

A Message from Bet about Upcoming Celebrations

I've worked the bar scene for many years... Bars, dives, nightclubs, private clubs, biker bars, and bistros. They all have ONE thing in common: Their goal – to sell as much alcohol as possible. But whether it's a business or someone's home, the *all-you-can-stand* attitude has led to more deaths on our highways in 4 years ([about 62,000](#), 2005-2008) at the hands of drunken drivers, than there were war-related U.S. Troop deaths ([58,000+](#), 1964-1975) during the 11 years of the Vietnam “conflict.” The war in Nam led to riots in our streets, while the inebriated war on our nation's highways led to funeral processions and even *more* ineffective legislation. I wonder why the reactions weren't the same. Why haven't we rioted in the streets in protest against the mass murder of our brothers, sisters and children, all the name of *Liquor Sales Profit?*

Establishments that depend on alcohol sales usually have the same sign posted: "We reserve the right to refuse service to anyone." But the only time that rule is enforced is when some customer gets on the last nerve of an employee. If you go to clubs, then you've seen it for yourselves. Can you think of ONE time when a customer was cut off because s/he simply drank too much? Or was the customer cut off only after OTHER problems occurred (like fighting or breaking things or falling down or annoying other paying customers)? By the time the customer falls off a stool, s/he should have been cut off hours before...

“Drinking responsibly” means, after all the hype is removed, “You have NO right to take a chance with another person's life.” It's that simple. Don't know how much is too much? Then follow this one easy rule: 1 mixed drink per hour, and stop an hour before you leave. And I'm not referring to a hurricane with 5 ½ shots. I'm talking about a single one-ounce shot, regardless how it's mixed, in a 60-minute time span.

“But I don't drink liquor,” you claim. “I only have beer or wine.” The same rule applies, and do NOT start playing word games with me. “*Wine has only X% alcohol while tequila has Y% alcohol and that beverage that I'm not drinking is 80 proof! I can have two instead of one!*” Stop it... Allow yourself ONE beer or ONE glass of wine or ONE ounce of liquor per hour. That way you don't have to run mental calculations while you're out celebrating the occasion of your choice. And stop drinking one hour before you get behind the wheel. If you're at a party for 4 hours, you should have had between 0 and 4 regular drinks (not doubles, triples...) by the time you leave. (FYI: For convenience's sake, 2 jello shots = 1 drink)

General information:

- For most people, it takes about 1 hour to burn off 1 ounce of alcohol.
- Once you start feeling tipsy, try to remember that you've still got alcohol in your stomach that hasn't yet been absorbed into your bloodstream. It's going to get worse. And no two people are the same. Speaking for myself, I know I can get tipsy after only two drinks. Once I feel that way, I stop cold. I may have two or three hours left before I go home. Fine. I'll go home sober, thank you very much.
- Alcohol doesn't bother going through the normal digestive processes. Instead, just like aspirin, it's absorbed directly into the bloodstream from the stomach wall.
- Excess alcohol can damage the stomach wall lining. That lining protects the stomach from its own acids. When you eat meat or other food, the stomach acid breaks it down and prepares it for the rest of the journey. Well pay attention here: Your stomach IS meat! Don't want the alcohol to eat your stomach? Don't want worsened peptic ulcers? Don't want to vomit? Then don't over-drink!
- You don't live far away? It's only a short distance? Don't make me cuss... You KNOW that most accidents happen within a few miles of home, because that's where most people do their driving! It doesn't matter where you live, unless you live above the bar and don't drive at all! Whether it be 4 miles or 4 blocks, distance (or lack thereof) is no excuse for driving under the influence of anything.
- Bad day? Boss yelled at you? Lost your job? Your significant other told you to get out? Your dog died? I'm sorry you're having such a rotten time but – listen up – **I DIDN'T DO IT!** Don't allow yourself to believe you have the “right” to unwind with a few drinks and then take it out on me!
- On the average Friday and Saturday nights, between 10PM and 2AM, one out of every ten drivers is legally drunk. That means, even if you're stone cold sober, the odds of you being involved in an alcohol-related accident are pretty good. You need your wits about you to protect yourselves from other drivers!

It's true that *no greater love hath a man than he who will give his life for his brother*. Perhaps it's also true that *no greater hate hath a man who will destroy his brother's life for the sake of a buzz*. Don't do it.

Speaking for myself, and being purely selfish, I simply don't want to lose you. I don't want you in a hospital, wheelchair, jail, or cemetery. One hour = one regular drink or less. Period. We'll see you soon.

A message like this from me can ruin us. A bar owner or manager may see this and decide we are or will be hurting business if we perform at his/her place of business. But, again, I'm going to be selfish. I know I couldn't live with myself if I didn't speak up; if someone died or were hurt as a result of my silence.