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.

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.

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.

An original collection of non-alcoholic drinks from restaurants throughout the First Coast.
I am proud to say that this year marks the 5th year for *Recipes 4 the Road*. The book started in 1998 as an idea to help reduce drinking and driving and has grown from 10,000 books printed to 30,000! Every year people are excited about getting their new recipe book and are always on the lookout for original recipes. So we worked extra hard this year to gather unique recipes from great local restaurants and have added some new establishments.

No matter how hard we work every year to bring it all together, we could not do it without the support of our many sponsors. I would like to extend a special thanks to Channel 4 and The Promise 106.5 for their continued support throughout the years and for helping raise awareness of drinking and driving in our community.

I would also like to thank the many government and law enforcement agencies whose support means so much to us. Jiffy Lube is proud to be a part of and endorse the Department of Transportation’s Celebrate Safety campaign which encompasses the Designated Driver program, MADD’s Tie One On For Safety, and Jiffy Lube’s *Recipes 4 the Road*. Celebrate Safety is one of the most comprehensive community programs in the state geared towards increasing awareness and decreasing drinking and driving.

We hope you will utilize these recipes at your next holiday get together and that you enjoy a safe holiday season.

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

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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 starchy 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.
**HOT WASSAIL**
4 cups unsweetened apple juice
3 cups unsweetened pineapple juice
2 cups cranberry juice cocktail
1/4 tsp. ground nutmeg
1 cinnamon stick
3 whole cloves
lemon slices

Combine all the ingredients in a large pot and simmer for 10 minutes. Serve hot.

**HORCHATA**
1 cup long-grain rice
1/2 cup sugar
1/2 cup water
1 tsp. vanilla
4 cups milk
1/2 tsp. cinnamon

Place the rice in a bowl with enough hot water to cover. Let the rice sit overnight. Next day, remove the water. Place 1/2 cup of water, and 2 cups milk in a blender. Blend until rice is all ground up. Mix in 1/4 cup sugar, 1/2 tsp. vanilla, 1/4 tsp. cinnamon. Do the same with the other half of the ingredients. Strain through cheesecloth (or whatever). Serve over ice. Makes 6 glasses.

**MINT JULEP SLUSH PUNCH**
7 lemon slices
28 oz. fresh mint sprigs
1 qt. distilled water
2 cups sugar
5 cups tall water
1/2 cup tightly packed fresh mint sprigs
2 (30oz) bottles lemon-flavored sparkling spring water, chilled
1 (3oz) can frozen orange juice concentrate, thawed & undiluted
1 (23oz) envelope unsweetened lemonade mix
1 (1-1/2) bottle ginger ale, chilled

Combine mint tea, lemon-flavored sparkling spring water, and 2 cups tall water in a bowl in a large saucepan, stirring until sugar dissolves. Remove from heat; add 1/2 cup mint sprigs and tea bags. Combine mint-syrup, and next 3 ingredients in a large freezer container; cover and freeze at least 8 hours. To serve, let frozen mixture stand at room temperature 1 hour or until slushy. Pour mixture into a large punch bowl, gently stir in ginger ale. Drop lemon-mint ice cups into punch.

**BREEZE COOLER**
Fill a hurricane glass with ice. Add 2 ounces of cranberry juice and 2 ounces of pineapple juice. Top with a splash of club soda. Garnish with a pineapple spear.

**VIRGIN MARY**
4 oz. tomato juice
1/2 oz. lemon juice
1/2 tsp. Worcestershire sauce
1 dash Tabasco sauce
1 pinch celery salt
1 pinch salt
1 pinch pepper
Ice

Combine liquid ingredients and seasonings in a mixing glass. Shake with ice and strain into a highball or Collins glass filled with ice cubes. Garnish with celery stalk and wedge of lime.

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**EPPING SLING**
6 oz. pineapple juice
2 oz. fresh lemon juice
2 drops Angostura Bitters
3 drops Grenadine
2 oz. orange Juice

Fill in tall glass with ice and garnish with pineapple wedge and cherry.

