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.

How To Spot A Drunk Driver:
These warning signs should be your signal to take down a license plate number and vehicle description to report to the proper authorities. Do not attempt to stop the vehicle.
- Wide turns
- Straddling lanes or driving on the center line
- Drifting or moving in a straight line at a slight angle to the roadway
- Driving with headlights off at night
  - Appearing to be drunk (eye fixation, face close to windshield, drinking in the vehicle)
  - Driving below the speed limit
  - Erratic braking or stopping without cause
  - Slow response to traffic signals (sudden stop, delay start)
  - Nearly striking an object, curb, etc.

Report drunk drivers immediately to area law enforcement from a car phone or pay phone with the license plate number, description of the vehicle and the direction in which it was traveling.

Enjoy your holiday season. Be responsible and do not drink and drive.

This program is sponsored by the Florida Department of Transportation.

Visit our website at trafficsafetyteam.org to learn about your area Community Traffic Safety Team and available resources.
Welcome to the 11th edition of Jiffy Lube's Recipes 4 the Road. Inside this book you will find delicious non-alcoholic drink recipes from Northeast Florida restaurants as well as helpful safety tips to remember during this time of year. These recipes are perfect for holiday get-togethers as an alternative to alcoholic drinks and great for designated drivers.

I am very grateful to our sponsors. Without them this book could not be published. I also want to thank local law enforcement agencies for helping to keep our roads safe and you, the reader, for your desire to celebrate safely this holiday season. It is a sad fact that drunk driving fatalities go up during the holiday season, but you are helping fight those statistics. Please share this book with your loved ones and friends, and help us spread the message.

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

Sincerely,

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

Please visit jiffylubesoutheast.com to find special Jiffy Lube offers and valuable information, such as how to prepare your car for the winter season.
Northeast Florida Safety Council, Inc.

NEFSC reminds you to
ALWAYS BUCKLE UP,
NEVER DRINK & DRIVE, &
THINK “SAFETY” AT HOME,
AT WORK, & AT PLAY.

Happy Holidays!

Northeast Florida Safety Council (NEFSC) is a Community Owned, Not For Profit, Charitable Organization.

With over 60 years of service in Northeast Florida, our recipe ingredients for a safe and healthy Holiday Season and every day of the New Year include sufficient measures for:

- Promoting good health
- Saving lives
- Preventing accidents
- Maintaining a safe and healthy environment through education, public awareness programs and activities

1725 Art Museum Drive • Jacksonville, FL 32207
(904) 399-3119 • Outside Area 1-888-399-1233

Visit Our Website at www.jaxsafety.com
or E-Mail us at nefsc@nefsc.org

Amcrir.s feast on 535 million pounds of turkey on Thanksgiving.

There are about 21,000 Christmas Tree growers in the U.S., employing 100,000 people.
**Starlight Mint Tea**

**Ingredients:**
- Starlight Mints – Finely Crushed
- Starlight Mints – Coarsely Crushed
- Mild-Tasting Tea – (Lipton works great)
- Non-Alcoholic Triple Sec or Simple Syrup
- Mint Leaves & a Cappuccino Glass

**Preparation:** Boil water, prepare tea per the directions. Add finely crushed starlight mints to the tea until desired sweetness is achieved. Rim the glass in non-alcoholic triple sec or simple syrup then in the coarsely crushed starlight mints. Add hot tea to the glass and garnish with a mint leaf. Serve hot.

**Fuggless Navel**

**Ingredients:**
- 2 oz. Peach Nectar
- 6 oz. Orange Juice

**Preparation:** Pour peach nectar and orange juice into a chilled glass filled with ice cubes. Stir well and garnish with a slice of orange. Makes 1 serving.

---

**Hot Caramel Apple Cider**

**Ingredients:**
- 1 1/2 Cups of Apple Cider
- 1 1/2 Tablespoons of Caramel Sauce
- 1/2 Teaspoon Vanilla

**Preparation:** Combine apple cider, caramel and vanilla into a saucepan. Heat over medium-high heat, stirring constantly, until apple cider is hot and caramel has melted. Pour into a mug and enjoy!

**Thai Iced Tea**

**Ingredients:**
- 1 can Sweetened Condensed Milk
- 1 can Evaporated Milk
- 1 cup Thai Tea Leaves – Red or Black
- 4 cups Water

**Preparation:** 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. Pour the tea into tall glasses filled with crushed ice. Add about one inch of the milk mixture and stir.

