17th Annual Recipes for the Road

TrafficSafetyTeam.org /TrafficSafetyTeam
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.
"If only I’d been watching for pedestrians and bicyclists."

No Regrets When You DRIVE WITH CARE

- Stop for pedestrians crossing at every intersection.
- Do not pass a vehicle that is stopped for pedestrians.
- Share the road with bicyclists.
- Passing bicyclists too closely is dangerous and illegal.
- Stop before turning right on red.
- Look in all directions before making a turn.
- Focus on the road. Avoid aggressive driving.
- Obey the traffic laws, signals and speed limits.
Pumpkin Spice Chai Latte

Ingredients:
1 cup soy milk
1 cup Oregon Chai–Chai tea latte concentrate
3 dashes pumpkin pie spice
whipped cream

Preparation: Heat soy milk and chai tea concentrate in saucepan on medium. Stir continuously, add spice, stir until boiling. Serve and top with whip cream.

Raspberry Nojito

Ingredients:
4-5 mint leaves
1/2 lime, quartered
5-6 fresh raspberries
1 1/2 oz simple 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.

Virgin Strawberry Daiquiri

Ingredients:
3 1/2 oz frozen strawberries
1/8 cup ice
1/2 oz sweet & sour mix
1 dash grenadine syrup

Preparation: Place strawberries, ice cubes, sweet and sour mix and grenadine in a blender. Blend until smooth. Add more ice or less depending on your taste.

Wishing You a Safe and Happy Holiday Season!
Report impaired drivers. Dial *FHP on your cell phone.

**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!

**Cucumber Punch**

**Ingredients:**
- 3 quarts water
- 3 quarts ice cubes
- 1 (.14 oz) package sugar-free instant lemonade powder
- 1 1/2 oz simple syrup
- lemon-lime soda
- club soda
- 1 (12 oz) can white grape juice concentrate
- 1 lemon, sliced
- 1/2 medium cucumber, thinly sliced

**Preparation:** In a punch bowl, stir together the water, ice, lemonade powder and grape juice concentrate. Float slices of lemon and cucumber on top.

**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
No Regrets When You SHARE THE ROAD

- A SHARROW is a shared-lane marking indicating where a cyclist has the right to ride.
- Give cyclists 3 feet of space when passing.
- Under Florida law, bicycles have the same rights and responsibilities as motor vehicles.
- Focus on the road and obey the traffic laws, signals and speed limits.

All Travel Info All the Time
dial 5-1-1
www.FL511.com
An alcohol related fatality occurs every 33 minutes.

**Shirley Temple 2**

**Ingredients:**
- 1/2 cup orange juice
- 1/2 cup lemon-lime soda
- 1 tbsp grenadine syrup
- 1 maraschino cherry
- 1/2 oz sweet & sour mix
- 1 dash grenadine syrup

**Preparation:** In a tall glass, combine orange juice and lemon-lime soda. Pour grenadine in and let it sink to the bottom. Garnish with a maraschino cherry and a straw for stirring.

**Cosmo-Not**

**Ingredients:**
- 1 cup crushed ice
- 3 oz peach nectar
- 2 oz cranberry juice cocktail
- 1/2 oz grenadine syrup
- 1 oz lemon-lime soda
- 1 twist lime peel

**Preparation:** Fill a shaker with ice and pour in peach nectar, cranberry juice and grenadine. Strain into a martini glass and top with lemon soda. Garnish with a twist of lime.

**Hot Toddy Mocktail**

**Ingredients:**
- 7 oz hot black tea
- 1/2 tbsp honey
- 1 tsp lemon juice
- 1/4 tsp ground cinnamon
- 2 or 3 whole cloves
- lemon slice for garnish

**Preparation:** In a nice big coffee mug, add the honey, lemon juice, cinnamon and cloves, Pour the hot tea over the spices and serve with a lemon slice on top.
If you’ve been drinking, take a cab or spend the night where you are.

Recipe for a Safe Holiday Trip
- A heap of patience and courtesy
- A dash of trip planning
- An ounce of defensive driving

Put safety first, then mix in patience, enough time for your trip and clear directions. Toss in attentive, defensive driving. Add plenty of rest and proper vehicle maintenance. For best results use seat belts. Follow the speed limit and use a safe following distance to ensure your trip is well done.

