Drunk driving is one of the deadliest crimes. Every single injury and death caused by drunk drivers is totally preventable. Unfortunately, drunk drivers caused over 30% of all traffic fatalities in Florida last year. We need to be especially aware during the holidays because statistics show that the number of incidents increases during these times.

What are the consequences of a DUI or DWI conviction? According to Florida Statute 316.193, the penalties vary by the offender’s level of Blood Alcohol Content or Breath Alcohol Content (BAC) and the number of previous convictions. For example, for the first conviction with a BAC of .08, one would receive a fine between $250 and $500 and be imprisoned for a maximum of six months. The fines and terms of imprisonment increase with subsequent occurrences. There are also additional punishments such as extra fees, increased insurance premiums, license revocation for at least 180 days, completion of an approved substance abuse education course, and impoundment of vehicles owned by the offender.

Enjoy your holiday season. Be responsible and do not drink and drive.
I'm excited to say this is our 10th edition of Jiffy Lube's Recipes 4 the Road. Over the last decade we have made positive changes to the book, such as increasing the circulation and reach, but the message and goal has remained consistent – to keep people safe during the holidays.

This book is filled with delicious and original Florida made positive changes to the book, such as increasing the circulation and reach, but the message and goal has remained consistent – to keep people safe during the holidays.

Since this is a very important edition to me, there are some special people I would like to thank that have been with us from the beginning and have helped us reach our tenth anniversary. The first being Kelly Witt and Media Design, our advertising agency, who conceptualized this program and helped to evolve it to make what it is today. I would also like to thank Andrea Atran from the Florida Department of Transportation, Shands TraumaOne, and Channel 4 for being there from the start and sharing our passion and goal of reducing the amount of alcohol-related traffic fatalities. These people and organizations have been instrumental in the book’s creation and success.

We hope you enjoy Jiffy Lube’s 10th Annual Recipes 4 the Road and please make sure to do your part this holiday by not driving while intoxicated, designating a driver and being a responsible host.

Sincerely,

Ward Huntley
President of South Lubes, Inc./Jiffy Lube

THE DANGERS OF DRINKING & DRIVING

Even one drink of alcohol can affect your driving. Alcohol slows your reflexes and reaction time, reduces your ability to see clearly and makes you less alert. As the amount of alcohol in your body increases, your judgment worsens and your skills decrease. You will have trouble judging distances, speeds and the movement of other vehicles. The best advice is, if you drink alcohol, do not drive.

KNOW FLORIDA’S DUI LAWS

DUI in Florida: .08 is the rate • Under Florida law, a blood or breath alcohol level of .08 is evidence that a person is under the influence of alcohol to the extent that normal faculties are impaired. However, a person may be found guilty of DUI with a lower level.

Consent to be tested • By accepting and using a Florida driver license, a person agrees to submit to an approved chemical test or physical test, including but not limited to a breath or urine test, when lawfully arrested for DUI. Refusal to take a test will result in a one-year suspension of the person's driver's license for the first refusal or an 18-month suspension for each subsequent refusal. These suspensions are in addition to any other penalties that may be imposed by the court upon a DUI conviction.

Commercial drivers: .04 or more • A driver of a commercial vehicle may be found guilty of a moving violation if found with any alcohol in his/her body. A blood or breath alcohol level of .04 or above would disqualify a driver from operating a commercial vehicle for one year.

Pop a top, face a fine • Florida law prohibits possession of open containers of alcoholic beverages by the driver and passengers of most vehicles.

Under 21: .02 applies to you • Anyone under 21 years of age with a blood or breath alcohol level of .02 or above found driving or in actual physical control of a motor vehicle will lose his/her driving privilege for six months. A driver under 21 years of age may be charged with DUI if the law enforcement officer determines that the driver's faculties are impaired.

511 Traffic & Travel Information Service has been helping drivers throughout Northeast Florida for over a year now. This free phone and internet service provides commuters, tourists and other travelers with real-time traffic conditions 24 hours a day, seven days a week.

As you travel this holiday season remember to dial 5-1-1 to access current information for specific routes and roadway segments, including traffic accidents and construction. The jax511.com website will also incorporate traffic camera images and links to public transportation and commuter information.

