

For Immediate Release:
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CELEBRATE WITH CARE THIS HOLIDAY SEASON

As we enter a busy holiday season, the KC STAAR Project encourages the residents of Keokuk county to make the most of holiday celebrations and celebrate with care. The holiday season is a paradoxical period of overwhelming responsibilities, bustling activity, increased stress and magical moments of joy, anticipation and wonder.

In parts of our society, celebrations and consumption of alcohol traditionally go hand in hand. One must remember, anyone can experience problems when drinking alcohol. We all make choices about how much and how often we consume. Alcohol use may affect cognitive ability, coordination and physical health. During a season when energy levels need to be high, stress levels tend to rise and social opportunities abound, celebrating with care can reduce these negative effects.

The following are some tips to make hosting or attending a holiday party a healthy, safe and fun celebration.

As a host of a party:

- Provide attractive, appetizing non-alcoholic beverages
- Create a relaxed atmosphere
- Never insist someone drink alcoholic beverages
- Plan activities to keep guests entertained
- Serve plenty of food and limit any salty, thirst provoking items
- REMEMBER: Serving any person under the age of 21 is ILLEGAL

When attending a holiday party:

- Make healthy decisions about drinking alcohol
- Prior to attending any party or social event, decide how much or if you are going to drink
- Take your own non-alcoholic beverage of choice to the party
- It is not necessary to explain why you have chosen not to drink
- If going with a friend, make a pact that you will not abandon each other
- Adopt the attitude that drinking does not need to be the focus of the party

- Ask yourself how drinking affects your health, others, and control

Following these tips and celebrate with care!!

The KC STAAR Project, Keokuk County Schools Tactics for Alcohol Abuse Reduction, is an initiative in Keokuk county to raise awareness about alcohol abuse among youth and adults. To find out more about safely celebrating with care, or about the KC STAAR Project, contact Lynne Zoulek at 641-622-2010.

