



FROM THE OFFICE OF HIGHWAY SAFETY...

Impaired driving is a deadly crime that kills, even though it is completely preventable. Even after years of educating the public about the dangers of driving impaired, alcohol is still involved in between 30% and 40% of fatal motor vehicle crashes each year in Delaware. So please increase your level of protection by buckling up yourself and your passengers in seatbelts or the appropriate child safety seat.

And remember: FRIENDS DON'T LET FRIENDS DRIVE AFTER DRINKING.

HAVE A SAFE AND SOBER SUMMER!

TIPS FOR RESPONSIBLE SUMMER PARTY HOSTING:

1. DEEMPHASIZE ALCOHOL

Guests should not have to drink in order to relax and have fun.

2. DESIGNATE A DRIVER

Publicize your plans for a safe party. Each vehicle should have a driver designated to stay sober.

3. ALWAYS SERVE FOOD WITH ALCOHOL

Have lots of non-salty, high-protein, low-fat foods like meats and cheeses. These slow the absorption of alcohol.

4. MEASURE AND CONTROL DRINKS

Do not have an open bar, and don't push drinks. Place the bar out of the way. Serve your guests or use a bartender. Always measure the alcohol, never free-pour. Never serve anyone who seems to be impaired.

5. HAVE NON-ALCOHOLIC BEVERAGES AVAILABLE

Focus on serving an attractive variety of juices and sodas. Some of your guests may not want to drink alcohol. Respect their wishes.

6. PARTY'S END

Stop serving alcohol at least an hour before guests leave. Only time (not coffee or a cold shower) will reduce the amount of alcohol in your system. Never let a guest drive away intoxicated. Arrange rides or have them stay over. In the morning you'll have a safer, and maybe even closer, friend.

Drinks

TIP: *Don't rush to fill guests' glasses. Some guests may not want to seem rude and will accept drinks they don't want.*

SWEET CHERRY FIZZ

- 1/2 cup cherry juice from concentrate
- 1/2 cup ginger ale
- Fresh cherries and other fruits for a garnish

Mix ginger ale into the juice slowly in a blender, add ice if desired, serve in tall glass with fruit kabob.

UNFUZZY NAVEL

- 3 oz peach nectar
- 3 oz orange juice
- 3 oz pineapple juice
- 1 tsp lemon juice
- Dash of grenadine

Combine in shaker half-filled with ice.



SUNRISE OVER THE BAY

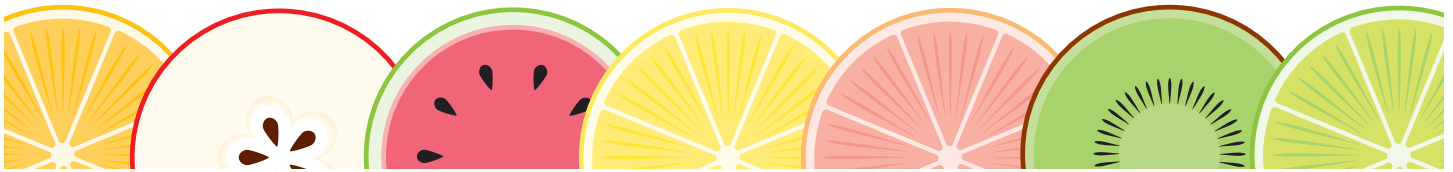
- 2 oz orange juice
- 2 oz pineapple juice
- 1/2 oz cranberry juice
- 2 oz lemon/lime soda
- 1/4 oz grenadine

Combine everything but soda in shaker half-filled with ice, strain into glass and add soda.

SIZZLIN' SUMMER PUNCH

- 2 oz cranberry juice
- 2 oz ginger ale
- 1/2 oz lemon juice
- 1 oz orange juice
- Lemon and orange slices to garnish

Keep ratios the same to make as much as needed.



DOWN EAST DELIGHT

- 2 oz cranberry juice
- 2 oz grapefruit juice
- 1/2 cup orange juice
- 1 oz honey to taste

Mix together and serve chilled. Add a maraschino cherry, orange slice and grapefruit skewer for garnish.

VIRGIN MARY

- 3 oz tomato juice
- Tabasco sauce to taste
- Celery salt to taste
- Dash of Worcestershire sauce
- Ground pepper
- 1/2 oz lemon juice

Mix all of the ingredients together and serve cold.