Enjoy the holidays and please remember to always Buckle Up!

WISHING YOU A SAFE AND HAPPY HOLIDAY SEASON.
Northeast Florida Safety Council's

ABC RECIPE FOR YOUR HOLIDAY SAFETY

A   ALCOHOL AWARENESS
- Always serve food with alcoholic beverages. Food slows down the absorption rate of alcohol into the body.
- Offer non-alcoholic beverages. Make guests feel welcome, no matter what they choose to drink.

B   BUFFET
- Serve protein-rich and starchy foods throughout the evening. By eating first, partygoers may drink less, and the food will help retard the absorption of alcohol into their bloodstream.
- As the hour becomes late, put away the alcoholic beverages, but continue to offer a good supply of food.
Remember, only time will eliminate alcohol from the body.

C   CARPOOL
- Provide alternatives for guests who may have had too much to drink. Have someone who has not been drinking drive them home.
- Call a cab or let the person sleep overnight.

We are a State Licensed DUI Program, offering a wide range of Driver Improvement & Occupational Safety & Health Training Programs with over 60 years of service in Northeast Florida. A Community Owned, Not For Profit, Charitable Organization

For current information about any of our programs, call an office near you:
DUVAL (904) 399-3119  CLAY (904) 264-8665
ST. JOHNS (904) 829-5354  COLUMBIA, BAKER, SUWANNEE (386) 755-7041
OUTSIDE AREA 1-888-399-1233
Visit Our Website at www.jaxsafety.com or E-Mail us at nefsc@nefsc.org

Recipe for a Happy Holiday

- Mix and mingle at a holiday party.
- Add variety to spice up celebrations.
- Create a stir with the volunteer work.
- Pour your heart into the volunteer work.
- Taste the fruits of your labor.
- Drink in the sounds of the season.
- Designate a driver. Alcohol and Autos don't mix. Safe Driving and Happy Holidays do!

Landstar hopes you'll use this recipe to create a joyous and safe holiday season and a very happy New Year!

Now serving your printing needs

IN-HOUSE!

JK Harris Publications now has a full-color printing press, right here, in our office. We can take care of your printing needs from start to finish with the shortest turn-around time yet!

- PROJECT MANAGEMENT • DESIGN AND LAYOUT • PROOFING
- PRINTING • MAILING LISTS • LABELING • MAILING

www.jkhpubs.com

Whether you need a postcard, brochure, annual report, flyer or poster, we can help you!

Call Tera Beene ext. 18 or Kelly Dray ext. 31 today at 888-708-5700 to discuss your design and printing needs.
Email: tbeene@jkhpubs.com or kdray@jkhpubs.com

To learn more about JK Harris Publications, please visit us online at www.jkhpubs.com
**POMMÉRANATE FAUXJITO**

1 oz. Simple Syrup
4 Fresh Mint Leaves
1/2 Lime - Sliced
4 oz. Club Soda
1 oz. Pomegranate Juice


---

**MERRY SUNRISE**

3 oz. Sunny Delight
3 oz. Ocean Spray Cranberry Juice
Splash of 7-Up

Pour into a double, old-fashioned glass. Add equal parts of Sunny Delight and cranberry juice. Top off with splash of 7-Up. Garnish with orange slice or cherry.

---

**HOLIDAY NUTMEG FLOATS**

1/3 cup Sugar
1/2 tsp. Nutmeg
1 dash Salt
1 1/2 tsp. Almond Extract
1 tsp. Vanilla
1 quart Cold Milk
1 pint Vanilla Ice Cream

Add sugar, nutmeg, salt and flavorings to milk and stir until sugar is dissolved. Pour into chilled glasses and top with ice cream. Makes 1 serving.

---

**ICED TEA PUNCH**

2 quarts Flavored Tropical Fruit Tea
1 quart Cranberry Juice
1 quart Ginger Ale
1 can Frozen Lemonade

Mix tea, cranberry juice and frozen lemonade. Add ginger ale just before serving.

---

**NON-ALCOHOLIC SWEDISH LEMONADE**

2 oz. Pineapple Juice
2 oz. Cranberry Juice
2 oz. Orange Juice
Splash of Club Soda

Shake with ice, pour in 8 oz. glass. Garnish with orange slice, lemon or lime. Top with cherry.

