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 costly fine 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.
Jiffy Lube's 13th Annual Recipes 4 the Road

We are happy to bring you the 13th edition of Jiffy Lube's Recipes 4 the Road. This program has grown so much, and we are thrilled to see your enthusiasm year after year for these books. Inside this book you will find tasty non-alcoholic drink recipes from Northeast Florida restaurants. These drinks make wonderful additions to holiday parties and are great for designated drivers.

I'd like to thank all of our sponsors for their continued support. Without their passion for this program, this book could not be published. I also want to thank the local law enforcement agencies for helping to keep our roads safe. It is a sad fact that drunk driving fatalities go up during the holiday season, but we can all help change those numbers.

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

Wishing You a Safe and Happy Holiday Season!

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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.

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.

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 privilege to operate a motor vehicle 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.

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.

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!

511 Traffic & Travel Information service helps drivers throughout Northeast Florida. 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.

Report impaired drivers. Dial *FHP on your cell phone.
**Ingredients:**
3 oz. V8 Vegetable Juice
2-3 drops Tabasco Sauce
1 pinch Salt
1 pinch Pepper
1 Celery Stick
2 Green Olives
1 Lime wedge

**Preparation:** Pour V8 into an old-fashioned glass, add Tabasco sauce and sprinkle with salt and pepper. Stir with a celery stalk. Add garnish - green olives for eyes and lime wedge to serve with a smile!
**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.

**Chef Stuart’s Special Egg Nog**

**Ingredients:**
- Condensed Milk (1 small can)
- 3 Cups of Half and Half
- Pasteurized Egg Yolks (equal to 3 egg yolks)
- Pinch of Nutmeg
- Splash of Angostura Bitters

**Preparation:** Mix ingredients. Add ice and shake to cold.

234 A. Philip Randolph Blvd
Jacksonville, FL 32209
904-356-6750

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**Pomegranate Fizz**

**Ingredients:**
- Infused Rosemary Pomegranate Juice
- Lemon
- Simple Syrup
- Tonic

**Preparation:** In bar tin, muddle lemon wedge with 1/4 oz. of simple syrup. Add 3 oz. of infused pomegranate juice. Shake and strain into rocks glass with ice. Top glass with tonic water and a mint leaf.

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**Raspberry Nojito**

**Ingredients:**
- 4-5 Mint Leaves
- 1/2 Lime, quartered
- 5-6 fresh Raspberries
- 1 1/2 OZ. Simple Syrup (mix equal parts sugar and water to make syrup)
- Lemon Lime Soda
- Club Soda

**Preparation:** In a pint glass or other tall glass, add simple syrup and muddle mint, lime and raspberries. Fill glass with ice and top with equal parts lemon lime soda and club soda.

1974 San Marco Blvd
Jacksonville, FL 32206
904-306-9004

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**Cocktail**

**Ingredients:**
- 1 cup Water
- 12 Cloves
- 2 Cinnamon Sticks
- 1 in piece of fresh Ginger, peeled
- 1/2 can (15 oz.) Coco Lopez
- Real Cream of Coconut

**Preparation:** Place water, cloves, cinnamon sticks and ginger in a small saucepan. Cook at medium heat until boiling. Remove from heat, cover. Let cool 15 minutes. Remove cinnamon, cloves and ginger. Place the coconut cream, evaporated milk, condensed milk, water and spices in blender, cover. Blend for 30 seconds or until well mixed. Refrigerate for at least 2 hours or until liquid is very cold. Add a cinnamon stick in the container for extra flavor. Shake well before serving. Serve in appetizer glasses, sprinkled with powered cinnamon and a dash of nutmeg.

60 Ocean Boulevard
Atlantic Beach, FL 32233
904-247-0060

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**Zero Proof Earl Grey Chocolate & Raspberry Martini**

**Ingredients:**
- Fresh Raspberries
- Chocolate Syrup
- Earl Grey Tea

**Preparation:** Steep Earl Grey tea in 6.5 oz. of hot water for 2 minutes. Muddle 6-7 fresh raspberries in bar tin with 1/4 oz. simple syrup and 1/2 oz. of chocolate syrup. Add ice and Earl Grey into tin and shake well. Garnish a chilled martini glass with raspberry sauce drizzled on the sides and a raspberry.

