

TIPS FOR SAFE HOLIDAY PARTIES

Be sure that this year's holidays live up to your expectations. Take care of your friends, your family and yourself by following these simple guidelines.

FOR HOSTS:

- Do not let someone who has been drinking drive. Arrange for him or her to sleep in your home or to ride with a sober driver.
- Provide your guests with an attractive selection of non-alcoholic beverages. Remember that about one-third of all adults in the U.S. abstain from drinking alcohol completely for a variety of reasons. Remember, too, that informed, health-conscious adults whom you know to drink on occasion will prefer non-alcoholic beverages in the following situations:

if they are pregnant or trying to conceive

if they are using medicine of any kind

if they have had difficulty keeping their drinking moderate in the past

if they plan to drive after your party

if they wish for some other reason to avoid any of alcohol's many short-and long-term effects.

- Never serve alcohol to anyone under the age of 21, for whom it is an illegal drug. Remember that your responsibility for drinking by underage guests lasts beyond the time they are in your home. Remember, too, that alcohol-related car crashes are the leading cause of death for 15-to 24-year-olds.
- Provide your guests with nutritious food. Eating will slow alcohol's effects.
- Appoint a bartender to monitor guests' drinking and serve measured, standard drinks rather than doubles or "holiday specials." Guests can better control their drinking when they are drinking amounts with which they are familiar.
- Do not serve alcohol to an intoxicated guest. Offer him or her a non-alcoholic drink, but remember that nothing can "sober up" a person immediately. It takes the human body approximately two hours to metabolize each ounce of alcohol; coffee or a cold shower can only create a wide-awake drunk instead of a sleeping one.
- Choose fruit juices instead of carbonated mixers. Carbonation speeds alcohol absorption.
- Be sure that drinking does not become the primary focus or activity of your party.
- Stop serving alcohol at least one hour before the party ends.

FOR GUESTS:

- Do not drink if any of the following is true:
 - you are pregnant or trying to conceive
 - you are using medicine of any kind
 - you have had difficulty keeping your drinking moderate in the past

- Feel free to refuse alcohol for any other reason, regardless of pressure or encouragement to drink.
- Do not drink if you are a child or adolescent. For anyone under 21, alcohol poses a number of serious health risks. In addition, it is for this age group an illegal drug.
- If you drive, do not drink; if you drink, do not drive. There is no safe level of alcohol for drivers because everyone reacts differently to alcohol on different occasions. If you are going out with others, decide beforehand who will drive on the return trip. Do not ride with drivers who have been drinking.
- Eat before and during occasions when you are drinking.
- If you are a woman, remember that alcohol will have a greater effect on you than it will on a man of your weight.

NON-ALCOHOLIC DRINKS FOR THE HOLIDAYS

Southern Style Eggnog

4 eggs, separated
 1/2 cup sugar
 1/4 tsp. salt
 3 cups milk
 1 cup whipping cream
 2 tsp. vanilla extract
 nutmeg
 whipped cream to garnish

While beating egg yolks, gradually add 1/4 cup sugar and salt. Stir in milk and cream gradually. Cook mixture over hot water or over low heat, stirring constantly, until it thickens and coats a metal spoon. Cool. Add vanilla extract and chill thoroughly. Beat egg whites until soft peaks form; gradually add remaining 1/4 cup sugar. Beat the refrigerated mixture until smooth and frothy. Fold in beaten egg whites. Sprinkle with nutmeg and garnish with whipped cream. Makes two quarts.

Sparkling Punch

1 cup unsweetened pineapple juice
 1 cup orange juice
 juice of two lemons
 juice of two limes
 11 oz. sparkling water

Mix all ingredients in a pitcher. Pour over ice cubes made of sparkling water. Makes 4 servings.

Banana Delight

2 cups milk
 1 ripe banana, sliced
 1/4 tsp. nutmeg
 1/8 tsp. almond extract

Place all ingredients in a blender. Mix at high speed until mixture is smooth (about 30 seconds). Makes 4 servings.

Ginger Mint

1 whole fresh lime
 ginger ale
 fresh mint

Squeeze fresh lime juice into a tall frosted glass. Add some ice cubes and fill with ginger ale. Stir, and top with sprigs of fresh mint. Makes one tall glass.

Pink Mist

5 oz. grapefruit juice
1 oz. grenadine
2 oz. pina colada mix
splash of seltzer

Blend ingredients and serve over ice. Garnish with pineapple and cherry. Makes one serving.

Frosty Mocha

1/2 gal. chocolate ice cream, softened
8 cups coffee, chilled
1 pint half & half
1 tsp. almond extract
1/8 tsp. salt
1 square semi-sweet chocolate, grated
1/4 tsp. ground cinnamon

With mixer at low speed, beat ice cream and 3 cups coffee until smooth. In chilled 5-6 quart punch bowl, stir ice cream mixture, half & half, almond extract, salt and 5 cups coffee until blended. Sprinkle top with grated chocolate and cinnamon. Makes 16 8-oz. servings.

Mistletoe Punch

1 6-oz. can frozen lemonade concentrate, thawed
1 6-oz. can frozen orange juice concentrate, thawed
6 cups water
1/2 cup grenadine syrup
1 quart ginger ale, chilled

Combine all the ingredients, except last two, in a punch bowl. Just before serving, add some ice cubes and gently stir in the ginger ale. Garnish with lemon slice and maraschino cherry. Makes 30 punch cup servings.

Citrus Cider

2 quarts apple cider or apple juice
3 cups water
1 6-oz. can frozen orange-pineapple juice concentrate, thawed
1/2 cup light molasses
4 inches stick cinnamon
1 tsp. whole cloves

Combine cider, water, juice concentrate, molasses, cinnamon and cloves. Simmer for 10 minutes. If desired, float apple slices on top of cider. Makes 24 servings.

Cranberry Tea Punch

2 32-oz. bottles cranberry juice cocktail
2 cups brewed tea
1/2 cup sugar
1/4 cup lemon juice
1/4 tsp. ground cloves
1 small lemon, thinly sliced

Over high heat, combine juices, cloves, tea and sugar until sugar is dissolved and punch is hot, stirring occasionally. Float lemon slices on punch. Makes 10 cups.