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*In partnership with the*  
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**Newsletter Article**

**November 2013**

***Thanksgiving Gatherings***

The night before Thanksgiving is often one for celebrating. Whether you are hosting a gathering of family and friends before the big meal or after, it is the responsibility of the host to make sure that each car leaving the party has a designated, sober driver. Here are some helpful suggestions for your celebration:

- **De-emphasize alcohol by creating alternative activities.** If your guests are busy having fun, they are not busy drinking. Fun activities aren't just for kids... pull the box games out of the closet!
- **Always serve food.** Is the centerpiece of your party the food? Encourage guests to eat a variety of foods that are high in protein. Meats and cheeses are great choices that slow the absorption of alcohol into the blood stream. Add shrimp cocktail, smoked fish, and crab dip to the line-up and your party is sure to be a hit.
- **Don't make the bar the main attraction.** Place the bar in an out of the way spot and consider appointing someone responsible to measure and pour alcohol.
- **Offer a variety of non-alcoholic beverages.** It's never been easier to offer a selection of non-alcoholic drinks, ranging from alcohol-free beer and wine, to punch and sparkling waters, to fruit smoothies.
- **Party's end.** Stop serving alcohol at least one hour before guests leave. Only time can reduce the amount of alcohol in one's system.

Remind friends and family that you can't hide from a DUI – but - you can avoid getting one in the first place. Don't ever let someone you know get behind the wheel after they have been drinking. Always remember this simple tip: if you are going out and plan to drink, then plan for a sober driver too.

**Drive Sober - Arrive Alive DE**

*This message was sent to you by the Office of Highway Safety, who asks you to drive safely at all times. For more information on this and other traffic safety programs, go to [www.ohs.delaware.gov](http://www.ohs.delaware.gov).*