

November/December 2004

Mothers Against Drunk Driving
Lane County Chapter
invites you
to the
MADD Candlelight Vigil
of
Remembrance & Hope



Wednesday, December 8, 2004

7:00 p.m.

Campbell Senior Center

2nd & High Streets, Eugene

Reception Following Ceremony

Tie One On For Safety

- With the plea to tie one on....for safety, Mothers Against Drunk Driving (MADD) asks holiday drivers to tie a red MADD ribbon to a visible location on their vehicles. The ribbon is a symbol of the motorist's pledge to drive safe, sober and buckled-up and it reminds others to do the same.

- The 2004 Tie One On for Safety message calls for a commitment to buckle-up because a seat belt is the best defense against a drunk driver.

- Tie One On for Safety runs from Thanksgiving to New Year's Day – the heaviest travel season of the year and a time when drunk driving typically increases.

- In 2002, during the Thanksgiving to New Year's holiday season, 2,464 people died in alcohol-related crashes or crashes in which safety belts were not used. (NHTSA, 2003)

- Last year, 17,013 people were killed in crashes involving alcohol – an average of one every 30 minutes. An estimated half a million people are injured in alcohol-related crashes each year. (NHTSA, 2004, Miller, 2003)



A special thanks to Julie Buller, for cutting and folding thousands of ribbons on tags for the campaign this year! We appreciate your time volunteering!



MADD is on the ribbon – saving lives is on our minds.

WHAT YOU CAN DO:

- Tie a ribbon to a visible location on your vehicle.

MADD Ribbons (FREE) are available at:

Dandelions Flowers & Gifts

McDonald's

Norm's Auto Repair, Inc.

Cascade Engraving & Awards

Selco Credit Union Branches

The Springfield News

The Mission Mexican Restaurant

Veneta Chiropractic Clinic

- Be a responsible party host. Offer non-alcoholic beverages, serve high protein snacks, and provide alternate transportation or accommodations for guests who have been drinking.

- Always designate a non-drinking driver if your outing involves alcohol.

Selco Selects MADD Lane County Chapter

Selco Credit Union has selected MADD Lane County Chapter, as their featured charity for December. Stop by any Selco branch for your Red Ribbon and to sign our Pledge for a Safer Community: **"To help make our community a safer place in**



which to live, I pledge not to drink and drive during the holiday season and throughout the year of 2005."

Anyone wishing to make a donation to MADD will be able to do so at all branches.

Thank You Selco!

Tree of Memories

The Tree of Memories at the Candlelight Vigil on December 8th will have white ribbons on it with names of people injured or killed by an impaired driver. If you were injured and would like your name on a ribbon, or if you would like the name of a loved who was killed or injured on the tree, please fill out the form below and mail it back to MADD by December 3, 2004.



We will put the names on the ribbons. Please fill out a form even if you filled one out last year. Names of victims on the ribbons will be read at the Vigil as well.

TREE OF MEMORIES

____ Yes, I would like a ribbon on the TREE OF MEMORIES at the MADD Candlelight Vigil on December 8th.

Make a ribbon to put on the tree for:

Your Name _____

Phone Number _____

Please mail this form to MADD Lane County Chapter, 1925 Bailley Hill Road, Suite C, Eugene, OR 97405 **BY DECEMBER 3, 2004.**



NNFL To Sponsor Designated Driver Event

Over the past 4 years, the local NNFL (National Nineman Football League) has provided more than 2500 free rides to bar and restaurant patrons through their New Year's Eve Designated Driver Event.

NNFL believes in helping fight alcohol abuse and underage drinking by promoting personal responsibility. Successful



promotions to prevent drunk driving can be accomplished through the use of designated drivers. NNFL is asking for your help this year by volunteering to drive their vans as the designated driver. For more information contact Barb Stoeffler, 683-7287, or email wbstoeffler@msn.com.

History and Purpose of MADD Candlelight Vigils

MADD held its first National Candlelight Vigil in December 1983 in Washington D.C. A number of Vigils were held simultaneously around the country (including Lane County), utilizing the theme, "Remembrance of Victims and Hope for a less Violent Future." Since that first vigil, annual candlelight vigils have been held every year.