**LASSI (Yogurt Drink)**
5 cups yogurt
1/8 tsp. nutmeg
1 Tbsp. rose water
6 Tbsp. sugar
5 each cardamom pods

Remove seeds from cardamom pods and crush seeds. Blend 5 cups yogurt, cardamom sugar and nutmeg in an electric blender. Beat remaining yogurt well in a bowl. Add to contents of blender and mix well. Add rose water to yogurt and mix well. Serve in individual glasses and sprinkle with nutmeg.
COLD TROPICAL LATTE
2 oz. fresh brewed cappuccino
4 oz. milk
1 oz. Coco Lopez
dash cinnamon
dash nutmeg
Shake with ice and serve in a cold mug.

CRANBERRY CIDER PUNCH
2 liters cranberry Ginger Ale, chilled
2 liters apple cider, chilled
3 limes
1 can (341ml) frozen raspberry juice concentrate
Pour Ginger Ale and cider into punch bowl. Squeeze juice from 2 of the limes and thinly slice the third. Stir juice into punch. Taste and add raspberry concentrate, if you wish. If concentrate is still frozen, you may not need to add ice. Refrige rate until serving time. Float lime slices on surface. Makes 16 cups, enough for 32 punch-glass servings.

CUBAN MOJITO
1 lime, squeezed
3 Tbsp. sugar
2 sprigs mint
6 oz. Sprite
Ice
Squeeze one whole lime and put in a shaker. Add 3 tablespoons sugar and mint. Mash it all together until mint is all smashed up, then combine Sprite and ice. Shake. Pour into a glass and garnish with mint or lime slice.

CRANBERRY-CHERRY COOLER
1 envelope unsweetened cherry-flavored drink
1/4 cup sugar
1/2 cup orange juice
16 oz. cranberry juice cocktail - chilled ice
Combine all of the ingredients except the ice in a blender and blend until the drink powder and sugar are dissolved. Serve the mixture over the ice.

CHOCOLADA
2 1/2 oz. Coco Lopez
2 1/2 oz. cream
2 oz. 7-Up
1 oz. chocolate syrup
Ice
Mix all ingredients in a shaker. Serve in a hurricane glass or Rita glass. Can be served as a frozen drink.

CIDER SNAP
2 cups apple cider
4 tsp. red cinnamon candies
4 each apple slices, thinly sliced
In a 4-cup measure combine apple cider and cinnamon candies. Micro-cook, uncovered, on 100% power for 4 to 5 minutes or until candies dissolve and the cider is steaming hot, stirring once. Serve in mugs. Garnish with apple slices, if desired.

BRAZILIAN ICED CHOCOLATE COCA-COLA
2 oz. chocolate (unsweetened)
1/4 cup sugar
1 cup coffee, double-strength, hot
2 1/2 cups milk
1 1/2 cups Coca-Cola, chilled whipped cream or vanilla ice cream
In the top of a double-baller over hot water, melt the chocolate squares. Stir in the sugar. Gradually stir in hot coffee, mixing thoroughly. Add the milk and continue cooking until all particles of the chocolate are dissolved and the mixture is smooth, about 10 minutes. Pour into a Jar. Cover and chill. When ready to serve, stir in the chilled Coca-Cola. Serve over ice cubes in tall glasses. For a beverage, top with whipped cream. For a dessert, add a scoop of vanilla ice cream. Makes 5 cups.

JAXSON'S DAIRY DELIGHT
Equal parts of milk and club soda.
Dashes of vanilla and sugar.
Blend with beater until frothy.
PSEUDO-CHAMPAGNE PUNCH
2 each bottles white grape juice
1 each bottle club soda
56 oz. (2 bottles) 7-Up
Mix Ingredients. Serve well chilled.

NECTAR DRIVE
1 1/2 oz. peach or apricot nectar
1 tsp. whipped cream
2 splashes of Ginger Ale
Fill mixing glass with ice. Add nectar, whipped cream, and Ginger Ale. Shake vigorously. Strain into chilled cocktail glass. Garnish by floating an edible flower on top.

VIRGIN STRAWBERRY MARGARITA
sweet and sour mix
strawberry puree
ice
lime wheel
Blend 3 ounces of sweet and sour mix, 3 ounces of strawberry puree and one cup of ice. Pour into a 16 ounce beverage glass. Garnish with straw and lime wheel.

DAY DREAM
1 1/2 oz. cranberry juice
1 1/2 oz. pineapple juice
1/2 oz. mango syrup
tonic water
ice
Pack a 12 ounce glass full of ice. Add the rest of ingredients and shake vigorously. Garnish with a big ripe strawberry and thoughts of white sand beaches.

