

Alcohol Free Party Beverages

Mocha Madness (serves 10)

1/2 cup strong espresso coffee

1 16 oz can Hershey's Chocolate Syrup

1 quart low fat (or skim) milk

1 cup heavy cream, lightly whipped

Ice

Garnish with curls of semi-sweet chocolate
(optional)

Blend coffee, syrup, soda and milk in punch bowl. Add ice. Top with whipped cream. Garnish with chocolate curls if desired.

Quick Party Eggnog (5-6 servings)

3 cups of cold eggnog

1 TBS ground cinnamon

2 TBS maple syrup

1 TBS ground nutmeg

Blend ingredients at medium speed. Pour into glasses and top with a bit more ground nutmeg.

Cold Chocolate Peppermint (3 servings)

6 scoops of chocolate ice cream

3 cups of cold milk

1/8 tsp. peppermint extract

Chocolate shavings

3 peppermint candy canes

Blend the first three ingredients until smooth and creamy. Pour into 3 glasses and top with chocolate shavings and the candy canes.

Noon on the Equator (1 serving)

Mix in cocktail shaker: 1/4 cup orange juice, 1/4 cup tomato juice, juice of 1/2 lemon, 1/4 tsp.

Worcestershire sauce, 1 1/2 tsp. grenadine syrup, salt, freshly ground pepper and a dash of Tabasco sauce. Add ice cubes and shake well. Strain into glasses.

Questions and Answers on Holiday Safety

Question: How can one know if one can safely drive after drinking?

Answer: Even small amounts of alcohol can cause impairment in drivers. The same small amount of alcohol can effect someone differently on two different occasions if you stop to consider being tired, ill, taking medications, etc. **No amount of drinking is safe for driving!**



Question: How can I get home safely if I drink?

Answer: Arrange a designated driver ahead of time, and/or safe sleeping arrangements. Keep taxi numbers, designated driver numbers, and the number of your CP (Courtesy Patrol) in your wallet. Take extra money with you in case you become stranded and need to book a hotel room, make phones, or arrange a ride home. **Under no circumstances should a person be allowed to drive after consuming alcoholic beverages.**

Question: Alcoholic beverages are served in resorts, ski huts, lodges, etc. Is it safe to drink and do winter sports such as skiing, ice skating, snowboarding, etc?

Answer: Alcohol is absorbed quickly into the blood stream, and within minutes can depress the central nervous system. Coordination and reflexes slow down, and judgment is impaired. The ability to see colors and focus the eyes on distances is slowed also. It is dangerous to drink and do activities that require motor coordination, good vision, hearing and quick reaction time, as all these are affected by alcohol and other mood altering substances.



Fort Gordon Army Substance Abuse Program (ASAP)

Celebrate Safely Brochure

Have a Safe Holiday Season!!!

For More Information
Contact the
Prevention Coordinator/
Employee Assistance Program
Coordinator
(706) 791-5797/3674

202 7th Ave., Bldg 38702
Fort Gordon, GA 30905-5928



Holiday Prevention: Celebrate Safely

The holiday season should be a time of good cheer and celebration. Unfortunately, this of-ten time means DWIs and other impairment problems increase. Such situations can spoil your holiday and cause many serious problems in your life.

This pamphlet provides you with tips on how to celebrate safely and thus keep you, your friends and family safer throughout the season. The ACSAP (Army Center for Substance Abuse Program) mission is to enhance readiness by preventing and treating the adverse effects of alcohol and other drugs in the community. The local ASAP program and services are designed to support all military, civilian employees, authorized contractors, and their family members.

Contact your local Army Substance Abuse Program (see front of pamphlet) if you have further questions on substance abuse or other issues concerning you or your family. Comprehensive treatment, prevention and education services and Employee Assistance program services are available to retirees, their family members and civilian employees and their dependents.

Planning Your Party

1. Keep cocktail hours short. If a meal is included, serve it reasonably soon.
2. Serve snacks so guests don't drink on an empty stomach. Serve foods that act as a buffer for alcohol, not salty foods that act as a stimulant for thirst. Low-calorie, high moisture foods such as raw vegetables with light dips are ideal. High protein foods are slower to digest and show the absorption of the alcohol too.
3. Avoid carbonated mixers in favor of non-carbonated ones, as carbonation speeds alcohol absorption.
4. Serve attractive non-alcoholic drinks for those that are driving and/or choose not drink.
5. Measure drinks and don't "double up".
6. Provide a relaxed environment, comfortable seating arrangements, etc, and put your guests at ease by personally welcoming them and introducing them to others at the party. This may reduce the usage of alcohol just "relax".
7. Space allow digest before other. guests to fully one drink offering an- Never push to drink, or to drink more. One drink per hour is the maximum a person's body can absorb.
8. Promote activities or entertainment that act as a diversion to just eating and drinking.
9. Stop serving alcohol altogether toward the end of the party.
10. Create a climate that discourages over indulgence.
11. Keep the hand of local and/or your Driver



numbers on taxi companies CP (Courtesy Designated program.



Party Punch (8 servings)

- 1 cup pineapple juice
- 1 cup white grape juice
- 1 pint club soda
- Sugar to taste
- 1 quart raspberry sherbet or ice

Add soda to fruit juices, sweet to taste. Pour into punch bowl, add scoops of sherbet

Tea Punch (one gallon, or 25 5 ounce servings)

- 1/2 cup 100% instant tea
- 1 quarts water
- 1-6oz can frozen limeade concentrate
- 1-6 oz can frozen lemonade concentrate
- 1-6 oz can frozen pineapple juice concentrate
- 1 pint cranberry juice cocktail

Combine all except the ice in a punch bowl. Add ice just before serving.

Hot spiced Apple Cider (6-8 servings)

- Heat in a glass or enamel pot or pan:
- 6-8 cups apple cider
- 1/4 cup orange, lemon or lime slices with the peel or any combination of the three
- 1 2-inch cinnamon stick

4-6 cloves

Serve with the fruit slices in mugs