MADD Candlelight Vigils are held each year to: 1) Remember the victims of drunk driving crashes, 2) Support their families, 3) Alert the public about the reality of drunk driving, and 4) Express hope for a less violent future for us all.

The most poignant of all MADD's special events, it is no coincidence that Candlelight Vigils are scheduled near Christmas and Hanukkah. Candlelight Vigils are a special opportunity for families of those killed and injured to remember and honor their loved one at the time of year traditionally involving family and friends. Vigils offer families a special setting in which to say "we love you. We miss you – and even as we celebrate the holidays, you are in our thoughts and hearts." Vigils are first and foremost, for victims. They are not political events, public awareness events or media events.

Victims Making a Difference

The Lane County DUII Victim Impact Panel – 2004

Harris Hall, filled to capacity with newly arrested DUII offenders, was hushed as visuals flashed on the huge screen in front of them showing Oregon state facts, listing the risks and costs of drunk driving and presenting pictures of families who have fallen victim to drunk driving. The panel is striving to educate, to tell personal victim stories, endeavoring to reach the hearts and minds of the audience.

This night, one of the panel members is Marie Armstrong. This is the story she tells of her life:

“I was four years old the first time our family was devastated by a drunk driver. It was my cousin Anna’s wedding day when, on the way to a San Francisco honeymoon, a car crossed over the centerline and hit the new bride and groom head-on. Anna was thrown through the windshield and died immediately.

“Ten years later, my dad was coming home from work when a drunk driver ran a red light, hitting his car on the driver’s side, crushing his left hip. At the hospital, his hip was fused, forcing him to be in a full body cast for three months, then shorter casts for another six. Therapy taught him how to walk again but he is in pain to this day.

“The most recent tragic crash, the most devastating and wrenching grief I have ever experienced, was the death of my beautiful son, Chance. It was Friday night like all others – little did I realize how this Friday

would end. Chance and his girlfriend were planning to go to a party at Cottage Grove Lake. I said ‘good night, have fun, be careful’ as always. As Chance and Sara were getting ready to leave in her car, people at the party had decided to move the party across town to join another, packed a keg and cans of beer into the truck and cars and began racing. They started to play chicken on the two-lane highway going at speeds of 85 to 90 miles per hour, came over a rise and slammed into Sara’s passenger side where Chance was belted in, killing him almost instantly. The car was then spun 180 degrees and hit from behind by a second speeding car. Sara suffered a severe brain stem injury.

“My life as I knew it ended that night, March 8, 1996. I died with Chance. I have learned to live with all the emotions that go along with having to bury my child, doing my best to adjust to everyday life so the emotions do not control me. I have begun telling my story to audiences, particularly those who have been arrested for driving under the influence. I do this hoping that people will begin to understand that the right to drive does not extend to the right to consume alcohol/drugs and drive, that when a crash occurs, the intoxicated driver is not the only person impacted. I will continue to help in any capacity that is needed – in some small way, if I can help save one family from going through what I am living.”

Welcome

Marie Armstrong

New Lane County MADD Board Member Marie works for Levi Strauss Company in Eugene. Her workday begins at 6:30 a.m., so she is able to devote some time to speaking and legislative work. Marie is a regular speaker on the Lane County DUII Victim Impact Panel and other forums as well. She has testified on DUII bills in Salem and volunteered in the MADD Fair Booth.

She is a warm person who has evolved into a very strong advocate devoted to the cause. Welcome to the MADD Board, Marie.

Make a Difference

If you have always wondered how you might be able to pitch in to help make a difference, please call the MADD office or Barb Stoeffler. We can talk about the right ‘fit’ for you! You do not have to be a victim of drunk driving or a speaker or appear before audiences. You can make a difference in many small ways in the projects and programs we promote. Please call... you are needed!

