



News Release

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Wednesday, July 2, 2014

OLCC's Fourth of July celebration checklist

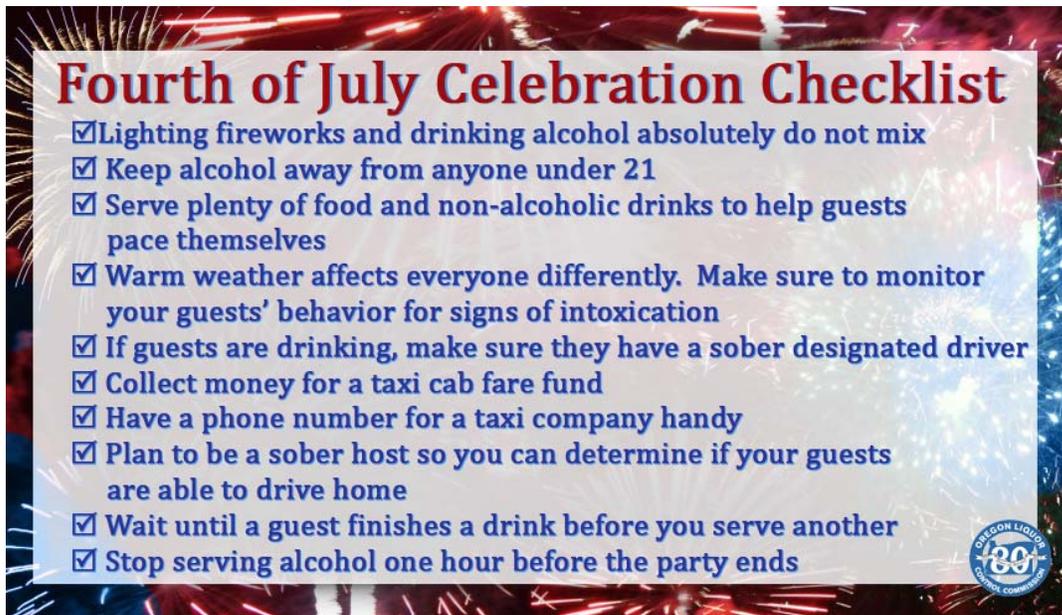
PORTLAND, Ore. – Fourth of July is a day for celebration and activities like fireworks, barbeques, pool parties, and parades. The Oregon Liquor Control Commission reminds Oregonians that just like drinking and driving are a dangerous combination; lighting fireworks and drinking alcohol absolutely don't mix.

"Fourth of July is a holiday when people start celebrating during the day and carry on after dark to enjoy fireworks," says John Eckhart, OLCC Director of Public Safety. "Enjoying a cold beverage on a hot summer day can be refreshing, but please remember to celebrate safely. Have a sober person be in charge of the fireworks and make sure everyone has a safe ride home."

"Alcohol is a diuretic and will actually cause dehydration instead of quenching your thirst," warns trauma surgeon Ameen Ramzy, M.D. from Legacy Emanuel Medical Center. He goes on to caution, "Most alcohol-impaired injured people are binge drinkers, not alcoholics. Don't let excessive alcohol ruin your holiday or some else's."

During Fourth of July weekend in 2013, one quarter of the patients who came through the trauma service at Legacy Emanuel were over the legal alcohol limit. According to Oregon State Police, four people died in four separate traffic crashes during Fourth of July weekend last year. Three out of four involved alcohol.

For those throwing an Independence Day party, a little planning can go a long way to ensure that everyone has a safe and fun holiday.



*Did you know that in the last two years, the OLCC distributed more than **\$397 million** to Oregon's General Fund, Cities, Counties, and Drug and Alcohol Abuse Programs? [See the distribution of dollars on OLCC's Website.](#)*