December 2011 – LIVE REAL Mentor Listserv Email

Hello LIVE REAL Mentors,

The semester is coming to a close, the finalists are in, and students can vote NOW for their favorite Before One More “Battle of the Ads” Video! As a reminder, NDSU students were invited to submit a one-minute video using Before One More messages for a chance to win $400 in Bison Bucks and have their video featured at halftime of the January 21st NDSU vs. SDSU men’s basketball game. Check out the finalists’ one-minute videos at www.ndsu.edu/alcoholinfo!

As LIVE REAL Mentors, please encourage the students you interact with to visit www.ndsu.edu/alcoholinfo between NOW and Wednesday, December 7th at 5:00 p.m. to VOTE for their favorite video!

Tips for a safe holiday season: As traveling and celebrating increase over the holiday season, keep in mind the following tips and facts and share them with those around you:

- **Alcohol-related accidents increase over the holiday season**: significantly more alcohol-related traffic crashes occur on New Year’s Eve than on other mid-week winter evenings. Planning ahead and knowing the facts about alcohol can help make sure it truly is a Happy New Year.
- **Alcohol impacts driving ability, even before the physical signs of intoxication are present**. Critical driving-related skills, such as fine motor skills and response time, and decision-making abilities are impacted long before a person may show obvious signs of being intoxicated.
- **The effects of alcohol do not stop when drinking does**. Even after a person stops drinking, alcohol can continue to enter the bloodstream from the stomach and intestine. A person’s BAC (and subsequent level of intoxication) can continue rising even after consumption has stopped, and the effects of alcohol will continue long after as well.
- **Drinking coffee or another caffeinated beverage after drinking will not sober a person up – only time can do that**. Caffeine will not counteract the effects alcohol has on decision-making or coordination – even if a person feels less intoxicated! Sleep isn’t magical either – a person’s BAC may still be over the limit and driving ability may still be impaired even the morning after a night of heavy drinking.
- **Make a plan – Stay safe**. If you plan to drink, choose the number of drinks you will have ahead of time, alternate alcoholic and non-alcoholic drinks throughout the evening, and select a designated driver who won’t be drinking at all that night. If you are worried about someone who has possibly consumed too much, watch for the signs of alcohol overdose (person is nonresponsive, slow or irregular breathing, vomiting, seizures) and take action immediately by calling 911 if signs are present.

LIVE REAL Mentor Updates:

- As of December 1, 2011, over 1,900 NDSU students, faculty and staff have completed the LIVE REAL Mentor Training program!
The final LRM session for Fall will be held this Wednesday, December 7\textsuperscript{th} at 12:00 p.m. (Noon) in the Prairie Room, Memorial Union. Spring semester dates will be announced in January.

Have a wonderful holiday season. More updates will come your way in the new year!

Best,

Erika