---

**CITRUS CLUB SODA**

Lemonade
3 oz. Sweet & Sour Mix
7-Up
Cranberry Juice
Lime

Fill 16 oz. hurricane glass with ice. Fill halfway with sweet and sour mix. Fill to 3/4 full with 7-Up and add a splash of cranberry juice for color. Add a squeeze of lime.

---

**PONCHE CREMA**

4 Eggs
2 cups Whole Milk
1 tsp. of Sugar
1 tsp. Vanilla Extract
12 fl. oz. Condensed Milk

Mix eggs, milk, sugar and vanilla extract. Put the container with this mix in the oven, in a tray with hot water. Leave in oven for about an hour at 350°. Let cool. Place in refrigerator until it hardens (at least 2 hours). Blend with condensed milk. (It is a thick drink).

---

**TUCKER'S FRUIT SENSATION**

2 oz. Pineapple Juice
2 oz. Cranberry Juice
2 oz. Orange Juice
Splash of Club Soda

Shake with ice, pour in 8 oz. glass. Garnish with orange slice, lemon or lime. Top with cherry.

---

**TUCKER'S FINE DINING**

212 North Marion Ave • Lake City
386-755-5150

---

**LEMON BAR**

Sea Horse Ocean Front Inn
120 Atlantic Blvd • Neptune Beach
904-246-2175

---

According to the U.S. Department of Agriculture, more than 45 million turkeys are cooked and eaten in the U.S. at Thanksgiving—that’s one sixth of all turkeys sold in the U.S. each year.
HOPPY HOLIDAYS
2 oz. Orange Juice
2 oz. Sour Mix
1 oz. Pineapple Juice
Splash of Grenadine
Splash of 7-UP
Orange Cherry
Build first five ingredients on ice. Chill, shake and strain. Garnish with orange and cherry.

Brix Taphouse
300 2nd St N • Jacksonville Beach
904-241-4668

OCEAN BREEZE
2 oz. Orange Juice
2 oz. Pineapple Juice
2 oz. Soda Water
Splash of Grenadine
Build orange juice, pineapple juice and soda water on ice. Chill, shake and strain. Add splash of grenadine for color.

THE RITZ LOUNGE
185 3rd Ave N • Jacksonville Beach
904-246-2255

TOASTED ALMOND
3 scoops Vanilla Ice Cream
3 tsp. Amaretto Flavored Syrup
2 tsp. Coffee Flavored Syrup
Toasted Coconut
Whipped Cream
Blend ice cream and syrups together. Top with whipped cream and toasted coconut.

1019 Hendricks Ave
Jacksonville
904-306-0100

WEDDING CAKE
3 oz. Pineapple Juice
4 oz. Ginger Ale
1 1/4 - 1/2 oz. Grenadine
Splash of Cranberry Juice
Combine pineapple juice with ginger ale and grenadine. Stir ingredients and pour over ice in a 12 oz. rocks glass. Top with a splash of cranberry juice.

Camellia Court Cafe
Harn Museum, University of Florida Campus
Gainesville • 352-392-2735

TOASTED ALMOND
3 scoops Vanilla Ice Cream
3 tsp. Amaretto Flavored Syrup
2 tsp. Coffee Flavored Syrup
Toasted Coconut
Whipped Cream
Blend ice cream and syrups together. Top with whipped cream and toasted coconut.

MOJITO
1 Lime
1 tsp. Sugar
6 Mint Leaves
Sprite
Fill half highball glass with ice. Squeeze the lime juice in and add the sugar and mint leaves. With a spoon, crush the mint leaves with the ice so the aroma of the mint will spread. Add the sprite and some more ice.

GUM DROP
Sprite
Raspberry Syrup
1/2 shot Grenadine
Dash of Sour Mix
Pina Colada Mix
In blender mix ice with the above ingredients and serve in chilled martini glass with a slice of lime.

CAPPUCCINO COOLER
4 1/2 cups Cold Coffee
4 1/2 cups Chocolate Ice Cream
3/4 cup Hershey's Chocolate Syrup
Crushed Ice
Whipped Cream
In blender, place coffee, ice cream and syrup. Cover; blend until smooth. Serve immediately over crushed ice and garnish with whipped cream. Makes 3 servings.