**Phish Punch**

**Ingredients:**
- Pineapple Juice
- Orange Juice
- Lemon Juice
- Grenadine

**Preparation:** Layer juices over ice, stir, and enjoy (safely)!

**Flirtini**

**Ingredients:**
- 4 oz. Pineapple Juice
- 1/2 oz. Raspberry Syrup
- 3 oz. Sparkling White Grape Juice

**Preparation:** Shake pineapple juice and raspberry syrup together and strain into a chilled martini glass. Top with sparkling white grape juice and garnish with a lemon twist. Enjoy!

**bb’s Punch**

**Ingredients:**
- 6 oz. Pineapple Juice
- 3 Mint Leaves
- Dash of Grenadine
- 1 oz. Soda
- 1 small Lime Wedge

**Preparation:** Muddle 1 lime wedge with mint leaves (2-3 leaves). Dash of grenadine and top it with pineapple juice. Finish with 1 ounce of soda.

**Mojito**

**Ingredients:**
- 1 Lime
- 1 tsp. Sugar
- 6 Mint Leaves
- Sprite

**Preparation:** 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.

---

The first Christmas card was created in England on December 9, 1842. Congress did not declare Thanksgiving a national holiday until 1941.
Simple Syrup:
1/2 oz. Ginger (sliced thin)
2 cups Sugar
2 cups Water
1/2 Vanilla Bean (sliced) 5 Cardamom Pods
Boil the above ingredients until the sugar dissolves.

Then steep 2 Bags of Pomegranate Oolong Tea and 2 Mint Sprigs. Let cool.

Preparation:
In a pint glass muddle: 4 Mint Leaves 8 Blackberries, & 1 Lime Squeeze. Add 2 oz. of the Simple Syrup & fill with Ice and Soda Water. Shake vigorously and enjoy!

Epping Sling
Ingredients:
6 oz. Pineapple Juice
2 oz. Fresh Lemon Juice
2 drops Angostura Bitters
3 drops Grenadine
2 oz. Orange Juice

Preparation: Combine all in tall glass with ice and garnish with pineapple wedge and cherry.

Caribbean Punch
Ingredients:
1 cup Mango Puree’
1 cup Orange Juice
1/2 cup Pineapple Juice
1/2 cup Cranberry Juice

Preparation: Shake all ingredients together with ice. Serve in chilled glass.

Autumn
Place fresh puree of seeded organic apples, local organic honey, and cinnamon in a stainless steel kettle. Tie spices/herbs in cheesecloth (such as nutmeg and fresh ginger) and add to kettle. Simmer mixture for 15-18 minutes. Remove and discard cheesecloth. Stir mixture well and let to rest. When cooled, transfer to glass container and chill. Before serving add sparkling mineral water and homemade ginger ale. Garnish with apple spheres and rim glass with light cinnamon honey.

Place 1 1/2 cups Sunny Delight in the blender. Blend until smooth. Serve immediately over crushed ice and garnish with whipped cream. Makes 3 servings.

Protein Daiquiri
Ingredients:
1 Bacardi Strawberry Frozen Daiquiri Mixer
1 Banana
4 cups Ice
4 tbsp. Powdered Milk
4 tbsp. Whey Protein Powder

Preparation: Place banana and half thawed Bacardi Mixer into blender first, follow with other ingredients. Blend thoroughly and serve.

Merry Sunrise
Ingredients:
3 oz. Sunny Delight
3 oz. Ocean Spray Cranberry Juice
Splash of 7-Up

Preparation: 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.

Christmas Cranberry Punch
Ingredients:
7 1/2 cups Cranberry Juice
3 3/4 cups Orange Juice
22 1/2 oz. Lemon-Lime Soda Sugar Free Cranberries

Preparation: Combine the cranberry and orange juices in a punch bowl. Pour the carbonated beverage down the sides of the bowl. Float whole cranberries on the top.

Multi-County Traffic Safety Team:
Dixie, Levy, Gilchrist, and Lafayette

7 Dutch believe that eating donuts on New Year’s Day will bring good fortune.

Hanukkah also known as the Festival of Lights. Dedication & Feast of the Maccabees.
Bubbly Poinsettia

Ingredients:
- 2 oz. Cranberry Juice
- 3 oz. Ginger Ale
- 1 splash Lemon Juice

Preparation: Build over ice in a highball glass. Garnish with a mint sprig.

Makes 1 serving.

Apple Pie in a Glass

Ingredients:
- 4 oz. Frozen Apple Juice Concentrate
- 1 cup Vanilla Ice Cream
- 1/4 tsp. Ground Cinnamon
- 1 cup Milk

Preparation: Mix in blender. Pour into 2 glasses and sprinkle with cinnamon.

