Alcohol involvement remains the leading factor in motor vehicle deaths. 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.

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.

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.

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.

CELEBRATE SAFELY, DESIGNATE A DRIVER!

The One & Only
WJXT

Jiffy Lube’s 4th Annual
Recipes on the Road
An original collection of non-alcoholic drinks from restaurants throughout the First Coast.

THE ONE & ONLY

SHANDS TraumaOne

NORTH FLORIDA SALES

CELEBRATE SAFELY

THIS PROGRAM IS SPONSORED BY THE FLORIDA DEPARTMENT OF TRANSPORTATION
I find it hard to believe it's been four years since we first started Jiffy Lube's Recipes 4 the Road. We have made many improvements since that first book in 1998 and have increased the distribution from 10,000 to 30,000! We have also expanded the number of drink recipes from 17 to 33, as well as added many helpful holiday safety tips and an All-American ice cream cake recipe. Numerous conscientious business owners, listed below, have joined our booklet, adding to a growing list of sponsors. Channel 4 and The Promise 106.5 continue their support of this worthwhile program, with Channel 4 on board now for the third year and The Promise on their second year. It is companies such as these that have contributed to the improvements and success of Jiffy Lube's Recipes 4 the Road program.

I would also like to thank the many government and law enforcement agencies who we are honored to have had the endorsement, support and assistance from since we started the book in 1998. Without them this program wouldn't have been possible. We are proud to be part of the Celebrate Safely campaign which addresses the issues of drinking and driving during the holidays. Encompassing the Designated Driver program, MADD's Tie One On For Safety program and Jiffy Lube's Recipes 4 the Road program, Celebrate Safely is one of the most comprehensive community programs in the state geared towards increasing awareness and reducing drinking and driving. So do your part this holiday and everyday: don't drink and drive, designate a driver, be a conscientious host, and have a safe and happy holiday.

Ward Huntley
President of South Lubes, Inc. Jiffy Lube

THANK YOU TO THE FOLLOWING FOR THEIR SPONSORSHIP AND SUPPORT

Clay County Sheriff
Nassau County Sheriff

MADD Tie one on for safety
VIRGIN STRAWBERRY DAIQUIRI
5 oz. Strawberry Puree
3/4 oz. Sweet and Sour Mix
1 Glass of Ice
Put all ingredients into a blender and blend for 30 seconds. Garnish with whipped cream and a cherry.

COCONUT CREAMSICKLE
4 oz. Lemonade
1 Tbsp. Grenadine
1 Tbsp. Whipped Cream
1 Tbsp. Pina Colada Mix
2 oz. Orange Juice
Fill 10 oz. rocks glass halfway with ice. Add ingredients and shake. Serve with a cherry rolled in an orange twist secured with a sword pick.

ICE 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.

MARKER 32 SPARKLING SUNSET
5 oz. Sparkling Cider
4 oz. Orange Juice
1/2 oz. Grenadine
Fill a highball glass with ice. Add sparkling cider and orange juice. Stir and then gently pour grenadine down a spoon. Let it rise from the bottom. Do not stir!

SUNNY’S DELIGHT
1 oz. Strawberry Mix
1 oz. Pina Colada Mix
1 oz. Pineapple Juice
1/2 Scoop Ice
Put all ingredients in a blender and mix.

CRANBERRY BRUNCH PUNCH
4 cups Cranberry Juice
2 cups Orange Juice
1 cup Pineapple Juice
1/2 cup Lemon Juice
1/2 cup Water
1/3 cup sugar
1 tsp. Almond Extract
In a large container, combine all of the ingredients. Stir until sugar is dissolved. Refrigerate until serving. Makes 2 quarts. (This may also be served over crushed ice or served warm.)

HOT APPLE PIE
Vanilla Cranberry Juice
Apple Juice
Cinnamon Sticks
Whipped Cream
Combine cranberry and apple juice and heat. Top with whipped cream. Garnish with cinnamon sticks and a dash of vanilla.

CRANBERRY BRUNCH PUNCH
4 cups Cranberry Juice
2 cups Orange Juice
1 cup Pineapple Juice
1/2 cup Lemon Juice
1/2 cup Water
1/3 cup sugar
1 tsp. Almond Extract
In a large container, combine all of the ingredients. Stir until sugar is dissolved. Refrigerate until serving. Makes 2 quarts. (This may also be served over crushed ice or served warm.)