1019 Hendricks Ave
Jacksonville, FL 32209
904-356-0100

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**Strawberry Mango Awesomeness**

**Ingredients:**
- Freshly cut Kiwi, Mango, and Strawberries
- Orange Juice
- Pineapple Juice
- Grenadine
- Ice

**Preparation:** Cut up fruit. Mix it all together, blend it up, and wahla!

1396 Beach Blvd
Jacksonville Beach, FL 32250
904-249-4776

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**Key Lime Delight**

**Ingredients:**
- Sweetened Condensed Milk
- Sprite
- Graham Cracker Crumbs
- Lime Wedge

**Preparation:** To Make Keylime Mix: Combine 2 - 1 oz. 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 Keylime 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.

252 Yacht Club Drive
St. Augustine, FL 32084
904-904-2111

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Wishing You a Safe and Happy Holiday Season!

Report impaired drivers. Dial *FHP on your cell phone.
**Summer Breeze**
Ingredients:
- Orange Juice
- Sour Mix
- Sprite

Preparation: Mix equal parts orange juice and sour mix over ice. Add a splash of Sprite.

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**Peppermint Frost**
Ingredients:
- Vanilla Ice Cream
- Peppermint Flavored Syrup
- Hazelnut Flavored Syrup
- Red and Green Starlight Mints
- Candy Cane

Preparation: Blend ice cream, mints, peppermint syrup, and hazelnut syrup. Top with whipped cream and garnish with candy cane.

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**Citrus-Berry Spritz**
Ingredients:
- 1/2 fresh Grapefruit
- 1/2 fresh Orange
- Agave Nectar
- Splash of Club Soda
- Peach Puree

Preparation: In a pint glass, muddle 2 blackberries, squeeze 1/2 fresh grapefruit and 1/2 fresh orange, add .05 oz of peach puree, add .05 oz agave nectar, transfer ingredients into a cocktail shaker filled with ice and shake vigorously. Strain into a martini glass and top with club soda. Garnish with a fresh basil leaf.

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**Ginger Tea With a Twist**
Ingredients:
- 1/3 cup Honey
- 1/2 cup (2 ounces) coarsely chopped Fresh Ginger
- White Tea bags
- Lemon Slices

Preparation: Place honey, 2 cups water and ginger in a saucepan and bring to a boil. Reduce heat and simmer over low heat for 5 minutes. Remove from heat and add tea bags. Let mixture steep for at least 30 minutes and up to 1 hour, then strain out solids. In a pitcher combine strained liquid with 6 cups water and lemon juice. Chill in refrigerator.

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**Coca Espresso Cooler**
Ingredients:
- 2 cups cold Espresso Blend Coffee
- 2 cups cold Cocoa
- 1 tsp. Vanilla Extract
- Cup sweetened Whipped Cream

Preparation: Combine cold coffee, cocoa and vanilla. Pour over ice in tall glasses. Top each with 2 tablespoons of whipped cream.

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**Mock Sangria**
Ingredients:
- 1 (12 oz.) can frozen Cranberry Juice concentrate, thawed
- 1 1/2 cups cold Water
- 1 1/2 cups Orange Juice
- 3 cups (24 oz.) Club Soda, chilled
- 1 Orange, thinly sliced

Preparation: In large pitcher or bowl, combine cranberry juice concentrate, water, orange juice and lemon juice; blend well. Refrigerate 1 hour until thoroughly chilled. To serve, gently stir in club soda and orange slices.

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**Whitney's Tiki Daiquiri**
Ingredients:
- 12 oz. 7-Up or Sprite
- Splash of Grenadine
- 1 1/2 oz. Strawberry Daiquiri Mix

Preparation: Mix all ingredients. Garnish with cherry and strawberry.

