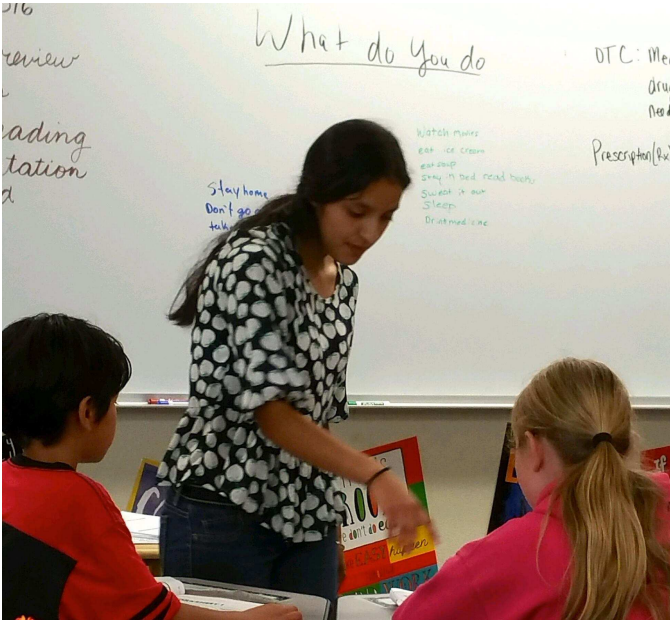


# PREVENTION PRESS



## Never Too Busy For Prevention

Despite the crazy busy year as a senior at Blue Ridge High School, Students Against Destructive Decisions President and NCDP Steering Committee member Emilia Banuelos (pictured at left, center) took time last month to teach Over the Counter Drug Prevention to Blue Ridge 6th graders. Using her own tools and knowledge gleaned from National Youth Leadership forums in 2015, she is an experienced prevention expert. Here's what she had to say about her last year in high school

Busy! As a senior and it seems like everything is being thrown at me from classes to clubs and college applications. As of now, there is no such thing as *senioritis*. Being part of clubs, taking honors courses and volunteering keeps me on my feet. I am honored to serve as President of two active clubs at Blue Ridge, SADD and National Honors Society (NHS) and I partner with Nexus Coalition for Drug Prevention. Our NHS chapter hosted a Community Blood Drive. We have brainstormed a myriad of ideas to keep the club busy through the year. SADD club stays active at school and in the community.

## AZ Tax Exemptions Benefit Community, Taxpayers

Want to make a difference in our community? Keep your state tax dollars on the mountain where they can make a difference—one kid at a time. Your state tax-exempt donation to youth substance abuse prevention can direct a child toward a positive future for our community—AND reduce your state tax balance.

The state tax credit allows Arizona taxpayers to donate up to \$400 as individuals or \$800 for married couples filing together. This donation can be claimed as a dollar for dollar tax CREDIT on the 2017 Arizona Income Tax return. The donation equally qualifies for a federal charitable contribution tax deduction. The donation should be made to NCDP's non-profit auxiliary "Friends of the Navajo County Anti Drug Coalition, Inc.", EIN: 26-0468100.

This contribution does not conflict and may be made in conjunction with those to Arizona public or private educational institutions. Both tax credits may be deducted on the same tax return.

Checks should reach their destination by April 15 PO Box 1596, Pinetop, AZ 85935-1596 or may be direct deposited to Friends of the Coalition bank account at BBVA Compass, # 2508156009

## NCDP Community Meeting Dec. 12

Community members are invited to attend NCDP's monthly steering committee meeting, this time at Sal & Teresa's Restaurant in Show Low, 11 am. Enjoy a no host lunch and learn about the organization and how you can participate. To RSVP and receive the meeting agenda in advance, email [vsncdp@gmail.com](mailto:vsncdp@gmail.com)

*Thank you to this month's sponsor*

## Be a Responsible Host: *Know the Facts*

The winter holidays are a time to enjoy the company of family, friends, and coworkers. Whether you plan a dinner, informal gathering, or holiday party, your job as host has many responsibilities include planning the menu or catering, organizing entertainment, and considering arrangements. However, some of the most crucial details can be overlooked in all of the frenzy.