Applebee’s
Neighborhood Grill & Bar
10502 San Jose Blvd • 268-2635

REPORT IMPAIRED DRIVERS DIAL 911 ON YOUR CELL PHONE REPORT IMPAIRED DRIVERS DIAL 911 ON YOUR CELL PHONE
**VI 12G IN Mal2Y**

Bloodymary Mix
O'Douls (or any non-alcoholic beer)

Mix equal parts of each, served over ice and garnish with a lime.

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**STONWOOD TAVERN PUNCH**

2 oz. Cranberry Juice
2 oz. Pineapple Juice
2 oz. Orange Juice
2 oz. Sweet and Sour Sprite

Mix equal parts of juices over ice. Splash with Sprite.

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**DOWN UNDER MARINA RESTAURANT**

A1A at Intracoastal Waterway
Fernandina Beach
261-1001

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**AMelia Mud Pie**

Scoops of Vanilla Ice Cream
1/2 cup of Half and Half Cream
1/4 cup of Crumbled Oreo Cookies

Blend all together. Pour into tall glass. Top with whipped cream and a cherry.

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**PEACH RUNNER SHAKE**

Island Oasis Peach
Rumrunner Mix (non-alcoholic mix)
Vanilla Ice Cream
Ice

Mix together equal parts in blender with ice. Garnish to your liking. (Banana flavor may be substituted for peach.)

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**POwER Punch**

Cranberry Juice
1/4 cup Pineapple Juice
Sprite
Blue Kool-Aid

Make Kool-Aid and freeze it in ice cube trays. Mix equal parts of cranberry juice and Sprite. Stir in pineapple juice. Pour mixture over the ice cubes.

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**GRILL ROOM FROSTED PASSION**

12 oz. Passion Fruit
3 oz. Coconut Milk
6 oz. Pineapple Juice
4 oz. Lychee Fruit
2 ea. Juice from Fresh Limes
3 tbsp. Powdered Sugar
1 Kiwi, Peeled
10 oz. Crushed Ice
1 Banana

Combine in blender and puree, pour in frosted mug or glass. Garnish with tropical fruit kabob (pineapple / fresh cherry / banana / strawberry).

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**Chocolate Sparkler**

2 pints Chocolate Ice Cream
1/2 cup Fudge Sauce (at room temperature)
Soda Water
Whipped Cream

Place 2 scoops of ice cream into 4 tall glasses. Pour one tablespoon of fudge sauce into each glass. Fill the glasses with soda water and drizzle another tablespoon of fudge sauce over each. Top with whipped cream.

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**WILD ON THE CARIBBEAN**

1/3 cup Pineapple Juice
1/3 cup Piña Colada Mix
1/3 cup Cranberry Juice
7-up or Sprite

Pour all three juices into a glass. Top off with 7-up or Sprite. Shake and pour. Garnish with orange and pineapple.
**CHOCOLATE MOCHA LATE**

Coffee
1 tsp. Sugar
Chocolate Syrup
Cinnamon
Whipped Cream

Put chocolate syrup around rim of glass. Dip the rim of the coffee cup on a plate with cinnamon. Fill cup 3/4 with coffee, then add the teaspoon of sugar and teaspoon of chocolate. Stir and add whipped cream on top.

**COFFEE PUNCH**

1 gallon Cold Milk
1 cup Instant Coffee
1/3 cup Sugar
1-oz. can Chocolate Syrup
1/2 gallon Vanilla Ice Cream

2 tbsp. Vanilla Extract
Ground Cinnamon for garnish
Chocolate Curls for garnish
Whipped Cream for garnish

90 servings • 90 min. prep time. Chill for 3 hours.

Scald milk, add coffee, sugar, chocolate syrup, and vanilla. Refrigerate for 3 hours. Soften ice cream and add to chilled mixture in punch bowl. Garnish and serve.

**HOUSE MARGARITA**

6 oz. Sweet and Sour Mix
1 cup Ice

Blend ingredients and finish with a squeeze of a lime.

**MILKYWAY**

2 oz. Half and Half
1/2 oz. Hershey’s Chocolate Syrup
1/4 oz. Smucker’s Caramel Syrup
Splash Coke
Splash Water

Mix all ingredients over ice in a tall rocks glass. Shake well until blended and frothy.

**GINGERBREAD MAN**

1 cup Water
3/4 cup Sugar
2 tbsp. Ginger (fresh, finely grated & peeled)
2 cups Tonic Water

Mix together and pour over ice. Garnish with a lime.