Makes 2 servings.

Yellow Jacket

Ingredients:
- 2 oz. Pineapple Juice
- 2 oz. Orange Juice
- 1 1/2 oz. Lemon Juice

Preparation: Pour the ingredients into a cocktail shaker half-filled with ice cubes, and shake well. Strain into a glass almost filled with ice cubes, and serve.

Makes 1 serving.

Virgin Pina Colada

Ingredients:
- 7 oz. Pineapple Juice
- 2 oz. Coconut Cream
- 1 cup Crushed Ice

Preparation: Add the pineapple juice, coconut cream and crushed ice to a blender; blend at high speed. Pour into a collins glass. Garnish with a maraschino cherry, a pineapple wedge, and serve.

Makes 1 serving.

Duval Traffic Safety Team

S'mores Milk

Ingredients:
- 1 cup Low-Fat Milk
- 1/8 tsp. Vanilla Extract
- 2 tbsp. Chocolate Syrup
- 1 Crushed Graham Cracker
- 10-15 Mini Marshmallows

Preparation: Shake all ingredients in a container with tight-fitting lid or stir in glass until well blended. Sip milk with straw and spoon marshmallows to eat.

Makes 1 serving.

St. Johns Traffic Safety Team

Orange Truffle Mocha

Ingredients:
- 1 oz. Espresso
- 1 tbsp. Cocoa Powder
- 1 oz. Caramel Syrup
- 1 oz. Orange Juice
- 3-4 oz. Milk

Preparation: Fill a tall glass halfway with ice. Whisk together the ingredients (not the milk) and pour over the ice. Fill the glass the rest of the way with cold milk. Stir lightly and serve.

Makes 1 serving.

Great Grapes

Ingredients:
- 1 cup Grape Juice
- 1 cup Soda Water
- 1 tbsp. Honey
- 1 tbsp. Lemon Juice

Preparation: Place all ingredients into a blender. Cover, and use on medium speed until well blended. Pour into a Collins glass, and serve.

Makes 1 serving.

Nassau Traffic Safety Team

Ingredients:
- 1 cup Grape Juice
- 1 cup Soda Water
- 1 tbsp. Honey
- 1 tbsp. Lemon Juice

Preparation: Place all ingredients into a blender. Cover, and use on medium speed until well blended. Pour into a Collins glass, and serve.

Makes 1 serving.

Putnam Traffic Safety Team

Creamsicle Drink

Ingredients:
- 1 part Orange Juice
- 1 part Papaya Juice
- Grenadine Syrup

Preparation: Put ice in Tall glass; add orange juice, papaya juice, and top with grenadine. Pour in blender and whip until ice melts; juice will be a little frozen. Pour in glass. Top with cherry.

Makes 1 serving.

Alachua Traffic Safety Team

Ingredients:
- 2 oz. Pineapple Juice
- 2 oz. Orange Juice
- 1 1/2 oz. Lemon Juice

Preparation: Pour the ingredients into a cocktail shaker half-filled with ice cubes, and shake well. Strain into a glass almost filled with ice cubes, and serve.

Makes 1 serving.

Columbia Traffic Safety Team

Ingredients:
- 7 oz. Pineapple Juice
- 2 oz. Coconut Cream
- 1 cup Crushed Ice

Preparation: Add the pineapple juice, coconut cream and crushed ice to a blender; blend at high speed. Pour into a collins glass. Garnish with a maraschino cherry, a pineapple wedge, and serve.

Makes 1 serving.

Bradford Traffic Safety Team

Ingredients:
- 1 cup Grape Juice
- 1 cup Soda Water
- 1 tbsp. Honey
- 1 tbsp. Lemon Juice

Preparation: Place all ingredients into a blender. Cover, and use on medium speed until well blended. Pour into a Collins glass, and serve.

Makes 1 serving.

Clay Traffic Safety Team

Ingredients:
- 1 part Orange Juice
- 1 part Papaya Juice
- Grenadine Syrup

Preparation: Put ice in Tall glass; add orange juice, papaya juice, and top with grenadine. Pour in blender and whip until ice melts; juice will be a little frozen. Pour in glass. Top with cherry.

Makes 1 serving.
Holiday Nutmeg Floats

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

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

Mock Pink Champagne

Ingredients:
- 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

Preparation: 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.