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Recipe for a Safe Holiday Trip
Celebrate a happy, healthy and safe holiday season!

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TOW TO GO SCHEDULE
Super Bowl • St. Patrick’s Day • Cinco de Mayo • Memorial Day • Independence Day
Labor Day • Halloween • Thanksgiving • Christmas • New Year’s

Call AAA to confirm specific dates and availability. The service is designed to be used as a last resort. It is offered based on availability of AAA Service Technicians and tow trucks during times of high call volume.

Holiday Snowball Cookies

Ingredients:
1 1/2 cups butter, softened
3/4 cup powdered sugar
1 tablespoon vanilla extract
1/2 teaspoon salt
3 cups all-purpose flour
1 2/3 cups of chocolate chips
1/2 cup finely chopped nuts
powdered sugar

Preparation:
1) PREHEAT oven to 375 degrees
2) BEAT butter, sugar, vanilla extract and salt in large bowl until creamy. Gradually beat in flour; stir in chocolate chips and nuts. Shape level tablespoons of dough into 1 inch balls. Place on ungreased cookie sheets.
3) BAKE for 10 to 12 minutes or until cookies are set and lightly browned. Remove from oven. Sift powdered sugar over hot cookies on baking sheets. Cool on baking sheets for 10 minutes; move to wire racks to cool completely. Sprinkle with additional powdered sugar, if desired. Store in airtight containers.

Makes 4.5 Dozen Cookies
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Candy Cane Crunch

Ingredients:
- 1 cup crushed candy canes
- 2 pounds white chocolate
- peppermint flavoring, optional

Preparation: 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 for a sweet holiday peppermint bark.

**Sangria**

**Ingredients:**
- 2 cups boiling water
- 2 black tea bags
- 2 cinnamon sticks
- 1/2 cup sugar
- 3 cups pomegranate juice
- 1 cup freshly squeezed orange juice
- 1 orange, sliced into thin rounds
- 1 lemon, sliced into thin rounds
- 1 lime, sliced into thin rounds
- 1 apple, cored and cut into 1/2-inch chunks
- 3 cups carbonated water

**Preparation:**
Pour boiling water over tea bags and cinnamon sticks and steep for 5 minutes. Discard tea bags and stir in sugar to dissolve.

In a large jar or pitcher, combine tea, cinnamon sticks, pomegranate juice, orange juice, orange, lemon, lime, and apple. Refrigerate for at least 1 hour and preferably overnight.

Just before serving, stir in carbonated water. Serve in glasses over ice.

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**Sleigh Driver**

**Ingredients:**
- 1 cup water
- 1/2 cup sugar
- 1 2-inch piece fresh ginger, peeled and sliced
- 3 pears, chopped into bite-size pieces, divided
- 2 quarts apple cider
- 1 lemon, halved and sliced
- 1 tablespoon ground allspice
- 1 cup fresh cranberries
- 2 tablespoons vanilla extract

**Preparation:**
Combine water, sugar, ginger and 1 pear in a large saucepan. Bring to a boil over medium-high heat, stirring occasionally. Strain out the solids and return the mixture to the pan. Add the remaining pears, cider, lemon and allspice and heat over medium-high heat, stirring often, for 15 minutes.

Add cranberries and vanilla and reduce the heat to medium-low (the liquid should be simmering, not boiling). Let simmer for 10 minutes more. Serve in heat-safe mugs.
Alcohol remains the leading factor in motor vehicle deaths.

Mexican Chocolate Mock-tini

**Ingredients:**
- 1/2 cup sugar
- 2 level tbs natural cocoa powder
- 1/4 tsp ground cinnamon
- 1 cup water
- 2 cups almond milk
- lemon wedge

**Preparation:** In a small bowl, stir the sugar and cocoa powder together until well combined. Remove two tablespoons of the mixture and pour it onto a small plate; reserve. Put the remaining sugar mixture, cinnamon and water in a small saucepan; bring to a simmer over medium-high heat and cook, whisking occasionally, until sugar is completely dissolved. Remove from heat and cool to room temperature.