Camellia Court Cafe
Harn Museum, University of Florida Campus
Gainesville • 352-392-2735

THE RITZ LOUNGE
1874 San Marco Blvd
Jacksonville
904-306-9004

CRAB TRAP
Restaurant
2578 Atlantic Blvd • Jacksonville
904-399-0609

ORANGE EGGNOG
2 quarts Milk
12 Eggs, Separated
2 tsp. Vanilla
12 oz. Orange Juice Concentrate, Thawed
1 1/2 cups Sugar
Orange Sections
**Berry Frost**

1 1/2 cups Frozen Strawberries, Slightly Thawed
1 cup Plain Low-Fat Yogurt
1/2 cup Skim Milk
2 tsp. Sugar
2 tsp. Vanilla Extract
2 Ice Cubes

In blender at low speed, blend all ingredients until smooth and frothy; pour into glass. Makes 2 servings.

**Banana Eggnog**

6 Ripe Bananas
6 Eggs
6 tbs. Sugar
6 cups Cold Milk
12 tbs. Maple Syrup

Beat together bananas, eggs and sugar until well blended and smooth. Add milk and maple syrup and beat until combined. Pour into chilled glasses. Makes 6 servings.

**Chocolate Peppermint Frappe**

4 Round Peppermint Candies
1 pint Frozen Chocolate Yogurt
2 cups Cold Milk
1/2 cup Chocolate Syrup


**Duval Traffic Safety Team**

**St. Johns Traffic Safety Team**

**Nassau Traffic Safety Team**

**Putnam Traffic Safety Team**

**Angels Delight**

1/4 cup Whipping Cream
7 scoops Ice Cream
1/2 cup Chopped Pecans
1/4 cup Chocolate Syrup
1 Banana

Put all ingredients in a blender. Put whipped cream and nuts on top of glasses. Makes 1 serving.

**Caramel Hot Cocoa For Two**

1 tbs. Sugar
1 tbs. Unsweetened Cocoa
1 3/4 cups Skim Milk
2 tbs. Caramel Ice Cream Topping

Combine sugar and unsweetened cocoa in a small saucepan. Stir in skim milk and caramel ice cream topping. Cook, stirring constantly, over medium heat until mixture is thoroughly heated and topping dissolves. Serve immediately. Makes 2 servings.

**Columbia Traffic Safety Team**

**Maple Mulled Cider**

1 1/2 quarts Apple Cider
1 cup Maple Syrup
1 cinnamon Stick
3 Whole Cloves
Lemon Slices for garnish

Combine cider, syrup, cinnamon and cloves and heat thoroughly, but do not boil. Remove cloves and serve hot with lemon slices. Makes 2 servings.

**Bradford Traffic Safety Team**

**Sparkling Fall Harvest Punch**

2 cups Cranberry Juice
2 cups Apple Juice
1 1/2 cups Orange Juice
2 cups Club Soda
Orange Slices for Garnish

Combine juices in a large bowl or pitcher. Just before serving, add club soda and stir. Garnish with sliced oranges and fresh, whole cranberries. Makes 10 servings.

**Nassau Traffic Safety Team**

**Monroe Traffic Safety Team**

**Clay Traffic Safety Team**

It was thought that one could affect the luck they were hoping for by what they ate on the first day of the year. For example, it is common to celebrate the new year by consuming black-eyed peas, which are considered good luck in many cultures.
**ITALIAN CARAMEL APPLE SODA**
1 tbsp. Sugar
2 tsp. Cinnamon
Rose Lime Juice
1 oz. Monin Carmel Syrup (one squirt)
1 oz. Monin Granny Smith Apple Syrup (one squirt)
6 oz. Soda Water

To Make Garnish: Mix sugar and cinnamon. Dip the rim of glass into a shallow well of Rose Lime Juice to moisten the rim, then in the cinnamon sugar to coat.

To Make Drink: Pour syrups and soda water into the glass and stir.

