer, or on-call volunteer.

Of course, there are Chapter Members who do not want to be very active and that is just fine. Many of them show their support for MADD by such simple things as getting red ribbons from us, tying some onto their cars, and giving the others to friends for their cars.

If you are not sure whether you are a full-fledged Chapter Member or just an Associate Member, call the office at (703) 352-3944 and we will check for you. When you call, be sure to let us know if you want to be on our volunteer list. We always have a number of volunteer opportunities available. We are very anxious to have you become active and we have options to fit whatever your time availability allows.