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**Bistro Aix**
1440 San Marco Boulevard
Jacksonville, FL
904-398-1949

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**Maverick's Rock 'N Honky Tonk Concert Hall**
2 Independent Dr
Jacksonville, FL
904-356-1110
Pomegranate Fauxjito
Ingredients:
1 oz. Simple Syrup
4 Fresh Mint Leaves
1/2 Lime – Sliced
4 oz. Club Soda
1 oz. Pomegranate Juice

All Jacked Up!
Ingredients:
3 oz. Pineapple Juice
6 oz. Mountain Dew
Splash of Grenadine
Granulated Sugar to Rim the Glass
Maraschino Cherry
Wedge of Lime
Preparation: Rim the glasses with sugar by placing the rim on a plate with water. Then immediately place the rim on a plate with sugar. Add crushed, shaved or cubes of ice to the glass. Add the liquid ingredients in the order listed above and stir gently. Garnish with a maraschino cherry and a wedge of lime. Warning: This contains a jolt of caffeine and a rush of sugar.

Calendar's Spritzer
Ingredients:
3 oz. Sprite
1 oz. Cranberry Juice
1 oz. Strawberry Juice
Preparation: Mix ingredients and add a twist of lime. Garnish with an orange slice and cherry.

Calendar's Pizzeria & Sports Bar
Ingredients:
207 Atlantic Blvd
Atlantic Beach, FL
904-241-7877

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.

Merry Sunrise
Ingredients:
3 oz. Sunny Delight
3 oz. Ocean Spray Cranberry Juice
Splash of 7-Up
Preparation: Pour equal parts of Sunny Delight and cranberry juice into a double, old-fashioned glass. Top off with splash of 7-Up. Garnish with orange slice or cherry.

Jaxson de Villé's Apple Pie "Sideline" Smoothie
Ingredients:
1 large Granny Smith Apple (cored and sliced)
1 cup Low Fat Vanilla Frozen Yogurt
1/2 cup Fat Free Milk
1/4 tsp. Ground Cinnamon
2 Tbsp. Graham Cracker or Vanilla Wafer Crumbs
Preparation: In a single layer on a microwave-safe plate, place diced apple. Microwave on high power for 1 minute, or until slightly softened. Chill in the refrigerator for at least 10 minutes. Add the chilled microwave-baked apple, frozen yogurt, milk and cinnamon to a blender container. Cover and puree until smooth. Pour into 2 chilled glasses. Sprinkle each smoothie with the graham cracker crumbs.

Fresh Tomato Mocktail
Ingredients:
11 cups fresh Tomatoes
3 cups chopped Celery
3/4 cup chopped Bell Peppers
2 Bay Leaves
3 tsp. chopped Onions
1 1/2 tsp. salt
3 tsp. Worcestershire Sauce
1 1/2 tsp. Horseradish
3 dashes Tabasco Sauce
Preparation: Cook tomatoes, celery, green pepper, bay leaves and onion for 20 minutes, then put through a sieve. Add remaining ingredients. Chill.

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

Lemon Bar
120 Atlantic Blvd
Neptune Beach, FL
904-246-2175

Wishing You a Safe and Happy Holiday Season!

Report impaired drivers. Dial *FHP on your cell phone.
### Anise Tea
**Ingredients:**
- 1 tsp. dried Anise Leaves
- 1 cup boiling Water
- 1 tsp. Honey
- 1 slice of Lemon (optional)

**Preparation:** Place anise leaves in cup and pour boiling water over them. Let steep 5-8 minutes. Stir in honey and serve with lemon slice.

### Captain's Choice
**Ingredients:**
- 4 oz. Cranberry Juice
- 4 oz. Apple Juice
- 2 Cinnamon Sticks
- 2 Mint Leaves

**Preparation:** Warm cranberry juice and apple juice over low heat. Add cinnamon stick. Pour into glass Irish coffee mugs. Garnish with whipped cream and sprig of mint.