**PHISH HEADS Pita Stop Cafe**
3980 Southside Blvd #201 • Jacksonville
904-928-4322

---

**MAGGIANO’S LITTLE ITALY**
10367 Midtown Pkwy • Jacksonville
904-380-4360

---

**IDA’S STRAWBERRY PUNCH**
4 packages Strawberry Jello
3 large cans Pineapple Juice
10 oz. bottle Lemon Juice
2 cups Cold Water
6 cups Boiling Water
3 large cans Ginger Ale
5 cups Sugar

Combine jello and sugar. Add boiling water first, then cold water, lemon juice and pineapple juice. Refrigerate. Add ginger ale just before serving.

**1440 San Marco Blvd
Jacksonville
904-398-1949**

---

**HOLIDAY DELIGHT**
1/2 cup Orange Juice
1/4 cup Strawberries (frozen or fresh)
1/4 cup Cranapple Juice
1/4 cup Half & Half
1/2 a Banana

Blend until smooth and pour into a tall glass.

**PHISH HEADS Pita Stop Cafe**
3980 Southside Blvd #201 • Jacksonville
904-928-4322

---

**THAI ICED TEA**
1 can Sweetened Condensed Milk
1 can Evaporated Milk
1 cup Thai Tea Leaves - Red or Black
4 cups Water
Crushed Ice

Combine the sweetened condensed milk and the evaporated milk. Set aside. In a 6-inch strainer, place a coffee filter. Put the tea leaves in the filter and place in a 2-quart pan. Bring the water to a boil, then pour it into the tea leaves. Stir thoroughly and let steep in the pan for two or three minutes. Remove strainer and discard the tea leaves. Allow the tea to cool to lukewarm. Pour the tea into tall glasses filled with crushed ice. Add about one inch of the milk mixture and stir.

**1445 SW Main Blvd
Ste 170 • Lake City
386-755-0490**

---

**MOCK PINK CHAMPAGNE**
1/2 cup Sugar
1 cup Water
6 oz. Frozen Orange Juice Concentrate
6 oz. Grapefruit Juice Concentrate
28 oz. Ginger Ale
1/3 cup Grenadine Syrup

Mix sugar and water in saucepan and boil for 5 minutes. Let cool. Add frozen concentrates and then refrigerate. Chill for several hours. At serving time, add ginger ale and grenadine syrup. Makes 20 servings.

**615 NW Santa Fe Blvd
(RT 441) • High Springs
386-454-5775**

---

**SLOW COOKER CRANBERRY PUNCH**
2 cups Cranberry Juice
2 quarts Apple Cider
1/2 cup Sugar
1 Orange Studded with 6 Whole Cloves
2 three-inch Cinnamon Sticks
Garnish: Orange Slices or Cinnamon Sticks

Combine all ingredients (except garnish) in slow cooker. Simmer, covered, on low setting 1-1/2 hours. Serve in mugs. Garnish each with orange slice or cinnamon stick. Makes 10 servings.

**Ocean Grill**
904-321-5050

---

**HOT MINT MALT**
6 Chocolate-Covered Cream-Filled Mint Patties
5 cups Milk
1/2 cup Chocolate Malted Milk Powder
1 tsp. Vanilla
Whipped Cream

In slow-cooking pot, combine mint patties with milk, malted milk powder, and vanilla. Heat on low for 2 hours. Beat with rotary beater until frothy. Pour into cups and then top with whipped cream. Makes 6 servings.
**KEY LIME DELIGHT**

*(the non-alcoholic version of Kingfish Grill’s signature Keylime Pie Martini)*

**Sweetened Condensed Milk**

**Sweetened Lime Juice**

**Rose’s Lime Juice**

**Simple Syrup**

**Sprite**

**Graham Cracker Crumbs**

**Lime Wedge**

To Make Keylime Mix: Combine 2 - 14oz. cans of sweetened condensed milk with 4 oz. of sweetened lime juice (if lime juice is not pre-sweetened - sweeten with 1 1/2 cups sugar per 1 quart of lime juice.)

To Make Drink: Fill a 16 oz. glass with ice. Fill glass half full with Keylime Mix. Add a splash of Rose’s lime juice, add splash of simple syrup (simple syrup = equal parts water & sugar). Top the glass off with sprite. Shake or Blend. Serve with a lime wedge. Optional: Rim the glass with crushed graham cracker crumbs.

