

# Safe & Sober Party Guide

St. Patrick's Day 2015

## Over Half Of All Fatal Crashes In 2014 Were Alcohol Related



### Advocates remind partygoers to plan ahead.

As St. Patrick's Day approaches, safety advocates are urging motorists to plan a safe ride home and never get behind the wheel drunk. During this holiday law enforcement officials in Delaware will be on high alert, cracking down on drunk drivers as part of its *St. Patrick's DUI* safety campaign.

"Delaware law enforcement will be conducting DUI checkpoints and patrols during the St. Patrick's holiday and arresting those who choose to drink and drive," said Jana Simpler, Director of the Office of Highway Safety (OHS). "In Delaware when you drink and drive

you lose."

Last year, Delaware law enforcement arrested 48 individuals for DUI over St. Patrick's Day weekend.

Whether you are gathering with friends at the local pub or attending the St. Patrick's Day Loop in Wilmington, if alcohol is part of the festivities, make sure you designate a sober driver or call a cab to get you home safely.

OHS recommends the following easy steps to have a safe and happy St. Patrick's Day:

- ◆ Plan a safe way home before the festivities begin.
- ◆ Before drinking, designate a sober driver and leave your car keys at home.

- ◆ If you're impaired, use a taxi, call a sober friend or family member, or use public transportation to get home safely.
- ◆ If you see a drunk driver on the road, contact local police.
- ◆ And remember, if you know someone who is about to drive a car or ride a motorcycle while impaired, take the keys and help that person make other arrangements to get to where he or she is going safely.

Brought to you by the Delaware Office of Highway Safety.



**Whether you are throwing a party, going to a friend's house, or hitting one of the local bars, avoiding a DUI arrest is simple if you make the choice to drive sober and encourage others to do the same.**



### **If you are having friends over:**

Make sure all of your guests have a designated sober driver as soon as they arrive.

Provide non-alcoholic drink alternatives.

Stop serving alcohol before the party ends.

## *Non-alcoholic Mocktails*

### Shamrock Punch

1 quart lime or lemon sherbet

1 cup lime juice

½ cup water

2 liters lemon lime soda

Lime wedges

Pour lime juice and water into a punch bowl. Add sherbet, and stir the punch until it reaches a smooth consistency. Slowly pour lemon-lime soda into the mixture, stirring constantly. Pour the drinks over crushed ice, and garnish them with lime wedges.

### Fresh Green Grape Mocktail

12 seedless green grapes

4 oz. white grape juice

4 oz. cold sparkling water

Freeze the grapes until they are hard. Then combine about 10 frozen grapes and the juice in a blender and blend until smooth and thick. Then add the grape mix to your glass and add sparkling water. Stir and garnish with some frozen grapes or a sprig of mint.

### The Not-So Irish Coffee

4 oz. coffee

2 oz. cream

¼ oz. chocolate syrup

¼ tsp. cinnamon

In a cocktail shaker filled with ice, add strong coffee, cream, cinnamon and chocolate syrup. Shake and strain into a tumbler. Top with whipped cream and shaved chocolate.

### **High Protein Food Slows Intoxication**

High-protein foods, such as cheese and meats, stay in the stomach longer. Consider cold cut trays, cheese fondues, cheese balls, hard-boiled eggs and deviled eggs.



# Protein Rich Snacks

## Emerald Eggs

Hard-boil 6 **eggs**, then peel and slice in half. Scoop the yolks into a food processor and puree with 1 cup **watercress leaves**, 1/4 cup **mayonnaise**, 2 tablespoons each of chopped **scallions** and **tarragon**, and **salt** and **pepper**. Cut 4 slices of **ham** into thin strips; fold and place in the hollowed-out egg whites. Fill with the yolk mixture.

## Corn Beef and Cabbage Rolls

Cook 6 **Savoy cabbage leaves** in boiling water for about 2 minutes. Rinse under cold water and pat dry; slice in half. Mix 1/4 cup each of **mayonnaise** and chopped **parsley** and/or **dill**; spread on the cabbage leaves. Cut 2 slices of **rye bread** into strips. Slice 1/2 pound of **corned beef** into strips and toss with a spoonful of **whole-grain mustard**. Top the cabbage leaves with a few strips each of the bread and corned beef. Roll up and slice in half.

## Irish Grilled Cheese

Mash 4 tablespoons softened **butter** with 2 tablespoons each of chopped **parsley**, **scallions** and **chives**. Spread the mixture on 4 slices of **white bread**; top each with sliced **Irish cheddar cheese** and **bread-and-butter pickles**. Cover with 4 more bread slices. Spread plain butter on the outside of the sandwiches and fry in a skillet until golden on both sides. Spread the remaining herb butter on the warm sandwiches. Slice into quarters, then press the cut sides in more chopped herbs.



### **If you are going out:**

- Designate a sober driver - or - volunteer to be the sober driver yourself.
- Program the number for the local cab company in your cell phone.
- Avoid drinking too much alcohol too fast. Pace yourself by alternating your drinks with non-alcoholic beverages. Eat protein and carbohydrate rich foods.





## Special Notes

**Always Designate a Sober Driver Before the Party Begins.**

### Progressive Signs of Intoxication

*Loss of inhibition*

*Loss of motor control {spilled drinks ~ tripping}*

*Silliness*

*Sadness/Crying*

*Boisterousness*

*Slurred speech*

*Wobbly gait*

### If You Have to Intervene

*Act early.*

*Be calm but firm.*

*Speak softly.*

*Don't take drunken statements personally.*

*Offer to pay for a ride home. If you need help, GET IT!*



## Drive Sober. Arrive Alive DE.

Special thanks to St. Francis Hospital and Wilmington Police Department.

All recipes can be found on the following websites:

[www.cocktails.lovetoknow.com](http://www.cocktails.lovetoknow.com)

[www.thebudgetfashionista.com](http://www.thebudgetfashionista.com)

[www.foodnetwork.com](http://www.foodnetwork.com)

For more information, visit us on the web at [www.ohs.delaware.gov](http://www.ohs.delaware.gov) and [www.duirealtime.com](http://www.duirealtime.com).