### Cherry Cider
**Ingredients:**
- 2 quarts Apple Cider
- 1 three inch Cinnamon Stick
- 3 oz. package of Cherry Jell-O

**Preparation:** Combine apple cider and cinnamon stick in saucepan; bring to a boil. Reduce heat, and simmer for 15 minutes. Add Jell-O, stirring 2 minutes or until Jell-O dissolves. Serve beverage hot. Yield: 2 quarts

### Heath Bar Blizzard
**Ingredients:**
- 1 Heath Candy Bar
- 1/4 cup Milk
- 2 1/2 cups Vanilla Ice Cream
- 1 tsp. Fudge Topping

**Preparation:** Freeze the heath bar, then break it into tiny pieces while still in the wrapper. Combine all ingredients in the blender and blend for 30 seconds on medium speed. Stop blender and stir in mixture with a spoon, repeat until well mixed. Pour into 16 oz. glass.

### Duval Traffic Safety Team
**Ingredients:**
- 2/3 oz. Maple Syrup
- 3 oz. Grapefruit Juice
- 3 oz. Dry Ginger Ale

**Preparation:** Shake and strain into a Collins glass three-quarters filled with broken ice. Add the ginger ale, and garnish with a slice of grapefruit.

### St. Johns Traffic Safety Team
**Ingredients:**
- 2 pints Strawberries
- 4 cups Vanilla Ice Cream
- 2 grated Lemon Peels
- 1 cup freshly squeezed Lemon Juice
- 1 cup freshly squeezed Orange Juice
- 2/3 cup Sugar
- 2 cups crushed Ice
- 1 Lemon (sliced into rings)

**Preparation:** Puree the berries in a blender to yield about 2 cups. In the blender, combine strawberry puree and the remaining ingredients except for the lemon rings. Blend until smooth. Pour into glasses and garnish with lemon rings.

### Nassau Traffic Safety Team
**Ingredients:**
- 2 quarts Pineapple Juice
- 2 quarts Apple Juice
- 2 quarts Orange Juice
- 1 quart Ginger Ale
- 1 quart Orange Sorbet
- 1 Strawberry for garnish

**Preparation:** Combine and mix all ingredients in container, serve.

### Canadian Pride
**Ingredients:**
- 2/3 oz. Maple Syrup
- 3 oz. Grapefruit Juice
- 3 oz. Dry Ginger Ale

**Preparation:** Shake and strain into a Collins glass three-quarters filled with broken ice. Add the ginger ale, and garnish with a slice of grapefruit.

### Citrus Berry Blush
**Ingredients:**
- 2 pints Strawberries
- 4 cups Vanilla Ice Cream
- 2 grated Lemon Peels
- 1 cup freshly squeezed Lemon Juice
- 1 cup freshly squeezed Orange Juice
- 2/3 cup Sugar
- 2 cups crushed Ice
- 1 Lemon (sliced into rings)

**Preparation:** Puree the berries in a blender to yield about 2 cups. In the blender, combine strawberry puree and the remaining ingredients except for the lemon rings. Blend until smooth. Pour into glasses and garnish with lemon rings.

### College Punch
**Ingredients:**
- 2 quarts Pineapple Juice
- 2 quarts Apple Juice
- 2 quarts Orange Juice
- 1 quart Ginger Ale
- 1 quart Orange Sorbet
- 1 Strawberry for garnish

**Preparation:** Combine and mix all ingredients in container, serve.

### Putnam Traffic Safety Team
**Ingredients:**
- 2 oz. Carrot Juice
- 1 oz. Orange Juice
- 1 dash Grenadine Syrup

**Preparation:** Build all three ingredients over ice in a cocktail glass, and serve.

### Alachua Traffic Safety Team
**Ingredients:**
- 4 oz. Cranberry Juice
- 4 oz. Apple Juice
- 2 Cinnamon Sticks
- 2 Mint Leaves

**Preparation:** Warm cranberry juice and apple juice over low heat. Add cinnamon stick. Pour into glass Irish coffee mugs. Garnish with whipped cream and sprig of mint.

