



News Release

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April 1, 2014

Take a spin for a good excuse... *not* to drink April is Alcohol Awareness Month

PORTLAND, Ore. – Whether you're quitting for your health, pregnant, not old enough, or just knowing your limit; saying no to friends who offer you a drink can seem like an impossible task.

In honor of Alcohol Awareness Month, the Oregon Liquor Control Commission has come up with a variety of excuses on a playful "Excuse Spinner" in an effort to keep the focus on fun and not on the peer pressure to imbibe. Ranging from conversational to creative, the choices include:

I'm driving
I'd love a cupcake instead
I'm more charming when I'm sober
I'm performing brain surgery tomorrow

"No seems simple. But we all have a friend who just won't take no for an answer," says John Eckhart, OLCC Public Safety Director. "It's normal to want to fit in, but if you don't want to drink, you shouldn't have to. Humor is one way to deflect the attention."

Step by step directions on how to make the spinner are available on OLCC's [Youtube page](#). OLCC invites others to share their excuses not to drink on [Facebook](#) and [Twitter](#) #excuses. The spinner is also available on OLCC's [flickr page](#).

According to a [Gallup poll](#), more than 30 percent of adults across the nation do not drink alcohol.

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What you need:

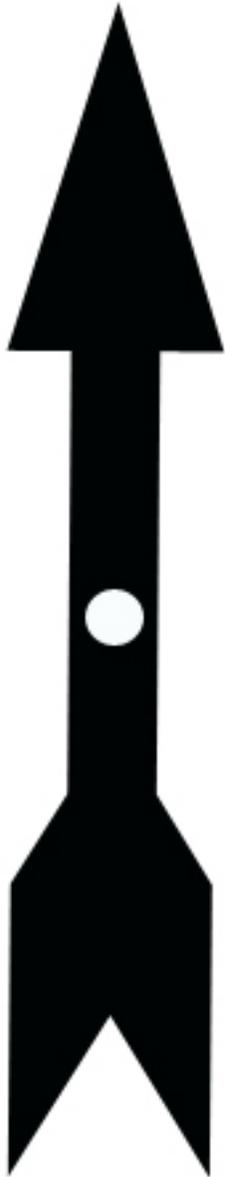
- Card Stock
- Scissors
- Metal fastener

Assembly:

Print out spinner game board on card stock

Cut out game spinner arrow

Fasten arrow through middle of spinner with metal fastener



Excuse Spinner

How to say "No"