WATERMELON SLUSH

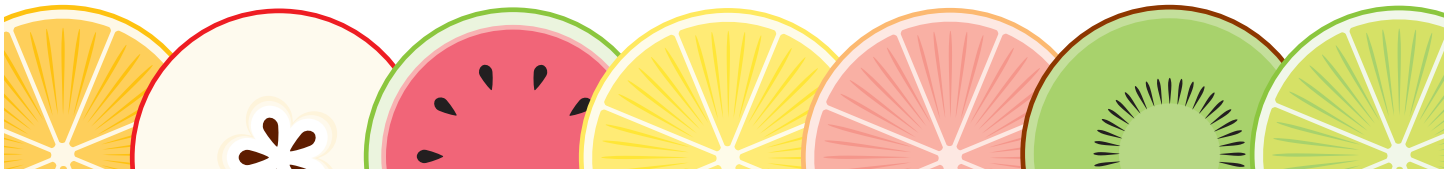
- 6–8 ice cubes
- 2 cups seeded watermelon
- Sugar or honey to taste

Place ice cubes in a blender; pulse until crushed. Add the watermelon and honey; blend together until slushy (or smooth for a more cocktail feel). Garnish with watermelon wedge and serve.

SUMMER-TINI

- Red bull
- Strawberry puree
- Banana puree

Layer equal parts banana puree, strawberry puree and Red Bull (in that order) into the glass.



BERRY BREEZER

- 3 oz red cranberry juice
- 3 oz apple juice
- 1 oz honey
- Maraschino cherry for garnish

Fill a highball glass with ice cubes. Add the juices and honey to a mixing glass. Stir the ingredients with a bar spoon. Pour the contents of the mixing glass into the highball glass. Garnish with a maraschino cherry.

Special Notes

ALTERNATIVES TO DRIVING

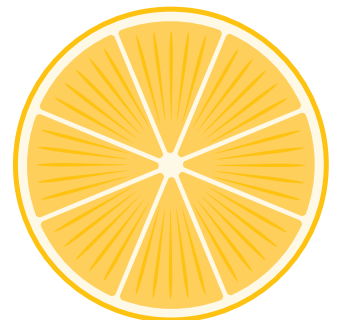
- Designate a driver
- Friends
- Taxis
- Carpools
- Sleepovers
- Dial a ride
- Police

PROGRESSIVE SIGNS OF INTOXICATION

- Loss of inhibition
- Loss of motor control (spilled drinks, tripping)
- Silliness
- Sadness, crying
- Boisterousness
- Slurred speech
- Wobbly gait

IF YOU HAVE TO INTERVENE

- Offer to pay for a ride home
- If you need help, GET IT!
- Speak softly
- Be calm but firm
- Act early – if you wait, your guest may become aggressive
- Don't take drunken statements personally



Food

TIPS:

1. SALT SPEEDS UP INTOXICATION

Serve your dips and spreads with unsalted crackers. Better yet, serve raw vegetables for dipping such as carrots, celery, cauliflower and even squash. Weight watchers will be thrilled with these choices.

2. HIGH-PROTEIN FOODS SLOW DOWN INTOXICATION

High-protein foods such as cheeses and meats stay in the stomach longer. Consider cold cut trays, cheese fondues, cheeseballs, hardboiled eggs and deviled eggs.

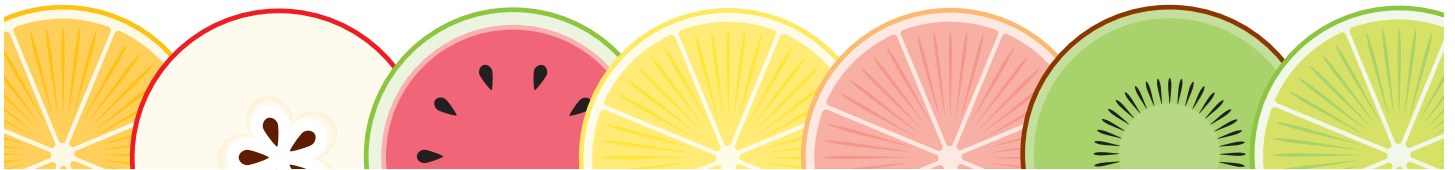
HIGH PROTEIN HORS D'OEUVRES

Cheese platter
Tuna rounds

Peanut butter and crackers
Chicken wings

Meatballs
Cocktail wieners

UN-salted nuts



PICNIC SPINACH AND ARTICHOKE DIP

- 1 can (14 oz) artichoke hearts, drained, finely chopped
- 1 pkg (10 oz) frozen chopped spinach, thawed, drained
- 3/4 cup 100% grated Parmesan cheese
- 3/4 cup light mayonnaise
- 1/2 cup 2% milk, shredded, reduced-fat mozzarella cheese
- 1/2 tsp garlic powder

Preheat oven to 350°F. Mix all ingredients; spoon into 9-inch quiche dish or pie plate.