### Columbia Traffic Safety Team
**Ingredients:**
- 2 quarts Apple Cider
- 1 three inch Cinnamon Stick
- 3 oz. package of Cherry Jell-O

**Preparation:** Combine apple cider and cinnamon stick in saucepan; bring to a boil. Reduce heat, and simmer for 15 minutes. Add Jell-O, stirring 2 minutes or until Jell-O dissolves. Serve beverage hot. Yield: 2 quarts

### Bradford Traffic Safety Team
**Ingredients:**
- 1 Heath Candy Bar
- 1/4 cup Milk
- 2 1/2 cups Vanilla Ice Cream
- 1 tsp. Fudge Topping

**Preparation:** Freeze the heath bar, then break it into tiny pieces while still in the wrapper. Combine all ingredients in the blender and blend for 30 seconds on medium speed. Stop blender and stir in mixture with a spoon, repeat until well mixed. Pour into 16 oz. glass.

### Clay Traffic Safety Team
**Ingredients:**
- 2 oz. Carrot Juice
- 1 oz. Orange Juice
- 1 dash Grenadine Syrup

**Preparation:** Build all three ingredients over ice in a cocktail glass, and serve.
All Purpose Printing
and Graphics, Inc.

Ingredients:
1 Jell-O Creamy Caramel Pudding Snack
1/2 cup Apple Cider (plain, not sparkling)
1/4 cup Freeze-Dried Apple Pieces
1/4 cup Low-Fat Vanilla Ice Cream
1/4 tsp. Cinnamon
1/8 tsp. Vanilla Extract
1 cup Crushed Ice (or 5 - 8 Ice Cubes)
2 tbsp. Reddi-wip

Preparation: Place all ingredients except for Reddi-wip into a blender. Blend until smooth, and then pour into a nice tall glass. Top with Reddi-wip, stick a straw in it, and enjoy!

Cappuccino Cooler

Ingredients:
4 1/2 cups Cold Coffee
4 1/2 cups Chocolate Ice Cream
3/4 cup Hershey’s Chocolate Syrup
Crushed Ice
Whipped Cream

Preparation: 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.

Good Time Punch

Ingredients:
1 oz. Orange Juice
1 oz. Pineapple Juice
1 oz. Cranberry Juice
Splash of Club Soda
Splash of Red Bull
Splash of Grenadine

Preparation: In a shaker, add ice and ingredients, shake to combine. Serve in a festive glass and garnish with a cherry.

Caramel Apple Shake

Ingredients:
1 Jell-O Creamy Caramel Pudding Snack
1/2 cup Apple Cider (plain, not sparkling)
1/4 cup Freeze-Dried Apple Pieces
1/4 cup Low-Fat Vanilla Ice Cream
1/4 tsp. Cinnamon
1/8 tsp. Vanilla Extract
1 cup Crushed Ice (or 5 - 8 Ice Cubes)
2 tbsp. Reddi-wip

Preparation: Place all ingredients except for Reddi-wip into a blender. Blend until smooth, and then pour into a nice tall glass. Top with Reddi-wip, stick a straw in it, and enjoy!

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 2-liter bottles Ginger Ale
5 cups Sugar

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

The Blue Crab Grubhouse

3057 Julington Creek Rd
Jacksonville, FL
904-260-CRAB

Pom Fizz

Ingredients:
10 Mint Leaves
6 small Wedges of Lime
1 oz. of Simple Syrup (made from equal parts sugar and water)
1.5 oz. Pomegranate Juice
Soda Water

Preparation: In a tall glass (about 17 oz.) muddle first 3 ingredients until lime pieces are well smashed. Fill with ice. Add juice and top off with soda water. Mix well by tossing back and forth in another glass.

Camellia Court Cafe

Harn Museum, University of Florida Campus
Gainesville, FL
352-392-2735

Ingredients:
1 oz. Orange Juice
1 oz. Pineapple Juice
1 oz. Cranberry Juice
Splash of Club Soda
Splash of Red Bull
Splash of Grenadine

Preparation: In a shaker, add ice and ingredients, shake to combine. Serve in a festive glass and garnish with a cherry.
Holiday safety is nothing to toy with...

Proud Supporter of “Recipes 4 the Road”

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Celebrate a safe and sober holiday season!

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 49" 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!

Buckle Up - Every Ride, Every Time!

Injury Free Coalition for Kids®

Strap In For Safety
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.

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.

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.

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 - Jacksonville at 1-800-222-1222.