Call:

MADD office Ph 541-343-8115
or E-mail: maddlc@juno.com
Barb Stoeffler Ph 541-683-7287
or E-mail: wbstoeffler@msn.com

DUII Victim Impact Panel

125 E. 8th Ave., Rm. 400 • Eugene, OR 97401 • Phone 541-607-8452 • Email victimimpact@castleisp.com

Best Wishes to Charlie Durrant

Charlie Durrant, office manager during the past 19 years, has started a new chapter in her work life by taking a full-time position with State Farm Insurance – Tim Harden. Fortunately for us, she will continue as a volunteer, including as the Victim Advocate for our Chapter.

We are also fortunate that Charlie's husband, Donny, will continue to be a valuable volunteer. Donny has given thousands of hours and traveled from one corner of the state to the other during the past 22 years. Two years after Donny started speaking, Charlie was tapped by our Chapter to staff the office. When their son Bronson entered their lives, MADD Lane County became even more of a "family affair." Board members and volunteers watched as Bronson, now a 9th grader at Marist High School, worked on many projects, including Red Ribbon Campaigns and, most recently, our 2004 "Celebrate" fundraiser.

Charlie was recognized for her years of service at a dinner in her honor in mid-October. Current President, Bill Rice, who has probably worked most closely with Charlie

over these years, remarked that the successes of this Chapter are due in part to her dedication to our mission. "The recognition I have received as President and Vice President of MADD, I share with her. I could never have served in these positions without her help and friendship."

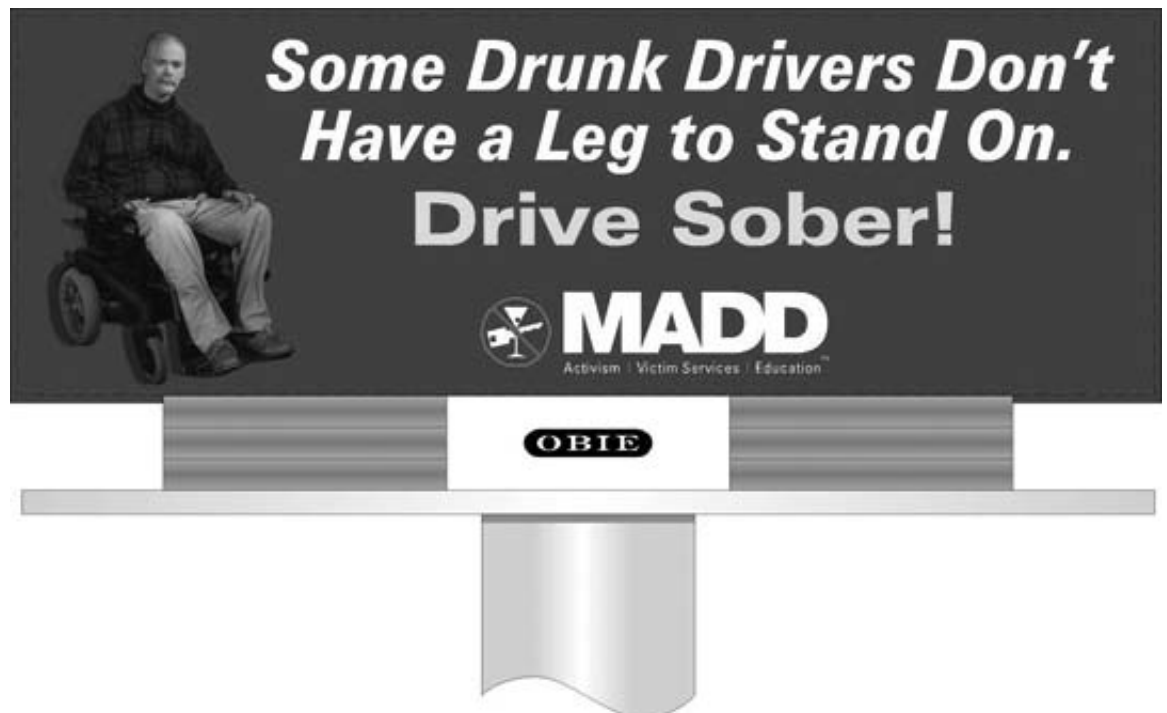
Members of MADD Oregon have also acknowledged Charlie's many contributions.

