

Buzzed Driving is Drunk Driving This Holiday Season

This time of year is exciting as we scurry around from one party or social event to another. However, it is important to remember that if you choose to drink you must designate a driver to get you home safely. Drinking and driving can lead to life-changing consequences for you or someone else if you are involved in an accident.

The holiday season can be one of the deadliest and most dangerous times of the year due to an increase in impaired driving. According to Bev Kellner, Program Coordinator with Texas Cooperative Extension for Passenger Safety, in December of 2006, 1,076 people were killed in traffic crashes that involved at least one driver or motorcyclists with a blood alcohol concentration (BAC) of .08 or higher.

That's why I am joining with National, State and local highway safety officials to remind everyone who will be celebrating during the Holidays that *Buzzed Driving is Drunk Driving* and to never forget to plan a safe way home before the festivities begin.

The consumption of alcohol, drugs and driving just don't mix. Whether you've had way too many or just one too many, it's not worth the risk of killing yourself or someone else. Don't ever get behind a wheel of a vehicle when you are impaired.

Following these easy steps, a driver can enjoy a safe and festive holiday without jeopardizing their life and the lives of the others who may be on the road:

Plan a safe way home before the festivities begin;

Before drinking, please designate a sober driver and give that person your keys;

If you're impaired, use a taxi, call a sober friend or family member, or use public transportation so you are sure to get home safely;

Use your community's Sober Rides program;

If you happen to see a drunk driver on the road, don't hesitate to contact your local law enforcement;

And remember, if you know someone who is about to drive or ride while impaired, take their keys and help them make other arrangements to get to where they are going safely.

Saving lives on our roads is a top priority and we need everyone's help to do it. This holiday season; don't let your year end in an arrest—or even worse, death. Make smart decisions. Plan ahead, so you can assure a safe way home.”

Whether you've had way too many or just one too many, it's not worth the risk.

For more information, please visit <http://www.stopimpaireddriving.org>