

Celebrate Responsibly. Don't Drink & Drive



Drink safely this holiday season

The holiday season is an enjoyable time of year for a variety of reasons. Individuals get to spend time with friends or family members they may not see very often; gifts are purchased and exchanged; and plenty of delicious foods and beverages are consumed. The holiday season can be an indulgent time of year, but most people cast aside the excess in January as they make and heed annual resolutions. Alcohol tends to be part of holiday indulgence. From mulled ciders to creamy eggnogs to cranberry-infused cocktails to champagne toasts, there are plenty of spirited ways to raise a glass in good cheer. Alcohol, when enjoyed in moderation, can be part of holiday celebrations. However, people must be mindful to consume alcohol safely and responsibly. Here are some tips to avoid getting tipsy this holiday season.

Understand standard drink sizes

Drinks like beer, wine and distilled spirits contain varying amounts of alcohol. Therefore, the "size" of a drink varies depending on one's beverage of choice. The National Association on Alcohol Abuse and Alcoholism says a 12-ounce bottle of beer at 5 percent alcohol by volume is one standard drink, as is a five-ounce glass of wine at 12 percent alcohol

by volume. Those who enjoy distilled spirits should recognize that a 1.5-ounce shot glass at 40 percent alcohol by volume is a standard drink. The higher the alcohol volume, the smaller the portion size one should have.

Follow the "1-2-3" rule

The 1-2-3 rule is a guideline for more responsible drinking. Typically it means having no more than one standard drink per hour, no more than two standard drinks per occasion, and no more than three standard drinks per day. This will help the body to process alcohol safely and prevent binge drinking.

Consider the "20-minute" rule

Another guideline for reducing alcohol consumption is to pause for 20 minutes after finishing a drink before having another. This allows time to decide if a second drink is truly desired. This strategy, although not scientific in nature nor based on any general guidance on safe moderate drinking recommendations by health experts, simply is a way to drink less by slowing down consumption.

Eat food prior to drinking

Johns Hopkins University notes eating before

drinking slows the rate at which alcohol reaches the small intestine. This helps to taper absorption to a pace that the body can handle more effectively. Eating food while drinking alcohol also increases the rate of alcohol elimination from the bloodstream by 25 to 45 percent. Foods that blend a mix of protein, fat and carbohydrates work best for this purpose.

Alternate with water or seltzer

Drinking still or sparkling water between alcoholic beverages gives the body time to process any alcohol being consumed and helps to prevent dehydration (alcohol is a diuretic). An added bonus is that drinking water between alcoholic drinks slows the rate of consumption.

Skip driving

Alcohol affects one's ability to make sound decisions and also impairs reaction times and motor skills. That is why it is essential to have a plan for getting home before consuming alcohol. Taxis, rideshare services and designated drivers are each better means of getting home than driving oneself after consuming alcohol. Alcohol may play a role in holiday celebrations. Through responsible and safe behavior, the holidays can remain merry. TF25C426

Bloomsburg Police Benevolent Association
119 E. 7th Street
Bloomsburg

Catawissa VFW Post 8306
121 N. Railroad St.,
Catawissa, PA
"Serving Veterans & Our Community"

CONNER'S AUTO BODY SHOP
Complete Insurance Collision Work
FRAME & UNIBODY REPAIR
BAKED CLEAR COAT FINISH
FREE ESTIMATES
Open daily Mon. - Fri. 7:30am - 5pm
1601 Walnut St., Berwick 570-759-8752

CONNIE C. GINGER
BERWICK BOROUGH TAX COLLECTOR
1615 Lincoln Ave., Berwick
570-752-7442

First Keystone
FIDELITY & COMMUNITY BANK
Yesterday's Traditions. Tomorrow's Vision.
570-752-3671 • WWW.FKC.BANK

Fruit's Fuel Service
RESIDENTIAL & COMMERCIAL
~ Quality Fuel at Low Prices ~
Auto & Annual Budget Plans Available
BLOOMSBURG
Call for low prices 570-389-0337

HELLER FUNERAL HOME, LLC
633 E. Third St., Nescopeck, PA
570-752-7121
KAREN E. EROH
SUPERVISOR

HERITAGE
FURNACE & AIR REPAIR
CALL TODAY: 570-458-3200

M&M Repair Center
All Types of Automotive Repairs & Service
1549 St. Rt. 239 Benton/Shickshinny Hwy.
Stillwater, PA
Over 45 Years in Business
570-864-2491
Computer Diagnostics, Inspections, Custom Exhaust Systems, Parts & Accessories

McMichael Funeral Home, Inc.
W. Bruce McMichael, Jr., Supervisor
Wayne B. McMichael, III, Funeral Director
4394 Red Rock Road, Benton, PA 17814
570-925-2385
www.mcMichaelfuneralhome.com

MILLVILLE INSURANCE
AFFORDABLE PROTECTION. YOUR WAY.
MILLVILLEINSURANCE.COM

Nescopeck VFW Post 8227
Honoring all who served
570-752-7842

Timothy T. Chamberlain
COLUMBIA COUNTY SHERIFF

Welsh's Towing
442 S. Mercer St., Berwick
570-759-9737
24 Hr. Towing & Recovery
ACCIDENT? Ask for Welsh's Towing

Yonick REAL ESTATE
570-759-3300
AND RENTAL MANAGEMENT
1232 W. Front St., Berwick

Erie Insurance
Zimmer Insurance Agency Inc.
Reade Taylor, President
460 Central Rd., Bloomsburg, PA 17815-3121
570-784-4988 Res: 570-336-0620
readet@zimmeragency.com

Artesian POOLS & SPAS INC.
HOT TUBS SAUNAS SWIM SPAS POOLS
3191 Columbia Blvd. (Rt. 11 Berwick-Bloomsburg Hwy.)
Bloomsburg, PA 17815
artesianpools-spas.com 570-784-8955
Relax. Revitalize. Live Well.

Briar Creek Accounting and Tax, LLC
Bookkeeping, Payroll & Income Tax Services
E. Dee Milheim Accountant
1213 6th Ave., Berwick
570-759-8336
dmilheim@verizon.net fax: 570-759-3484

KAWNEER
ARCHITECTURAL ALUMINUM BUILDING PRODUCTS AND SYSTEMS FOR THE COMMERCIAL CONSTRUCTION INDUSTRY
500 E. 12TH STREET
BLOOMSBURG

Partner with Patsy
Patsy Bowers Associate Broker
570.204.0983
570.759.1600
570.387.1600
Key Partners Realty, LLC

SALEM TWP Police 2025

HEAPS CONTAINER SERVICE LLC
Millville Solid Waste Transfer Station
388 Jerseytown Rd., Millville, PA 570-458-6646
Garbage Service For Residential & Commercial • Containers Available

To sponsor
The America 250 page
printing the 4th Sunday in December,
call 570-387-1234 X1242
or email
christine.carr@pressenterprise.net
PRESS ENTERPRISE
YOUR Local Community News Since 1902
pressenterpriseonline.com