Bake 20 min. or until heated through. Serve with crackers and assorted cut-up fresh vegetables.

FRUIT WITH PROSCIUTTO

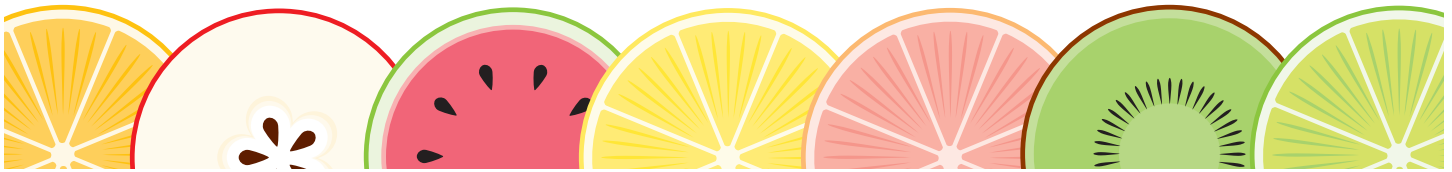
Wrap strips of prosciutto around apple and/or pear slices or melon balls.



BOARDWALK FOCACCIA BREADSTICKS

- 1/2 cup oil-packed dried tomatoes
- 1/2 cup grated Romano cheese
- 2 tsp snipped fresh rosemary or 3/4 tsp dried rosemary, crushed
- 1/4 tsp cracked black pepper
- 2 10-oz packages refrigerated pizza dough

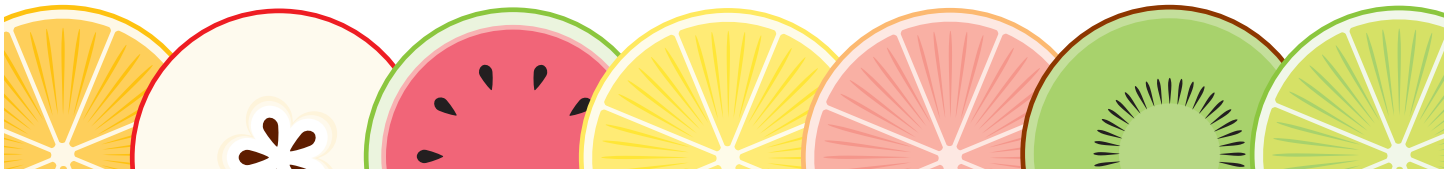
Drain dried tomatoes, reserving 4 teaspoons of the oil. Finely snip tomatoes. Combine tomatoes, cheese, rosemary, pepper, the reserved oil and 4 teaspoons water in a mixing bowl. Set aside. Unroll dough on a lightly floured surface. Roll each portion into a 10 x 8-inch rectangle. Spread tomato mixture crosswise over half of each rectangle. Fold in half; cut rectangles lengthwise into 1/2-inch wide strips and twist 2 or 3 times. Preheat oven to 350°F. Place the twisted dough strips about 1 inch apart on lightly oiled baking sheets. Bake for 12 to 15 minutes or until golden brown. Transfer breadsticks to a wire rack. Cool completely. Makes 20 breadsticks.



SLOPPY JOE MEATBALLS

- 1 egg, beaten
- 1/4 cup fine dry bread crumbs
- 1 medium onion, finely chopped (1/2 cup)
- 1/4 teaspoon dried oregano, crushed
- 1 pound lean ground beef
- 1/2 cup chopped green sweet pepper
- 1 tbsp cooking oil
- 1 15-ounce can tomato sauce
- 2 tbsp brown sugar
- 1 tbsp prepared mustard
- 1 tsp chili powder
- 1/4 tsp black pepper
- 1/4 tsp garlic salt
- Dash bottled hot pepper sauce (optional)

Heat oven to 350°F. Combine egg, bread crumbs, 1/4 cup of the onion and the oregano in a large mixing bowl. Add the ground beef and mix well. Shape into 42 meatballs about 3/4-inch in diameter. Arrange in a single layer in a 15 x 10 x 1-inch baking pan. Bake for 12 to 15 minutes or until no pink remains. Drain well. Meanwhile, cook remaining 1/4 cup onion and the sweet pepper in hot oil in a large saucepan until vegetables are tender. Stir in tomato sauce, brown sugar, mustard, chili powder, black pepper, garlic salt and, if desired hot pepper sauce. Bring to boil. Reduce heat and simmer, uncovered, for 5 minutes. Serve immediately. Makes 21 servings.