**WARM BANANA SPLIT**

6 oz. Half and Half
1 tsp. Chocolate Syrup
1 tsp. Banana Extract
1 tsp. Vanilla Extract
1 tsp. Hazelnut Flavored
Whipped Cream
Banana Slice
Cherry

Warm half ‘n half. Add chocolate, hazelnut flavoring, banana and vanilla extracts. Serve in a clear 8-ounce coffee mug. Top with whipped cream, banana slice, cherry, and shaved chocolate.

**POIGNANT POINSETTIA**

4-6 oz. Red Bull
Cranberry Cocktail Juice
1 Lime Wedge

Pour Red Bull over ice. Fill with cranberry juice and garnish with lime wedge.
**Virgin Hopsicle**

6 oz. Vanilla Ice Cream (2 small scoops)
1 oz. Orange Juice (fresh squeezed)
1/2 oz. Coco Lopez

Blend together. Top with whipped cream, toasted coconut and garnish with orange juice.

**Mock Champagne**

4 oz. White Grape Juice
4 oz. Grapefruit Juice
Few Drops of Concentrated Lime Juice
Angostura Bitters

Combine the juices, stir well and before serving add the club soda. Stir gently. Touch each serving up with a dash or two of bitters. (Make sure you chill all ingredients extremely well before serving.)

**Margarita Frappés**

2 Bananas (medium size)
3 cups Pineapple Juice (chilled & unsweetened)
4 oz. Limeade Concentrate
3/4 cup Low-fat Plain Yogurt
1/2 cup Heavy Cream (chilled well)
1-2 drops of Green Food Coloring
8 Lime Wedges

Break banana into pieces and puree with remaining ingredients (except lime wedges). Pour Frappe into 4 to 6 stemmed glasses and garnish with lime wedges.

**Cider Noggin**

4 oz. Light Cream
1 Egg
1 tsp. Powdered Sugar
Fill with Sweet Cider

Mix the sugar, cream and egg in a shaker. Add ice and shake. Strain over ice in tall glasses. Top with cider and sprinkle with nutmeg.

**Lulu's Tropical Nectar**

3 oz. Cranberry Juice
3 oz. Orange Juice
2 oz. Peach Nectar

Mix together and pour over ice for one serving. Can be used as a punch. Just float orange sherbet together with mixture and serve in a punch bowl.

**Aloha Punch**

8 oz. Orange Juice
8 oz. Pineapple Juice
Splash of Grenadine
Ice
Orchid / Tropical Flower to garnish

Mix together and serve.

**Island Snowflake**

2 oz. Pineapple Juice
6 oz. Vanilla Bar Mix or Condensed Milk
1 1/2 cups Ice (crushed)

Blend ingredients to smoothie-like consistency. Serve in a tall glass. Top with whipped cream and garnish with pineapple wedge.

**Kiwi Slushee**

5 Kiwi (peeled and diced)
1 qt. Ice
1 qt. Syrup (sugar and water)
Mint (sliced)
Grenadine

Blend first three ingredients. Top with grenadine and garnish with mint.
Frosty Apple Delight

1 (46-ounce) can Apple Juice
2 quarts Chilled Ginger Ale
1/2 gallon Lime Sherbert
1/4 cup Sugar

Mash-up the sherbet in bottom of punch bowl. Pour in sugar. Add apple juice and ginger ale. Stir well until a frosty consistency and a pale green color.

ALL-AMERICAN ICE CREAM CAKE

Edy's Grand Vanilla Ice Cream
1 1/2 cups Sugar
1 cup Oil
2 Eggs
1 cup Buttermilk
2 tbsp. Red Food Coloring
2 tbsp. Cocoa Powder
1 tsp. Salt
2 1/4 cups Cake Flour
1 tbsp. Vinegar
1 tsp. Baking Soda
2 cups Cream Cheese, softened
1/2 to 1 1/2 cups Powdered Sugar, to taste
1 tsp. Vanilla Extract
Blackberry Jam

Preheat oven to 375° F.

Grease and flour a 10-inch springform pan. In a large bowl, beat together sugar, oil and eggs. Whisk in buttermilk. In a small bowl, combine food coloring and cocoa. Add to egg mixture. Sift salt and flour into batter and mix well. Combine vinegar and baking soda in a small bowl and add to batter. Immediately pour batter into prepared pan and bake 50-40 minutes. Cool cake in the pan for 10 minutes, then remove from pan and cool completely.

Whip cream cheese until light and fluffy. Add powdered sugar and vanilla. Mix well.

