



Jasper School District  
Staff Wellness Newsletter, December 2011

**Did you know that Drunk Drivers kill someone every 48 minutes?**

Consuming drugs or alcohol prior to driving greatly increases the risk of car accidents, highway injuries, and vehicular deaths; the greater the amount of alcohol consumed, the more likely a person is to be involved in an accident. In 2006, approximately 17, 600 people died in traffic crashes involving alcohol. In that same year, over 1.46 million drivers were arrested for driving under the influence of alcohol or drugs.

**Heavy alcohol consumption is associated with a vast number of serious health conditions including:**

- Increased risk of some types of arthritis and certain forms of cancer.
- Damage to fetuses in pregnant women.
- Elevated blood glucose levels (causes hypoglycemia).
- Enlargement of the kidneys and increased risk of kidney failure.
- Increased risk of malnutrition.
- Potential contribution to dementia, depression, anxiety, and insomnia.

Holidays are some of the most dangerous times of the year on the road. Two to three times more people die in alcohol-related crashes on U.S. roads during Christmas and New Year's than over comparable periods of time during the rest of the year, according to the U.S. National Institute on [Alcohol Abuse and Alcoholism](#). Holidays should be a time to spend with loved ones, not bury them.

**Prevent drunk and drugged driving by having a Designated Driver!!**

References and helpful websites:

- [www.drinkinganddriving.org](http://www.drinkinganddriving.org)
- [www.dontdiedrunk.org](http://www.dontdiedrunk.org)
- [www.madd.org](http://www.madd.org)
- [www.aa.org](http://www.aa.org)
- [www.druggeddriving.org](http://www.druggeddriving.org)

## How to Make a Difference

Many people have been touched by the following "Drunk Driving Poem." (The author is unknown.)

### ***Death of an Innocent***

I went to a party, Mom,  
I remembered what you said.  
You told me not to drink, Mom,  
So I drank soda instead.  
I really felt proud inside, Mom,  
The way you said I would.  
I didn't drink and drive, Mom,  
Even though the others said I should.

I know I did the right thing, Mom,  
I know you are always right.  
Now the party is finally ending, Mom,  
As everyone is driving out of sight.

As I got into my car, Mom,  
I knew I'd get home in one piece.  
Because of the way you raised me,  
So responsible and sweet.

I started to drive away, Mom,  
But as I pulled out into the road,  
The other car didn't see me, Mom,  
And hit me like a load.

As I lay there on the pavement, Mom,  
I hear the policeman say,  
"The other guy is drunk," Mom,  
And now I'm the one who will pay.

I'm lying here dying, Mom...  
I wish you'd get here soon.  
How could this happen to me, Mom?  
My life just burst like a balloon.

There is blood all around me, Mom,  
And most of it is mine.  
I hear the medic say, Mom,  
I'll die in a short time.

I just wanted to tell you, Mom,  
I swear I didn't drink.  
It was the others, Mom.  
The others didn't think.

He was probably at the same party as I.  
The only difference is, he drank  
And I will die.

Why do people drink, Mom?  
It can ruin your whole life.  
I'm feeling sharp pains now.  
Pains just like a knife.

The guy who hit me is walking, Mom,  
And I don't think it's fair.  
I'm lying here dying  
And all he can do is stare.

Tell my brother not to cry, Mom.  
Tell Daddy to be brave.  
And when I go to heaven, Mom,  
Put "Daddy's Girl" on my grave.

Someone should have told him, Mom,  
Not to drink and drive.  
If only they had told him, Mom,  
I would still be alive.

My breath is getting shorter, Mom.  
I'm becoming very scared.  
Please don't cry for me, Mom.  
When I needed you,  
you were always there.

I have one last question, Mom.  
Before I say good bye.  
I didn't drink and drive,  
So why am I the one to die?

