

# DON'T DRINK AND DRIVE

## Buzzed Driving is Drunk Driving

This holiday season, the National Highway Traffic Safety Administration (NHTSA) reminds all drivers that Buzzed Driving Is Drunk Driving and to always plan a

sober ride before the holiday parties begin.

Too many people take to the roadways after consuming alcohol because they think they are “okay to

drive.” During the holiday season, festive parties and celebrations with alcohol contribute to the number of impaired drivers on our roadways.

Drunk driving kills thousands of people in our country every year. In 2016, 10,497 people died in crashes that involved a driver with a blood alcohol concentration over the legal limit of .08.

This time of year is especially

dangerous. In December 2015 alone, there were 840 people killed in crashes involving at least one drunk driver.

Drinking and driving should never mix, therefore everyone should plan a sober ride in advance if they will be celebrating the holidays with alcohol. Don't allow yourself to become a statistic because you failed to plan ahead.

Remember these tips to avoid a DUI and to keep our roads safe:

- Even one drink can impair your judgment and reaction time and increase the risk of getting arrested for driving drunk or causing a crash.

- If you will be drinking, designate a sober driver before the party begins.

- Do not drive—even a short distance. Call a taxi, a sober friend or family member or use public transportation.

- Help others be responsible. If you see someone you think is about to drive while impaired, take their keys, take them home, or and help them arrange a safe ride home.

- If you see a driver on the road that appears to be intoxicated, contact police when it is safe to do so. Your actions could help save a life.

Remember to play it safe this holiday season and always plan your sober ride before the festivities begin.

If you are Buzzed, do not drive. Buzzed Driving Is Drunk Driving.

### Recipe

#### Christmas Mocktails

A simple and festive mocktail recipe using three colorful fruit juices for Christmas! Makes 6 servings

4 cups cranberry juice

2 cups pineapple juice

2 cups orange juice

Ice

Sprite or sparkling water

Sugar for glass rims

Stir juices, Sprite or sparkling water and ice together in a pitcher. Dip damp edge of glasses into sugar, if desired. Pour into glasses and serve.



## Impaired driving equals too many deaths and injuries

In 2017, there were 25,619 impaired drivers arrested in Washington state.

Extra DUI patrols will be out statewide again this holiday season looking for drunk or drugged drivers.

The importance of these patrols is close to the heart of Jack Fletcher of Battle Ground. He was a happy and motivated teenager who loved snow-boarding, hiking, playing rugby and hanging out with his friends. He loved fire science and serving as a cadet chief with the fire cadet program. When Jack graduated from Prairie High School in June 2014, he headed to Central

Oregon on a full ride fire science scholarship with the Crook County Fire & Rescue's student firefighter training program.

Six weeks later, everything changed. Jack headed home from school hoping to surprise his family and some visiting relatives, but he never reached them. Instead, a man who had been drinking beer and tequila shots with a friend was driving his big pick-up truck on the same highway in the opposite direction from Jack. Other drivers who called 911 reported that the truck driver was speeding and weaving across traffic lanes. He was traveling about 80

mph when he hit Jack's car head-on.

The emergency responders didn't think Jack would live, given the extent of his injuries. He spent five days in a coma. His right arm was broken in three places. Some fingers on his right hand suffered amputations. His right eye is blind. The impact shattered almost every bone in his face. He couldn't talk. He couldn't walk. The most severe damage — traumatic brain injury — altered his short-term memory, focus and attention.

He endured months of surgeries and a year of rehabilitation. In order to care for him, his mother had to quit her job. The medical costs were more than a half million dollars.

To protect his brain from further injury



Jack can't play rugby or go snowboarding. His dream of becoming a fire fighter has been put on hold.

None of this, however, has injured Jack's spirit. Four years later, Jack hasn't just survived, he has thrived. He took a job with the Boys and Girls Club. He's volunteering for Clark County Fire and Rescue. He is taking

college courses. He is driving again, and he is talking, a lot. Jack frequently talks at high school assemblies, driver education programs, at the Portland Legacy Emanuel Hospital's court-ordered DUI program, and at church groups, to share his story and encourage others to make good decisions.

His message: Drive sober and don't let your friends drive if they've been drinking or using marijuana.

The Drive Sober or Get Pulled Over campaign is designed to encourage all drivers to make the right choice. Designate a sober, drug-free driver, take a cab, catch a ride share, Uber, Lyft or walk with a friend.

These extra patrols are part of Target Zero—striving to end traffic deaths and serious injuries in Washington by 2030. For more information, visit [www.targetzero.com](http://www.targetzero.com).