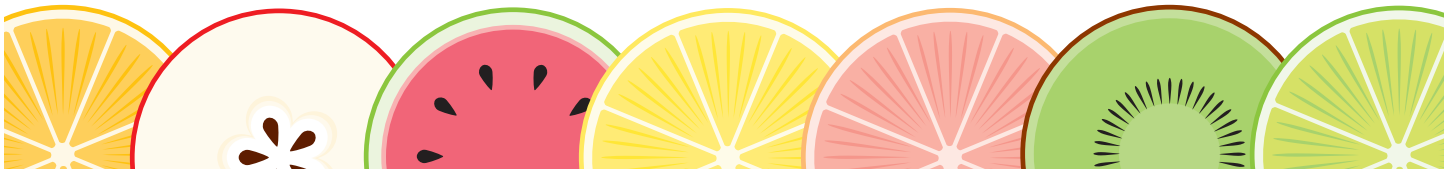


SHRIMP COCKTAIL

- 3 cups or 24 servings
- 1 pkg (8 oz) cream cheese, softened
- 3/4 lb cooked shrimp, chopped (2 cups)
- 3/4 cup cocktail sauce
- 1/4 cup shredded Parmesan cheese
- 2 green onions sliced

Spread cream cheese onto bottom of shallow bowl or 9-inch pie plate. Toss shrimp with cocktail sauce; spoon over cream cheese. Sprinkle with Parmesan cheese and onions. Serve with snack crackers.

Tips: Substitute 1 pkg (8 oz) imitation crabmeat, coarsely chopped, for the shrimp.



CROCKPOT CRAB DIP

- 3/4 cup mayonnaise
- 8 oz pkg cream cheese, softened
- 2 tbsp apple juice
- 1 onion, minced
- 1 lb lump crabmeat, picked over to remove cartilage and shell bits

Mix mayonnaise, cream cheese and apple juice in medium bowl until blended. Place in 1- to 3-quart crockpot. Stir in onions and blend well. Gently stir in crabmeat. Cover crockpot and cook on LOW for 4 hours. Dip will hold for up to 2 hours, stirring occasionally. Makes 8 servings.

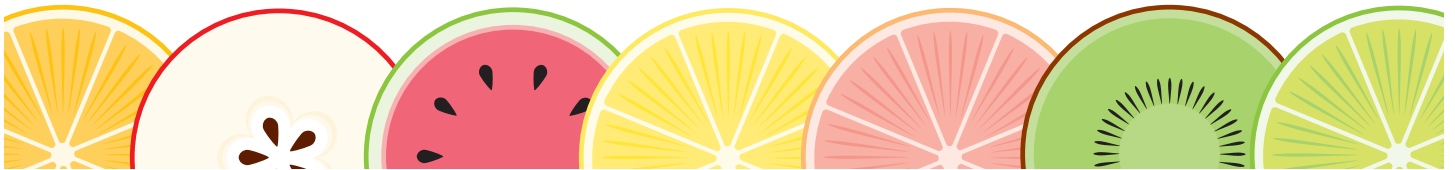
JELLY-TOPPED CHEESE SPREAD

- Melt jalapeño jelly in a saucepan and spoon over an 8-ounce round of Brie.

FAST PIZZA

- Top a 6-inch Italian bread shell with a tub-style cream cheese; top with cooked vegetables, sliced red onions and snipped fresh herbs.

Sprinkle on crumbled blue or feta cheese. Bake until all ingredients are heated through.



MEXICALI CHIPS

- Cook ground beef seasoned with ground cumin until brown; drain off fat.

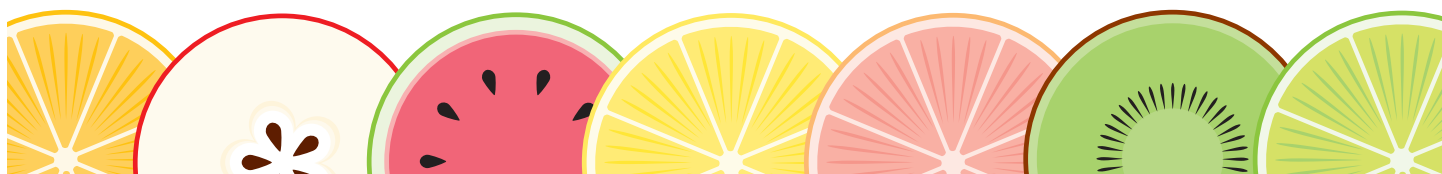
Stir in enough salsa to moisten, along with sliced ripe olives and snipped cilantro. Top with sour cream or shredded cheese. Serve with tortilla chips.

CHICKEN BAGELS

- Split mini-bagels in half and toast.

Top with chicken salad and sprinkle with finely chopped red onion. Top each with toasted, sliced almonds.

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