Barbara Adler, board member, when serving as Co-Chair of the very successful "Celebrate The Good Things" event, said, "I was absolutely awestruck the first time I had the opportunity to observe Charlie in action. Her knowledge of MADD, her

organizational and people skills are second to none. Her ability to organize and keep track of several huge projects at once was amazing."

Founder, Barb Stoeffler, in remembering Charlie's contribution over the years, was reminded of a quote by Winston Churchill: "We make a living by what we get, but we make a life by what we give." Charlie has given above and beyond the call to MADD. "Thank you, Charlie."

Currently board members, with assistance from Charlie, are sharing office and project responsibilities. It is anticipated a new office manager will not be hired until the after the new year.



MADD BILLBOARDS

Watch for Billboard Ads on LTD buses in December and January reminding people to "Party Smart, Drive Sober" and look for the MADD Billboard (above, with Donny Durrant) on West 11th (Eugene) starting November 22nd.

Coping With the Holidays for Victims

You now face the holidays, and someone you love has been killed. At this time of year, intact families are everywhere — on television, in magazine ads, and on holiday cards, joyfully celebrating each other. You may feel swallowed in grief as you face a very empty chair at your table. The following suggestions may help you cope.

CHANGE TRADITIONS. Have holiday celebrations at a different place this year. Do something different that you haven't done before. The more you try to make it the same as it was before the more obvious your loved one's absence will be.

GO AWAY if you feel you will be devastated by staying home. But remember that November and December holidays are celebrated the world over. You can't fully escape. You may do better by facing your pain and being near the people who love you.

BALANCE SOLITUDE WITH SOCIABILITY. Solitude can renew strength. Being with people you care about is equally important. Plan to attend some holiday parties, musicals or plays. You may surprise yourself by enjoying them.

RELIEVE THE HAPPY MEMORIES. Pick three special memories of holidays past with your loved one. Think of them often — and celebrate them.

SET ASIDE "LETTING GO" TIME. Mark on your calendar days or hours during the holiday season when you can be alone to grieve. You can more easily postpone your flow of grief in public if you have granted yourself these special times.

COUNTER THE CONSPIRACY OF SILENCE. Because family and friends love you, they will think they are doing you a favor by not mentioning your loved one. Openly state it is important for you to talk about your loved one during the holiday season when he/she is so much on your mind. Put silk flowers in your loved one's stocking. Burn a memorial candle.

TRY NOT TO "AWFUL-IZE." It is tempting to conclude that life is "awful" during the holidays. Yes, you will have some difficult times — but you can also experience some joy. Experiencing joy in giving and receiving does not mean that you have forgotten your loved one.

FIND A CREATIVE OUTLET.

Write a memorial poem or story and share it. Contribute to a group your loved one would have supported. Use the money you would have spent for a gift for your loved one to buy something for someone he or she cared about.

DON'T FORGET THE REST OF YOUR FAMILY. Especially try to make it a good holiday for the children. Listen to them. Talk to them. Celebrate them. If decorating or buying gifts is impossible, ask a friend to do it for you this year.

UTILIZE AVAILABLE RESOURCES. If your faith is important to you, participate in special holiday services. Some "veterans of the faith" have a serenity, a kind of healing wisdom. They can help you. Seek out a support group — or start your own through the holidays.



You can't change the past. You can, however, take charge of the present. Total recovery may never come. *But what you kindle from the ashes of your tragedy is largely up to you.*

Myths and Facts About Drinking and Driving

Myth: Coffee can sober up someone who has had too much to drink.

Fact: Only time sobers. It takes about one hour to metabolize each drink.

Myth: Hard liquor is more intoxicating than beer or wine.

Fact: A 12-ounce can of beer, a five-ounce glass of wine, and a 12-ounce wine cooler contain the same amount of alcohol and the same intoxication potential as an ounce-and-a-half of liquor.

