



# AMERICAN ASSOCIATION OF STATE TROOPERS®

We want to thank you for your continuing support of the American Association of State Troopers. In our state, many innocent people die each year in alcohol-related accidents. Drunk drivers kill themselves and others every day, making this one of our most important issues.

The American Association of State Troopers is concerned with both eliminating drunk drivers and improving all aspects of public safety. Our state troopers members of A.A.S.T. want to make sure that our roads are as safe as possible for all motorists. Responsible citizens, like yourself, provide the support necessary to continue our efforts and spread the word throughout the state to

make the right choice . . . **ARRIVE ALIVE - DON'T DRINK AND DRIVE!** The right choice can save lives - maybe yours or that of a loved one.

Your generous contributions allow you the satisfaction of knowing that you are a part of this statewide network of concerned individuals who want to work together to build a better future for our state.

# ARRIVE ALIVE

APPROVED  
by *W. Brown*

Date 7-1-04  
**2 DRINKS IS ALL IT TAKES**



A majority of alcohol related accidents involve otherwise responsible adults - not serious problem drinkers. Social functions, dinner engagements and other celebrations are often the start. Unfortunately, most people are unaware of the total effect that alcohol has on their system. Generally speaking, no more than two drinks per hour will raise your Blood Alcohol Concentration (B.A.C.) to over .04% - the level at which driving becomes impaired. At this stage, common sense and individual responsibility are essential in curbing the problem of drunk drivers.



**"IT WON'T HAPPEN TO ME"**

Nobody thinks a car accident, let alone an alcohol-related accident, will involve them. This is the main problem A.A.S.T. has in fighting the problem of drunk drivers. People are often all too willing to take a chance. There are too many ways to rationalize the situation: **"I don't feel that drunk", "I don't have far to drive home", "I'll sleep when I get home", or "I've done it before and can do it again"**. These may all be true, but it only takes one accident to change your life or the lives of others. It is the one accident nobody else thought they would be a part of either.

**A**  
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## RESPONSIBILITY IS THE KEY



Another step would be to plan ahead for those times when you think you may over-indulge in regards to your alcohol intake. Some quick thoughts might be to plan to take a taxi to and from the event or to choose a designated driver, (*someone who doesn't drink at all or elects not to drink alcohol for the occasion*), or arrange to stay the night with a friend until you're sober. Cold showers and/or coffee don't remove alcohol from your system - only time can do that. If you drink too much, be responsible and mature. Don't get behind the wheel of a car.

The American Association of State Troopers (A.A.S.T.) is concerned with eliminating drunk drivers and improving all aspects of public safety. Our state troopers members want to make sure that our roads are as safe as possible for all who travel. Citizen sponsors who help A.A.S.T. spread the word throughout our state to make the right choice: **ARRIVE ALIVE - DON'T DRINK AND DRIVE!** The life you save may be your own.



**ARRIVE ALIVE  
DON'T DRINK  
AND DRIVE**

# DON'T DRINK AND DRIVE