

# There's only one guy who should drive loaded.

When it comes to alcohol, it's easy to be fooled by appearances. But the fact is, an "innocent" 12 oz. mug of beer or a "harmless" 5 oz. glass of wine is as guilty of causing intoxication as a standard 1 1/4 oz. shot of hard liquor.

No matter what you're drinking, one drink per hour sets the pace for responsible moderation.

Eating foods that are rich in protein beforehand is another way to temper the effects of alcohol.

But perhaps the most sobering fact of all, is that you really don't have to drink to have a great time.

This holiday season, be merry but wise. Use good judgment. Don't drink and drive.



## Please. Don't Drink and Drive.

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drink & drive &  
have a  
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prosperous 2008!*



Happy  
Holidays!


Please  
don't drink  
& drive.

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VALERIE BURKE  
Councillor Ward 1  
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905-479-7747

*Please don't drink & drive*



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**"Happy, healthy &  
prosperous 2008"**

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**"Don't drink & drive"**



ERIN SHAPERO  
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Town of Markham  
905-479-7756

*Please enjoy responsibly!*



COUNCILLOR  
TONY C. WONG

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**"Lives are precious"**