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 onto the tea leaves. Stir thoroughly and let steep in the pan for two or three minutes. Remove strainer and discard the tea leaves. Allow 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.

MERRY MADRAS
4 oz. Red Bull or Ginger Ale
4 oz. orange juice
4 oz. cranberry juice
Use a 16 ounce pint glass, fill with crushed ice. Add the rest of ingredients and shake. Empty glass in shaker tin and sugar the rim of the pint glass. Pour ingredients back into glass. Garnish with orange, lemon or lime wedge and cherry. Use a holiday parasol pick for flag to give it a seasonal flair.

MANGO COOLATTA
1/2 fresh mango (peeled, diced, then pureed)
4 ounces coconut mix (pina colada mix)
1 oz. pineapple juice
ice
Combine all ingredients in a blender. Pour into a tall glass. Garnish with two cubes of fresh mango on a sword and a sprig of mint.

MULLED APPLE CIDER
1 gallon cider
1 lemon, sliced into wheels
4 cinnamon sticks
8 whole cloves
Warm cider with cloves, cinnamon and lemon.

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1 can evaporated milk
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4 cups water
crushed ice
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MULLED APPLE CIDER
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1 lemon, sliced into wheels
4 cinnamon sticks
8 whole cloves
Warm cider with cloves, cinnamon and lemon.
OLD SIAM THAI COFFEE

Approximately 60 ounces of brewed Thai coffee
(try substitute 60 ounces intensely dark brewed coffee)
7 ounces condensed milk
8 ounces sugar
half and half cherries

In a large pitcher blend hot coffee with sugar and condensed milk. Cool to room temperature, put in refrigerator overnight. Pour over ice in a tall glass.

Garnish with a cherry and a splash of half and half.

HOT CRANBERRY CIDER

1 qt. cranberry juice
1 Tbsp. sugar
1 tsp. cinnamon

Simmer cranberry juice with zest, cinnamon, and nutmeg. While simmering, grind walnuts very fine and roast at 350° until brown and dry. Strain zest out of cranberry juice and set aside. Add sugar to walnuts and mix well. Line rim with walnut mixture. Pour juice in glass and garnish with cinnamon stick and orange twist.

TROPICAL HOLIDAY

5 slices of mango
splash of banana frozen drink mix
dash of vanilla extract
ice

Blend and serve. Garnish with your choice of fruit.

DELLA ROBBIA ICE RING

2 1/2 cups Ginger Ale, chilled
1/2 cup lemon juice
fruits (canned apricot halves, drained)
orange peel
small mint leaves

Combine Ginger Ale and lemon Juice. Pour 2 cups of the mixture into 1 qt. ring mold; freeze. Arrange fruits, peel, and mint leaves in decorative pattern on top of frozen ring. Carefully pour remaining liquid over patterns and freeze. Makes 1 ice ring for punches.

ON DASHER

4 ounces orange juice
4 ounces grapefruit juice
2 splashes of fresh lemon juice
1 splash of grenadine

Shake over ice, then strain into a highball glass filled with ice.

MORNIN' MINT

3 ounces Ginger Ale
2 ounces orange juice
1 ounce cranberry juice
2 ounces pineapple
1 ounce Mornin' Mojito mint syrup

Pour all over ice, shake then strain. Serve in red wine glass. Garnish with orange/cherry flag.

HOT APPLE PIE

1 Alpine spiced cider packet
1 cinnamon Stick
1 drop vanilla extract
whipped cream

Pour cider packet in hot water and add drop of vanilla extract. Add cinnamon stick and whipped cream.

Spiced Tea Mix

1 Jar (9 oz) powdered orange breakfast drink
1 Jar (4 oz) lemon flavored iced tea mix
1 1/2 cups sugar (or to taste)
2 tsp. ground cloves
2 tsp. ground cinnamon
1 tsp. ground ginger

Mix drink mix, tea mix, sugar and spices. Label and store in tightly covered container at room temperature. Store no longer than 6 months. To serve: For each serving, mix 3 teaspoons with boiling liquid in mug until mix is dissolved. Garnish with twist of lemon or orange peel, and a cinnamon stick if desired.