Perhaps your most important responsibility as host for a party or gathering where alcohol is involved is to ensure guests' safety both during and after the celebration. Drinking and driving is an all too familiar and tragic combination. More people are on the road, and they also are consuming alcohol as a part of their holiday celebrations.

Statistics like those below remind us how important it is to plan an event where non-alcoholic beverages and alternative transportation options are available. Since 1975, more than 190,000 lives have been saved through increased awareness and legislation related to alcohol-impaired driving. Still, impaired driving exacts too great a toll on American families.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Highway Traffic Safety Administration. In 2004:

- 13.5 percent of persons aged 12 or older (32.5 million persons) drove under the influence of alcohol at least once in the 12 months before the interview.
- 6,694 people were killed in alcohol-related crashes—an average of one almost every half hour. These deaths constituted approximately 39 percent of the 42,636 total traffic fatalities. This is a 2-percent decrease from 2003, when 17,105 people were killed in alcohol-related traffic crashes, representing 40 percent of the 42,884 people killed in all traffic crashes.

### When the Party's Over

Your responsibility as a host is even more important at this point. Should any of your guests be unable to drive due to alcohol impairment, be sure to provide several options.

- Be prepared to offer guests alternate forms of transportation:
- Know what "safe ride" programs are available in your area.
- Keep the phone numbers of several cab companies handy.
- Ask someone who was not drinking to drive a guest home.
- If the above options are not available, you can offer your place to spend the night. If the person insists on driving despite his or her obvious intoxication, take the keys, ask for help from other guests, or temporarily disable the car. If all else fails, say you will call the police (and do so).

- 4,409 traffic fatalities occurred in crashes in which at least one driver or non-occupant had a BAC of 0.08 or greater. 10.2 percent of 16- to 17-year-olds, 20.2 percent of 18- to 20-year-olds, and 28.2 percent of 21- to 25-year-olds reported driving under the influence of alcohol in 2004.
- 42,636 people were killed in motor vehicle crashes and 16,694, or 39 percent, of these were alcohol related. Alcohol-related motor vehicle crashes kill someone every 31 minutes and non-fatally injure someone every 2 minutes.
- 248,000 persons were injured in crashes in which police reported that alcohol was present—an average of 1 person injured approximately every 2 minutes.
- Alcohol was involved in 39 percent of fatal crashes and in 7 percent of all crashes
- The rate of alcohol involvement in fatal crashes is more than three times as high at night as during the day (60 percent vs. 18 percent). For all crashes, the alcohol involvement rate is five times as high at night (16 percent vs. 3 percent).
- 51 percent of all fatal crashes that occurred on weekends were alcohol related.

### Tips for Party Givers

- Avoid making alcohol the main focus of social events. Entertain guests with music, dancing, games, food, and lively conversation.
- Did you know that one in three adults prefers a non-alcoholic beverage? Make sure to offer plenty of non-alcoholic choices such as sparkling water, fancy juice drinks, soft drinks, and bottled drinking water.
- Provide guests with nutritious and appealing foods to slow the effects of alcohol. High protein and carbohydrate foods like cheese and meats are especially good. They stay in the stomach much longer, which slows the rate at which the body absorbs alcohol. Avoid salty foods, which encourage people to drink more.
- Require bartenders to measure the correct amount of liquor into drinks (no doubles), and instruct them not to serve anyone who appears to be impaired. Have the bartender check the ID of anyone who appears to be under the age of 30 (no ID, no alcohol!)
- Stop serving drinks at least 1 hour before the end of the event. Instead, serve coffee, non-alcoholic beverages, and desserts at that time.
- Recruit people ahead of time who will not be drinking to help ensure that everyone has a safe ride home.
- You can take steps to prevent impaired driving this holiday season. Impairment begins with the first drink. For safety's sake, never drive after drinking!