Slice cake horizontally into three equal layers. Place bottom layer back into springform pan. Spread with approximately 1 cup of softened ice cream to make a 1-inch layer. Freeze until solid. Spread blackberry jam on top of ice cream layer and place second cake layer on top. Spread with another layer of ice cream and freeze. Top with jam and last cake layer. Freeze until solid. Unmold the cake onto a platter and coat with cream cheese frosting. Freeze until 15 minutes before serving time. Use a knife dipped in hot water to cut slices.

Serves 16-20

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, and 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 1-800-282-3171.
**MYTHS & FACTS ABOUT DRINKING & DRIVING**

**Myth:** Coffee can sober up someone who has had too much to drink.

**Fact:** Only time sobers. It takes about one hour to oxidize each drink.

**Myth:** Hard Liquor is more intoxicating than beer or wine

**Fact:** A 12-ounce can of beer, a five-ounce glass of wine, a 12-ounce wine cooler, and an ounce-and-a-half of liquor contain the same amount of alcohol with the same intoxication potential.

**Myth:** Someone who has had too much to drink will look intoxicated.

**Fact:** Judgment is the first thing affected when someone has been drinking. Important motor skills are next. Even one drink can impair someone’s ability to drive. Someone’s physical appearance can be misleading.

**BEHIND THE STATISTICS**

Tens of thousands of people are killed each year in motor vehicle crashes. Many times the statistics just get recorded into our minds as numbers, facts and figures with little impact. The faces behind these numbers are embedded in our minds and the minds of those left with major disabilities, or worse yet, left behind. This holiday season drive with care, drive defensively and drive sober. Don’t become the next face we see behind the statistics.

Here are some helpful guidelines to follow*:

- Don’t start the engine without securing each passenger in the car, including children and pets. Safety belts save thousands of lives each year.
- Remember that driving too fast or too slow can increase the likelihood of collisions.
- Don’t kid yourself. If you plan to drink, designate a driver who won’t drink. Alcohol is a factor in almost half of all fatal motor vehicle crashes.
- Be alert! If you notice that a car is straddling the center line, weaving, making wide turns, stopping abruptly or responding slowly to traffic signals, the driver may be impaired.
- Avoid an impaired driver by turning right at the nearest corner or exiting at the nearest exit. If it appears that an oncoming car is crossing into your lane, pull over to the roadside, sound the horn and flash your lights.
- Notify the police immediately after seeing a motorist who is driving suspiciously.
- Follow the rules of the road. Don’t contest the “right of way” or try to race another car during a merge.
- Drive Defensively. Take responsibility not only for yourself and your “actions, but also keep an eye on “the other guy”. Be respectful of other motorists.
- While driving, be cautious, aware and responsible.

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**ALCOHOL AWARENESS**

- **Always** serve food with alcoholic beverages. Food slows down the absorption rate of alcohol into the body.
- Offer non-alcoholic beverages because some people do not drink and are the designated driver. Make guests feel welcome, no matter what they choose to drink.

**BUFFET**

- As the hour becomes late, put away the alcoholic beverages, but continue to offer a good supply of food. You might wish to switch to coffee and dessert well before guests start to leave. (Be aware that none of these eliminate alcohol from the body, only time will).
- Serve protein-rich and starch foods throughout the evening. By eating first, partygoers will help retard the absorption of alcohol into their bloodstream.

**CARPOOL**

- **The best thing** you can do as a host is to have someone who has not been drinking, drive drinking guests home.
- **Call a cab or let the person** sleep overnight.

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**DRIVER FATIGUE**

The excitement of the holidays can mean we don’t get as much sleep as we may need. That can be extremely dangerous when it comes to driving. Research shows that any length trip may result in driver fatigue. Here are some helpful tips to avoid it.

- For long trips plan in advance, so you know where and when you are going to take a break.
- Take a break at least every two hours.
- Plan to stay somewhere overnight if the trip is going to be exceptionally long.
- Share the driving and make sure that you rest when you are not driving.
- Try not to drive when you would normally be asleep (early mornings and late nights).
- Watch for the warning signs of driver fatigue:
  1. You keep yawning
  2. You start day dreaming
  3. Your body feels stiff and your eyes feel heavy
  4. Your reactions slow down
  5. You wander over the centerline or off the road

If you notice these symptoms, stop driving immediately! Spend the night in a motel or relinquish the driving duties.

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**REPORT IMPAIRED DRIVERS**

DIAL FHP ON YOUR CELL PHONE