Tips for Safe Party Hosting

Planning a Party

There's a reason it's called throwing a party — a host has to be ready to catch some curve balls and juggle the unexpected when it comes to staging an event that's fun, entertaining and safe for everyone. Responsible hosts know that part of showing guests a great time is making sure they get home safely. Dealing with safe driving is an important hosting duty so MADD has compiled some quick tips to help you throw a memorably successful party without tossing caution to the wind.

- * Plan activities like party games, door prize drawings or amateur fortune telling. Planned activities engage people, make for less active consumption of alcohol and ensure that your friends remember the great event long after the last piece of confetti has settled.
- * As guests RSVP, confirm that at least one person in each group is prepared to be the non-drinking designated driver.
- * Provide plenty of food to keep your guests from drinking on an empty stomach.
- * Avoid too many salty snacks which tend to make people thirsty and drink more.
- * Offer non-alcoholic beverages or mocktails for designated drivers and others who prefer not to drink alcohol. See recipes on next page.
- * If preparing an alcoholic punch, use a non-carbonated base like fruit juice. Alcohol is absorbed into the blood stream faster with a carbonated base.
- * Be prepared by having the number of a taxi service on hand for those who need a ride. Also, be ready with some clean linens so you can turn your sofa into a hotel for guests who need to sleep it off.

During Your Party

- * Never serve alcohol to someone under the legal drinking age, and never ask children to serve alcohol at parties.
- * Don't let guests mix their own drinks. Choosing a reliable "bartender" will help you keep track of the size and number of drinks that guests consume.
- * If a guest appears to be drinking a bit much, offer to freshen his or her drink with a non-alcohol version.
- * Do not push drinks! Drinking at a party is not mandatory for having a good time.
- * Have fun — but not too much fun. To be a good host, you should stay within your limits in order to make sure your guests stay within theirs.
- * Close the bar 90 minutes before the party ends and serve a great dessert treat with coffee. Remember, only time sobers someone who has been drinking.
- * In spite of your efforts, if some of your guests have had too much to drink, drive them home, arrange for a ride with another guest who is sober, call a taxi, or invite them to stay over.

What Every Host Needs to Know

- * Don't rely on coffee to sober up your guests. Only time can make someone sober.
- * Beer and wine are just as intoxicating as hard liquor. A 12-ounce can of beer, a five-ounce glass of wine, a 12-ounce wine cooler and an ounce and a half of liquor contain the same amount of alcohol.
- * Don't rely on someone's physical appearance to determine if he or she has had too much to drink.
- * Mixers won't help dilute alcohol. Carbonated mixers like club soda or tonic water cause alcohol to be absorbed into a person's system more quickly. Fruit juice and other sweet mixers mask the taste of alcohol and may cause people to drink more.



MADD



November 23.....The One On For
 Safety Campaign Begins
 December 8.....MADD Candlelight
 Vigil of Remembrance &
 Hope.....7pm

Drinks with All of the Bubble, None of the Trouble

Sparkling Ice Cream Soda

6 oz. sparkling cider
 One scoop vanilla ice cream
 2 oz. seltzer water
 1 maraschino cherry

Pour sparkling cider into a tall
 glass. Add ice cream. Fill glass
 with seltzer while stirring.
 Garnish with maraschino cherry.

Lemon Strawberry Punch

3 cans (6 oz each) frozen
 lemonade concentrate
 1 package (10 oz) frozen
 strawberries, thawed
 1 quart ginger ale, chilled

In a large punch bowl, prepare
 lemonade concentrate as
 directed on can, stir in
 strawberries (with syrup). Stir in
 ginger ale and, if you wish, add
 small scoops of strawberry ice
 cream or ice cubes.
 Makes 28 servings (1/2 cup
 each)

Peach Fuzz

1 cup peach daiquiri mix
 1-1/2 cups 7-Up
 2 tablespoons lemon juice

Add ingredients and ice cubes,
 blend on high for 15 seconds.



**LOOK FOR OUR NEW
 WEBSITE SOON AT:
 www.maddic.org**

FEDERAL BILL OF RIGHTS
 President George W. Bush signed
 into law the **Justice for All Act**
 on Oct. 30, 2004, which provides
 a major set of new guarantees of
 basic rights under federal law for
 victims of crimes.

