

NEWS



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12-2-11 THIS WEEK IN ORANGE COUNTY BY EDWARD A. DIANA

The official Orange County Christmas tree at the Arboretum is lit, decorations are going up at homes and businesses all over the County, and historic Hill-Hold Museum is dressed in her festive finery. The holiday season is truly upon us. Of course, with the holidays comes many parties, outings, and the sharing of holiday cheer. While you celebrate the season, I encourage you to enjoy the holidays responsibly – for the safety of yourself and those around you.

Most importantly, don't drink and drive, and don't host parties that may encourage guests to overindulge. People who drink and drive put everyone on the road at risk. To help avoid tragedy this holiday season, Orange County Stop DWI offers these tips for having safe parties:

- Have a theme for your party so that alcohol is not of primary importance
- Collect car keys at the start of your party
- Serve plenty of food
- Have a variety of non-alcoholic beverage choices
- Have one person making drinks (She/he controls the strength of drinks and can keep track of those who will need a ride home)
- Do not feel that you have to push drinks to be a good host/hostess.
- Serve cake and coffee, ice cream, or fruit near the end of the evening.
- Check each guests' ability to drive home.
- Drive anyone who is intoxicated home yourself or let him/her sleep at your home.

Visit www.orangecountystopdwi.com for more information.

We also know that the holiday season can be a very stressful time. Don't let the holidays get the best of you, reminds Dr. Jean M. Hudson, Orange County Commissioner of Health. To help keep the holidays happy, Dr. Hudson offers following tips:

- Keep your commitments in check – don't overbook yourself.
- Keep your spending in check – don't overextend yourself.
- Take time to balance work, home, and play.
- Turn to family and friends for help and support – you don't have to do it all yourself.
- Maintain a relaxed, positive outlook.
- Make time for yourself.
- Eat right, exercise, and get plenty of sleep.

For more healthy living information, visit www.healthyorange.com.

Be smart, be safe and enjoy your holiday season.

Until next week, wishing you good health and happiness,

Edward A. Diana
County Executive