

# The MADDvisor

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## Fans Don't Let Fan's Drive Drunk

Super Bowl Sunday is soon approaching and is one of our nation's most entertaining and celebratory sporting events. MADD Nebraska would like to remind everyone that Super Bowl Sunday is also one of the year's most dangerous days on our nation's roads. In 2007, alcohol-impaired-driving crashes accounted for 32 percent of all motor vehicle traffic fatalities. From 12:01 am on Sunday to 5:59 am on Monday, 48 percent of these fatalities occurred where a driver or motorcycle rider had a blood alcohol concentration level of .08 or higher. Read the tips below to stay safe during and after the big game

### *If you are attending a Super Bowl party:*

- Toss your keys to a designated driver before you toss one back.
- Drink soda, punch, or non-alcoholic "mocktails," instead of alcohol.
- Avoid drinking too much alcohol in a short amount of time. Pace yourself and consume foods to slow the absorption of alcohol.

### *If you are hosting a Super Bowl party:*

- Provide high protein foods and non-alcoholic alternatives.
- Make sure guests who have consumed alcohol have a designated driver or call them a cab.
- Stop serving alcohol at the end of the third quarter of the game. Encourage guests to consume hydrating beverages and a snack.

## Nebraska Happenings



February 3, Greater Omaha Community Action Site meeting, Baright Public Library, Ralston, 6:00-7:00 pm

February 12, Victim Impact Panel, Northeast Community College, Norfolk

February 24, Victim Impact Panel, Central Community College, Hastings

## From the Executive Director. . .

Session is off and running! To keep our members informed MADD will post a Legislative Work Sheet on the website: [www.maddnebraska.org](http://www.maddnebraska.org) - look for it February 3. Also, I want to remind our new readers that you can go to our past newsletters by clicking on to: [http://www.maddnebraska.org/news/archived\\_newsletters](http://www.maddnebraska.org/news/archived_newsletters).

It is rewarding for me to review all that has gone on and the services that we have all collectively provided. **The very best news is the fact that alcohol-related deaths in Nebraska are at an all time LOW.** Just imagine how many (approximately 40) individuals are at the table for dinner with their friends, family and neighbors today due to your hard work. This is absolutely news worth spreading! On behalf of MADD thanks to every donor, sponsor and volunteer who helped to ensure that lives were saved in 2008.



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