Make a cut in the lemon wedge; run the cut lemon around the edges of four martini glasses and dredge the wet rims through the sugar to coat. Pour half the cooled syrup into a cocktail shaker. Add one cup ice cubes and one cup almond milk; shake vigorously until well chilled; strain evenly into two glasses. Repeat with the remaining syrup and almond milk. Serve immediately.
Cranberry Cutie

Ingredients:
3 ounces lemon-lime soda
3 ounces cranberry juice
juice from 1 clementine
1 ounce lime juice
clementine slice
sugar

Preparation: In a shaker filled with ice, mix cranberry juice, clementine juice, and lime juice. Add lemon-lime soda and stir. Strain into two martini glasses with edges that have been dipped in sugar (optional). Garnish with a clementine slice.

The Grinch Holiday Mocktail

Ingredients:
3 oz box lime Jell-O
3/4 cup boiling hot water
cold lemon-lime soda
tall drinking glass
straws

Preparation: Boil your water. Add lime Jell-O. Stir well until Jell-O is fully dissolved. Pour Jell-O into cup filled with straws. Put a bowl or plate on top of the straws to keep them weighed down, and put in refrigerator for at least 4 hours. Once Jell-O has set, put bottom of the cup in HOT water for 2-3 minutes to release the straws. Twist as you pull to remove from the glass. Break off about a dozen straws. Empty the green Jell-O into a large wine glass. Blow a little on the straws if needed, to help the Jell-O out. Cover with COLD lemon-lime soda.

Hot Cranberry Orange Wassail

Ingredients:
4 cups of cranberry juice
3 cups of fresh orange juice
20 red hot cinnamon candies
5 whole cloves
1/2 cup of sugar

Preparation: Add all ingredients to a large pot and heat on low for up to two hours. Stir occasionally and remove cloves by straining before serving. The cinnamon candies will dissolve so you only need to worry about removing the cloves. You can also add a few fresh orange slices to the wassail while heating. When you’re done put it in your favorite mug and enjoy.

Wishing You a Safe and Happy Holiday Season!
Bloody Apple Cranberry Mocktails

**Ingredients:**
1 (12 oz) container frozen 100% cranberry juice, thawed
2 (25.4 oz) bottles sparkling apple cider, chilled
4 cups very cold water, or ice water mix

**Preparation:** Stir everything together in a pitcher and serve. For a more intense cranberry flavor, use less water.

Frost Bite Mocktail Recipe

**Ingredients:**
ice
1 oz lime juice
1 oz pineapple juice
2 oz white grape juice
fresh mint leaves
fresh blueberries
3 oz Sierra Mist Natural

**Preparation:** Fill a cocktail shaker with ice, lime juice and pineapple juice. Mix. Add white grape juice, mint and blueberries. Using the back of a spoon, crush a couple of the blueberries. Shake all ingredients well and strain into a large glass filled with ice. Top with Sierra Mist Natural and garnish a few fresh blueberries (optional).

Old Fashion Eggnog

**Ingredients:**
12 medium egg yolk
1 1/2 cups white sugar
4 cups full fat milk
2 cups heavy cream
1 tsp ground nutmeg
1 tsp vanilla

**Preparation:** Place the egg yolks and white sugar into the blender. Blend for about 2 minutes or until the mix thickens up. Pour the yolk-sugar mix into a large bowl, whisk in milk and cream. Continue mixing until the sugar has completely dissolved. Sprinkle in the nutmeg and pour in the vanilla, mix until well incorporated. Taste and adjust nutmeg if desired. Chill until ready to serve. Sprinkle ground cinnamon over each cup before serving.
Every motor vehicle operator in Florida will be required to use a crash-tested, federally approved child restraint device for children until age 6.

**Be a Hero… Protect Your Child with the Right Car Seat!**

**Rear-Facing Seat:** Birth until age 2 or when child reaches the upper height or weight limit of seat (typically around 35 pounds).

**Forward-Facing Seat:** Your child should have a forward-facing seat with a harness until he or she reaches the manufacturer’s upper height or weight limit of the seat (typically 40-65 pounds).

**Belt-Positioning Booster Seat:** Protect your child with this seat until he or she is at least 4’9” (typically 8-12 years of age). Proper positioning of your car’s safety belt system is crucial in preventing or minimizing injury in case of a crash.

**Lap and Shoulder Belts:** Be sure the lap belt lies across the hips and the shoulder belt across the center of the shoulder and chest. Your child’s legs should bend comfortably at the seat’s edge, with his or her back resting flat against the back of the seat. Once the safety belt fits properly without a booster, your child no longer needs a special seat. All children under 13 should sit in the back seat.
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