

## FEATURED LETTER

# A few tips can help students avoid trouble

Drinking tips, daily inspiration, and Kindle Fire contests are the types of content you will find on SIPSNATION's social media pages. Somerset's Initiative for Partying Safely (SIPS), an initiative of EmPoWER Somerset, is a resource for college students to discuss healthy living habits.

SIPSNATION was first created after New Jersey officials noticed the rising number of DUIs within the ages of 18-24. This is mainly due to binge drinking, an intentional way to become intoxicated by drinking an excessive amount of alcohol.

If you are a college student, this behavior can put you at a disadvantage in school. Twenty-five percent of college students report academic consequences due to binge drinking, according to [collegedrinkingprevention.gov](http://collegedrinkingprevention.gov). Other consequences include injury, unsafe sex, death, drunk driving, suicide attempts, alcohol dependency and more.

As a college student, you need energy to focus on academics, getting involved, and learning more about yourself. Energy spent on the consequences of binge drinking can distract you from reaching your goals. SIPSNATION encourages personal growth and does this by communicating tips and resources for partying safely.

EmPoWER Somerset started SIPSNATION in the hope of decreasing the number of DUIs among young adults, beginning within Somerset County. Along with these efforts, Ride Home 2Nite began to make information on local transportation accessible to people at restaurants and bars.

Local hotspots such as Petrocks, Willie McBride's, and Southside Bar are among a few that have embraced this program. In these popular establishments you will find Ride Home 2Nite posters that contain local cab numbers and times. A QR code is placed on every poster so if you have a smart phone you can save this information for a later use. Those interested in collaborating should contact us at [Cheryl@empowersomerset.com](mailto:Cheryl@empowersomerset.com).

As a student at Cornell University and recently turned 21-year-old, I appreciate accessible information and tips that focus on having fun while staying safe. EmPoWER Somerset encourages young adults to lead a healthy life through their social media pages. Visit us at [www.facebook.com/SIPSNATION](http://www.facebook.com/SIPSNATION) and "like" the page to be entered to win the new and fantastic Kindle Fire. Tweet us your thoughts @sipsnation.

We enjoy hearing from students, parents, and community members. By reaching out to us online you are helping continue the conversation on ways to party safely.



When scanned with a smart phone, this QR code will take users directly to a page on the EmPoWER Somerset website listing local cab companies with the areas they serve, hours of operation and phone numbers.

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