---

**LITTLE PINK MOJITOS**

**Simple Syrup**

**Pomegranate Juice**

**Club Soda**

**Mint**

**Lime**

Crush the mint in the glass, then add syrup, then soda & pomegranate juice, then squeeze lime.

---

**PEPPERMINT BARK**

Crushed Candy Canes, to yield 1 cup

2 pounds White Chocolate

Peppermint Flavorings, optional

Place candy canes in a plastic bag and hammer into 1/4-inch chunks or smaller. Melt the chocolate in a double boiler. Combine candy cane chunks with chocolate (add peppermint flavoring at this point if desired.) Pour mixture onto a cookie sheet layered with parchment or waxed paper and place in the refrigerator for 45 minutes or until firm. Remove from cookie sheet and break into pieces (like peanut brittle.)

---

**WH.A.L.E. CHECK / We Have A Little Emergency**

**WH.A.L.E. CHECK** is an identification and information program for parents who have children in car seats. Sponsored through the Florida Department of Transportation, Shands TraumaOne, Injury Free Coalition, WJRE-FM 95.1 and Jiffy Lube. WH.A.L.E. CHECK can make a difference in the event of a motor vehicle crash involving your child. Providing vital information about your child will result in a more efficient rescue effort by emergency personnel. In many cases children are too young to identify themselves or their parents should the driver be incapacitated. Emergency service personnel have no source of information for the following:

- to identify the child
- emergency contacts for the child
- special medical needs of the child

** arte more information contact: Shands Jacksonville, c/o TraumaOne • 555 W 8th Street • Jacksonville, FL 32209 • 904-244-4500**

---

**SAFE HOLIDAY PARTY TIPS**

**THROWING A PARTY?**

- Have non-alcoholic refreshments available to those in attendance.
- Have plenty of food available for guests and encourage them to eat if they are drinking alcohol.
- Encourage guests to be non-drinking designated drivers.
- Arrange transportation for those who may become intoxicated.

**GOING TO A PARTY?**

- If drinking, know your limit, becoming drunk may increase chance of personal injury and poor decision making.
- If drinking, eat high protein foods that slow the absorption of alcohol. Only time will dissipate alcohol in the bloodstream.
- Never drink and drive... Call a cab or designate a driver.
- Always remember to buckle up.

---

The Santa Claus suit was developed in the 1930s. The Coca-Cola Company hired American artist Haddon Sundblom in 1931 to redesign Santa Claus. Sundblom chose the official colors of Coca-Cola, red and white.

---

**TOWN PLANNER**

*Your Community Calendar*

Where Your Message Is On Display Everyday!

If you do not receive a Town Planner in the mail after December 20, 2007, pick one up at your local Jiffy Lube or call (904) 726-5566.

For Money Saving Coupons, Trusted Businesses, Monthly Contests and Important Dates check out your Town Planner.

www.townplannerjax.com
Truck drivers cannot see vehicles in the “No-Zone” areas around the tractor/trailer. These are their “blind spots”. Tractor/trailer drivers need space!!!

Please Have A Safe & Wonderful Holiday!!!

Remember: Buckle Up... Headlights On... Drive Safely...

Light Up Your Holiday with Safety

Holiday lights and decorations are an American tradition. JEA urges you to keep these safety tips in mind as you keep your family’s favorite holiday traditions.

- Inspect decorations before plugging in, checking for frayed or loose wires and loose connections.
- Never use nails or staples to secure light strings or electrical cords.
- Do not overload extension cords and electrical outlets or connect more than three strings of lights together.
- Unplug strings of lights before replacing bulbs and replace burned-out bulbs promptly with ones of the same wattage.
- Keep fresh-cut trees away from heat sources, such as heat registers, fireplaces, radiators and televisions.
- Remember to put fresh batteries in your smoke detectors.
- Use only decorations and extension cords certified for outdoor use when placing lights or decorations outdoors.
- Turn off holiday lights while you are away from home or before going to bed at night. Consider adding a programmable timer to ensure lights are not accidentally left on.

For more holiday safety tips, visit jea.com

DON'T HANG OUT IN THE "NO-ZONE" AREA

STRAP IN FOR SAFETY

Twenty-three percent of Florida’s deaths and serious injuries occur because safety belts and child restraints weren’t used. Children learn by example. When adults fasten their safety belts, children will too. Protect your children and yourself from death or injury this holiday season.

