



June 2009

The MADDvisor

Volume 2 Issue 6



Safe Summer Drinking Tips

The summer season is upon us, which means trips to the pool or lake, picnics, and outdoor games and events. Many of these activities are times of relaxation and recreation.

When combined with alcohol, however, these relaxing and fun times may turn dangerous, especially when water activities are involved. According to the American College of Emergency Physicians, approximately one half of all accidents and deaths that occur on the water are a result of alcohol. To ensure that your summer adventures are safe, please follow the tips and guidelines below:



- Never operate a boat or equipment on water (or land) if you have been drinking. Loss of coordination, information processing, and judgment is just as deadly on water as it is on land. These vehicles also reach dangerous speeds that can be dangerous to anyone who has been drinking.
- If you are riding on a boat, remember that alcohol can also affect your balance and increase your chance of falling over board. Always wear a life jacket when you are on or in the water.
- Do not swim or dive if you have consumed alcohol. Alcohol can impair your breathing and swallowing reflexes and make you feel warmer than what you are, which can increase your risk of hypothermia. Alcohol is also a common cause of drowning due to its effects on judgment and swimming ability.
- Bring along plenty of non-alcoholic foods and beverages. Alcohol consumption can rapidly dehydrate you, raise your blood pressure, and increase your risk for heat stroke.

MADD wishes you a safe and exciting summer season!

Nebraska Happenings



June 6, Bakers Safety Day, Omaha

June 9, Victim Impact Panel, Concordia University, Seward

June 9, State Operations Council Meeting

June 20, MADD Picnic, Omaha, Valley Park

June 23, Victim Impact Panel, Northeast Community College, Norfolk

MADD Nebraska

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10th Annual Outstanding Law Enforcement Awards

On May 28th, MADD recognized 18 outstanding law enforcement officers, including 2 prosecutors at our 10th Annual “Outstanding Law Enforcement Award” ceremony. Awards were presented to:

Deputy County Attorney Stephanie Hansen, Sarpy County Attorney’s Office, **Deputy County Attorney Mandy Trout**, Colfax County Attorney’s Office, **Trooper Glen Waddle and David “Matt” Ramsey**, Troop B, NSP, **Headquarters Troop, NSP, Troop A, NSP, Lexington Night Shift, NSP, Carrier Enforcement, NSP, Trooper Mike Thorson**, Troop B, NSP, **Trooper Dave Hunter**, Troop E, NSP, **Trooper Kaleb Bruggeman**, Headquarters Troop, NSP, **Trooper Jason Morris**, Troop B, NSP, **Trooper Brandon Viterna**, Troop B, NSP, **Trooper Doug Petty**, McCook Sergeant Area, NSP, **Deputy Jeremy Jones**, Hall County Sheriff’s Office, **Deputy Kyle Coughlin**, Saunders County Sheriff’s Office, **Deputy Joseph Martinec, Jr.**, Douglas County Sheriff’s Office. **Officer Adam Turnbull**, Omaha Police Department, **Midnight Accident Unit**, Omaha Police Department.

One of the most impressive winners was the **Midnight Accident Unit** of the Omaha Police Department who worked as a team to make an astounding 945 DUI arrests from January 2008-December 2008. Their work no doubt saved lives in the greater metro area. First Lady Sally Ganem, MADD State Chair, stated *“It is always a pleasure to recognize those individuals who work tirelessly to ensure that our roads are safe to travel on a daily basis. We continue to see the number of alcohol-related deaths decline and we owe much to those who consistently enforce our DWI/MIP laws.”* The award ceremony was a special time to let family and friends know how much MADD appreciates the diligent work done by the award winners. There are many times when law enforcement put work in front of family. The awards ceremony was a day to thank the families for their support. In 2008, there were 65 alcohol-related fatalities in the state, one of the lowest numbers recorded. For MADD, one alcohol-related crash is too many but it is a welcome trend to see the numbers decline. MADD encourages everyone across the state to drive safe, sober and buckled up during the 100 days of summer. MADD would like to acknowledge **Zabloudil Photography** for capturing this important event! To view all of the photos from the awards ceremony, go to www.zabphoto.com, Click “Client Area,” Click Events, and Click LAW.



Midnight Accident Unit, Omaha Police Department



Deputy County Attorney Mandy Trout, Colfax County

Simera Reynolds, Executive Director

