



The MADDvisor

November 2008

Volume 1

Celebrate Safely This Thanksgiving

Thanksgiving is one of the busiest travel times of the year. The increased consumption of alcohol and the number of parties, drinking and driving is more prevalent. Law enforcement works overtime during holidays to ensure that our roadways are safe.

Here are some tips for safe Thanksgiving celebration:

- If you drink, don't drive, no matter how little alcohol you think you have consumed.
- Designate a driver before you go to a family gathering, event, or party.
- If you are hosting an event, provide non-alcoholic drinks for guests, and offer to give a ride home, call a cab, or provide a place to sleep for those who have had too much to drink.
- If possible, avoid driving during the early and late evening hours of Thanksgiving. Protect yourself and your passengers by requiring that everyone wear a seatbelt.
- Do not serve alcohol to anyone under 21 years old.

"I Went to a Party Mom" e-mail Petition

You may receive calls or inquiries about a viral e-mail petition featuring the poem "I Went to a Party Mom." The e-mail asks that recipients sign their names and forward the e-mail on in an effort to end drunk driving. While the petition probably began with good intentions, MADD did not initiate the campaign nor do we endorse it. Instead, if you receive questions about the petition, direct callers to sign the Pledge to Eliminate Drunk Driving, for which there's a prominent graphic on the MADD.org home page. Additionally, you can direct callers to www.MADD.org/partymom for an explanation of the e-mail. That explanation, found under the FAQ section in About Us, also includes a link to the Pledge, which they can sign to show their support. We would love to get every caller on our e-mail list to be able to communicate with them in the future. Please share this information with anyone who may answer the phones and be able to direct callers to our Pledge or the explanation of the "I Went to a Party Mom" e-mail.

Nebraska Happenings



Rules and regulations hearing for ignition interlock law, Lower level A, State Office Building, Lincoln, 10:00 am, November 25

Lincoln Tie One on for Safety, UNL Police Department, 300 North 17th St., Lincoln, 9:00 am, December 1

Omaha Wet Lab; Fireguard; LaVista, 1:00 pm, December 4

Heritage League's 2008 Holiday of Trees, Westminster Presbyterian Church, 2110 Sheridan Blvd, Lincoln, 10:00 am-8:00 pm, December 4

Victim Impact Panel: Lancaster County, St. Mark's United Methodist Church, Lincoln, December 4

State Farm Mocktail Reception, MADD & Susan White, 84th & O, Lincoln, 11:45-12:30, December 9

MADD Nebraska, 145 N 46th Street, Lincoln, NE 68503 | Phone: 402.434.5330 |

Toll-Free: 800.444.6233 | Crisis: 877-MADDHELP | www.maddnebraska.org

Spotlight on SOC

This month, MADD Nebraska highlights First Lady Sally Ganem. Sally serves as the 2008-09 SOC Chair. The Governor and First Lady will kick off MADD's annual Tie One on for Safety Campaign on December 1 at 9:00 am at the UNL Police Department. In addition to her volunteer work with MADD Nebraska, Sally is active in the Fremont community as a member of the Low Income Ministry Board and the Social Sciences Advisory Board of Metropolitan Community College, and received the Lifetime Membership Award from the Fremont Noon Optimists. Sally is also involved in several educational organizations, including serving as an officer and on committees in the Nebraska Association of Elementary School Principals and the Nebraska Council of School Administrators. She also participates as a member of the Read Aloud Nebraska. Board of Directors, and regularly spends her time traveling around the state to read aloud to school groups. First Lady serves as the honorary chair of the Nebraska Volunteer Service Commission, which provides those interested in volunteering with resources to get involved. Sally is also the former principal of Howard Elementary School in Fremont, Nebraska. She was born and raised in Omaha and graduated from Omaha South High School. She later received both her Bachelor's and Master's degrees from the University of Nebraska at Omaha. MADD Nebraska would like to thank the First Lady for her hard work and volunteerism to make Nebraska a better place to live, work, and raise families.



Holiday Coping Tips

Holidays are typically times for celebration. However, for those who have been impacted by drunk driving, the holidays are often a difficult time when faced with the loss of a loved one. It may be especially difficult because families are on television, in magazine ads, and on holiday cards, joyfully celebrating with each other. You may feel overwhelmed as you face a very empty chair at your table. Many bereaved and injured people face the holidays with apprehension and in fear of their emotional reactions to what are supposed to be happy memories. A common question asked by those mourning a loved one is, "How can I get through the holidays?" There is no single answer of what you should or should not do, but it is important that you are comfortable participating in holiday activities. When everyone else seems happy and cheerful; it is easy to feel alone. You may feel anxious during the holiday season. Recognizing that the holidays can be challenging and painful often helps ease your feeling of isolation. Here are some suggestions for coping with the upcoming holiday season:

- Plan ahead for the approaching holidays. Accept that this might be a difficult time for you. The additional stress this season brings may impact you emotionally, physically and spiritually. These are normal reactions.
- Recognize that the holidays might not be the same as they were in the past. Make new traditions if it feels right. Remember to include others who are grieving, especially children, in your decisions.
- Relive the happy memories. Pick special memories from past holidays with your loved one.
- Because family and friends love you they will think they are doing you a favor by not mentioning your loved one. Openly state that it is important for you to talk about your loved one during the holiday season when he/she is so much on your mind.
- Don't overwhelm yourself. Take time for yourself and take care of yourself. Take it slow and easy, one step at a time.
- Be careful not to isolate yourself. It is all right to take time for yourself, but try not to cut yourself off from the support of family and friends.
- The holidays may affect other family members. Talk to others as you make plans and share your feelings.
- Talk about your feelings. Let people know if you are having a tough day.

If you need assistance during the holidays, please call MADD Nebraska at 1-800-444-6233. Remember that you are not alone, MADD is just one call away.



From the Executive Director. . . During the winter months we often wonder what we can do to stop drunk driving. Tackling drunk driving in our communities requires the involvement of our friends, neighbors, and acquaintances.

Ask those you know to join MADD and the growing numbers of Nebraskans that work to prevent drunk driving in their communities. Getting involved is as easy as asking your friend to join you to Make A Difference Daily! Remember drunk driving is a 100% preventable crime. With your support we work to ensure everyone comes home for dinner. *Simera Reynolds*