Buckle Up for Love

REAR-FACING CONVERTIBLE SEAT:
- Infants up to 1 year old and weighing 20 lbs.

FORWARD-FACING CONVERTIBLE SEAT:
- Children between the ages of 1 and 3 and 21-40 lbs. should be in a forward-facing convertible seat.

BOOSTER SEAT:
- Safety belts are made to fit adult bodies. Children 4 to 8 years old, up to 4'9" and weighing 41-80 lbs. should use a belt-positioning booster seat.

SAFETY BELTS:
- Children who have outgrown booster seats should use safety belts.
- The back seat is the safest place for all children under the age of 12 to ride, away from airbags.
- All front seat occupants must wear a safety belt, regardless of age. The shoulder belt should be between the neck and arm and the lap belt must be as low as possible, touching the thighs.

Make buckling up the first thing you do when getting into a vehicle. It will become a life saving habit and will get children to use their safety belt whether you’re there to remind them or not.

Safety belt use isn’t just a good idea: It’s the Law!

For more holiday safety tips, visit jea.com
The Holidays are a time to enjoy the Season's festivities, family and friends. In order to make this time memorable but safe please abide by the following safety tips:

- Buy a fresh tree with green and moist needles and keep well watered
- Place tree in a sturdy tree stand to avoid tipping
- Use flame-resistant, flame-retardant materials for decorations
- Inspect lights to make sure they are in good condition
- Do not overload electrical outlets
- Before using fireplace, have it cleaned and inspected annually
- Do not burn wrapping paper or other paper in the fireplace
- Equip your home with smoke alarms and fire extinguishers
- Do not wear flowing, long sleeves while cooking
- Never leave burning candles or the stove unattended
- Use timers for lamps when leaving for the holidays
- Install motion detectors around your home
- Get a neighbor to pick up newspaper and mail
- Always use a fire screen when using the fireplace
- Play a radio to make some noise to simulate people being in home
- Turn all lights or decorations off before leaving the home or going to sleep

Sunshine State Insurance Company wishes you and yours a happy and safe holiday season.

**HOLIDAY HAZARDS**

**ALCOHOL:** Alcohol poisoning is a common risk for children during the holiday season. Many families host parties where alcohol is served.

- Children imitate adults, and may drink the beverages they see adults drinking.
- Remove ALL empty and partially empty cups as soon as possible.
- Children become drunk much more quickly than adults, so even a small amount of alcohol can be dangerous to them. Symptoms will resemble drunkenness and may include difficulty breathing, extreme drowsiness, difficulty walking, nausea and vomiting. Seizures may occur in some cases. Results may be life threatening, including low blood sugar and blocked airways.
- Store alcohol in a locked cabinet out of reach and sight of children.
- Other potential sources of alcohol poisoning include mouthwash, cologne, perfume, after-shave lotion, rubbing alcohol and cough/cold medications.

**DECORATIONS:**

- Bubble lights containing methylene chloride can be poisonous if a child drinks the fluid (even if labeled non-toxic).
- Snow sprays may be harmful if the aerosol propellants are used improperly.
- Angel Hair (made from finely spun glass) and ornament hangers may cause cuts or irritation.
- Tree ornaments, icicles and tinsel may block the airway or cause choking.

**PLANTS:** Plants such as Mistletoe, Holly, Christmas Berry and Poinsettia are often used for decorations during the holidays. Like many plants, all of these are considered potentially poisonous and should be kept out of reach of children. Symptoms of plant poisoning can range from rashes to nausea, vomiting and diarrhea.

**OTHER:**

- Antifreeze (ethylene glycol or methanol) is extremely poisonous and may result in death if ingested, even in small amounts.
- Carbon monoxide is a colorless, odorless gas produced in fires, from car exhaust systems, faulty home heating systems and charcoal grills. Early symptoms of poisoning are headache and dizziness. Get fresh air immediately if these symptoms occur.
- Disc batteries for cameras, toys, calculators and hearing aids are small enough to be swallowed and in some cases can break open and cause poisoning.

In the event of poisoning, immediately call the Florida Poison Information Center at 1-800-222-1222.