REPORT IMPAIRED DRIVERS
DIAL 311 FHP ON YOUR CELL PHONE

REPORT IMPAIRED DRIVERS
DIAL 311 FHP ON YOUR CELL PHONE
FIESTA HOT CHOCOLATE

1/2 cup cocoa
1 Tbsp. flour - unbleached
1/4 cup dark brown sugar - packed
4 cups milk
3 cloves - whole
2 Tbsp. powdered sugar - whipped cream

Mix cocoa and flour in 2-quart saucepan. Stir in brown sugar, milk, cloves, and 1 stick cinnamon. Break open. Heat just to boiling over medium heat, stirring constantly; reduce heat. Simmer uncovered for 5 minutes (DO NOT boil). Remove from heat; add vanilla, cinnamon if desired, and whip with a whisk. Serve hot, with whipped cream or marshmallows if desired. This recipe can be doubled and kept in crockpot for easier serving to large groups.

CROCkPOT HOT COCOA

1 1/2 cups sugar
1 1/4 cups cocoa powder
1 1/4 tsp. salt
3/4 cup hot water
1 tsp. vanilla extract
1/4 tsp. cinnamon - optional

In large saucepan, combine sugar, cocoa and salt. Add hot water slowly, mixing well. Cook over medium heat, stirring constantly, until mixture boils. Boil and stir 2 minutes. Add milk; heat to serving temperature, stirring occasionally. DO NOT boil. Remove from heat; add vanilla, cinnamon if desired, and whip with a whisk. Serve hot, with whipped cream or marshmallows if desired. This recipe can be doubled and kept in crockpot for easier serving to large groups.

AUSTRIAN CHOCOLATE CUP

30 oz. semisweet chocolate - broken in pieces
10 small finely grated orange peel
2 1/2 tsp. ground cinnamon
15 cups milk
grated chocolate
2 1/2 cups whipping cream
30 cinnamon sticks

Combine chocolate, orange peel, cinnamon and 3 tablespoons of milk In a saucepan and heat very gently until chocolate melts, stirring frequently. Add remaining milk and heat through gently until piping hot, stirring frequently. Whisk whipping cream until soft peaks form. Pour hot chocolate into mugs or heatproof glasses. Top with whipped cream. Sprinkle with grated chocolate and add a cinnamon stick to each one for stirring.

CHILD CARE DIRECTORY

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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 an 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 into 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 wheel.

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.

*Guidelines compiled by the National Safety Council

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**THE DANGERS OF DRINKING & DRIVING**

Alcohol reduces all of the important skills necessary to drive safely, such as judgment, reaction, vision and concentration. It is absorbed into the lining of the stomach and then passes directly into the bloodstream. Alcohol reaches your brain within minutes after consumption and affects those areas of your brain that control judgment. Good judgment is important to driving, but in this case, judgment helps you to know when to stop drinking. Alcohol puts good judgment on hold. You do not know when you have had too much to drink until it is too late. Like a sunbeam, by the time you feel it, it is already too late.

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 vehicle. You will also have trouble controlling your vehicle.

Even one drink of alcohol can affect your driving. With two or more drinks in your bloodstream you are impaired and could be arrested. The best advice is, if you drink alcohol, do not drive.

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**HOLIDAY HOME SAFETY**

As the holidays approach, we anticipate gathering with friends and family locally and out of town. During these busy times, we must focus on safety to insure our home is protected and that the time spent together is joyous and safe. Please review these safety tips and share them with family and friends.

**TREE:** • Buy a fresh tree with green and moist needles; when a tree is shaken, it should not lose a lot of needles. • Secure a heavy tree stand with wide legs to increase stability and lessen the chance for a child or pet to knock over the tree. • Maintain proper water levels in the tree stand to prevent drying.

**LIGHTS:** • Use lights that are designed for indoor use and have been safety tested. • Turn off lights and decorations before retiring for the evening or leaving the home. • Do not use candles near clothing, furniture, drapery or the Christmas tree.

**ELECTRICAL:** • Do not overload electrical outlets, use surge protectors when necessary and check wires for frayed or loose connections. • Check batteries in smoke detectors.

**OUT OF TOWN:** • Make arrangements with a neighbor to bring in your mail and newspapers or have both discontinued while you will be away. • Purchase lights with timers to come on at different times of the day and night. • Install motion detector lights around your home.

• Prune shrubs that are proximate to the home so they do not block doors or windows.