Ida's Strawberry Punch

Ingredients:
- 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

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

Pomegranate Fauxgio

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


Slow Cooker Cranberry Punch

Ingredients:
- 2 cups Cranberry Juice
- 2 quarts Apple Cider
- 1/2 cup Sugar
- 1 Orange Studded with 6 Whole Cloves
- Garnish: Orange Slices or Cinnamon Sticks

Preparation: 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.

Bistro Aix Peach Bellini Cocktail

Ingredients:
- 3.5 oz. Peach Nectar (such as Looza – available at grocery or specialty stores)
- 3.5 oz. Club Soda
- Splash (approx. 1/2 oz.) of Sprite or 7-Up

Preparation: Pour chilled ingredients into a champagne glass or over ice. Serve immediately.

Ocean Breeze

Ingredients:
- 2 oz. Orange Juice
- 2 oz. Pineapple Juice
- 2 oz. Soda Water
- Splash of Grenadine

Preparation: Build orange juice, pineapple juice and soda water on ice. Chill, shake and strain. Add splash of grenadine for color.

The Ritz Lounge

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


Ocean Breeze

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Page 12

Hallmark introduced its first Christmas cards in 1915, five years after the company began. The average person consumes 4,500 calories on Thanksgiving Day!
Hoppin' Holidays

Ingredients:
2 oz. Orange Juice
2 oz. Sour Mix
1 oz. Pineapple Juice
Splash of Grenadine
Splash of 7-Up
Orange
Cherry

Preparation: Build first five ingredients on ice. Chill, shake and strain. Garnish with orange and cherry.

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

Italian Caramel Apple Soda

Ingredients:
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

Preparation: 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. Combine syrups and soda water, then pour into prepared glass.

Tucker's Fruit Sensation

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

Preparation: Combine all and shake with ice. Pour in 8 oz. glass. Garnish with orange slice, lemon or lime. Top with cherry.

212 N Marion Ave
Lake City, FL
386-755-5150

Mortons
1510 Riverplace Blvd
Jacksonville, FL
904-399-3933

THE STEAKHOUSE

Easy 1-2-3 Cookies

Ingredients:
1 1/4 packages of Nabisco Graham Crackers (not the whole box)
1 can Sweetened Condensed Milk
1 1/2 cups Chocolate Chips

Preparation: Break the graham crackers into crumbs. Add sweetened condensed milk and chocolate chips. Pour into a buttered, small oblong or 9x9 square pan. Bake for 30 minutes at 350 degrees.

KESSLER CREATIVE
www.KesslerCreative.com

Elves Quick Fudge Brownies

Ingredients:
2 cups of Semi-Sweet Chocolate Morsels or Crumbled Chocolate Baking Bars
14 oz. Sweetened Condensed Milk
1 package of Crushed Chocolate Wafers
1 cup Pecan Pieces

Preparation: Using a double boiler, melt chocolate. Stir frequently. Blend in condensed milk, chocolate wafers and half of pecans. Spoon mixture into 8” x 8” pan, sprayed with non stick cooking spray. Sprinkle balance of pecans on top of brownies and allow to cool before cutting. No baking required!

Gum Drop Drink

Ingredients:
Sprite
Raspberry Syrup
1/2 shot Grenadine
Dash of Sour Mix
Pina Colada Mix

Preparation: In blender mix ice with the above ingredients and serve in chilled martini glass with a slice of lime.

CRAB TRAP Restaurant
31 N 2nd St
Fernandina Beach
904-261-4749

All Purpose Printing and Graphics, Inc.
3521 St. Augustine Road
Jacksonville, FL 32207
Phone: 904-346-0999
Fax: 904-346-0945
E-mail: sales@appagi.com

The ancient Persians gave New Year's gifts of eggs, which symbolized productiveness. There are approximately 30-35 million Real Christmas Trees sold in the U.S. every year.
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.

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!
Alcohol Awareness:
- Alcohol is absorbed faster with carbonated drinks, so try punches and mixed drinks with juice instead.
- Offer non-alcoholic beverages. Make guests feel welcome, no matter what they choose to drink.

Buffet:
- Serve protein-rich and starchy foods throughout the evening. By eating first, partygoers may drink less, and the food will help slow 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.

Cab or Carpool:
- Provide alternatives for guests who may have had too much to drink. You can have someone who has not been drinking drive them home, call a cab, or let the person sleep overnight.

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. Carbon monoxide poisoning is especially dangerous because it may occur while sleeping, and result in death. Early symptoms of poisoning are headache and dizziness. Recommend fresh air and medical attention if 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. These and other small items are also a choking hazard.

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

TraumaOne
Shands Jacksonville
Holiday Hazards