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.
Well, here we are, six years and counting. Recipes 4 the Road started in 1998 as an idea to help reduce drinking and driving and has grown every year since then to community-wide effort to help reduce drinking related automobile crashes. The book has gained popularity each year with local residents who depend on it for great drink recipes for their holiday parties and gatherings. The book offers great non-alcoholic, holiday drink recipes submitted by local restaurants.

I would like to thank our many continuous, as well as new sponsors who help make this program possible. I would like to extend a special thanks to Channel 4 for their continued support and for helping to raise awareness of the dangers 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.

Your safety is our number one concern at Jiffy Lube. We hope you will utilize these recipes at your next holiday get together and that you enjoy a safe and happy holiday season.

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

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.

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 driver's license 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.

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.

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.
TROPICAL SPLASH
1 oz ocean spray cranberry puree
2 oz pineapple juice
2 oz orange juice
2 oz minute maid lemonade
Top with sprite

FUZZY TANGERINE
2 oz Island Oasis Peach Frozen Beverage Mix
2 oz Mango Island Oasis frozen Beverage Mix
2 oz Orange Juice
8 oz Ice
Blend and Enjoy!

BLACK SNAKE DRIVER
3/4 sparkling cider
1/4 black currant juice
lime
Pour ingredients into ice cold glass and garnish with thin, round lime.

FUZZY PUCKER
1 oz cherry mix
1 oz peach mix
Fill grapefruit juice
Serve on rocks.

TOMMY O' COLLINS
1/8 cup club soda
1-1/2 tablespoon lime juice
1 teaspoon rum extract
1 to 2 packets sweetener
1 to 2 ice cubes
Combine ingredients in blender. Blend on high for 10 seconds until light and frothy. Pour over ice into tall glass. Makes one 8 oz servings.

VIRGIN LEI
6 oz Pina Colada mix
1 oz pineapple juice
1 oz strawberry preserves
Ice
Garnish: pineapple wedge
Put all ingredients and ice into blender. Blend until desired consistency. Pour into glass and decorate with pineapple wedge. Add more pineapple for a more fruity taste.

WATERMELON COOLER
6 cups de-seeded watermelon
2 cups cold water
1/4 cup loosely packed fresh mint leaves and sugar
In a blender puree watermelon and add mint leaves. Pour the watermelon into a large glass pitcher, and add water and sugar to taste. Serve chilled with plenty of ice.

BALD BISHOP
2 oz chilled orange juice
1-1/2 oz lemon juice
1 teaspoon sugar
De-alcoholized burgundy or other non-alcoholic wine
Fill tall glass halfway with ice. Add orange juice, lemon juice, and sugar. Top off with burgundy.
BUBBLING JADE PUNCH
2 packages lime gelatin (3oz each)
2 cups boiling water
4 cups cold water
12 oz can frozen lemonade concentrate (thawed and undiluted)
2 cups pineapple juice
2 liters ginger ale
Serve on rocks or blended.

NOLAN'S REFRESHING RASPBERRY DAIQUIRI
1/2 cup cream
1/2 cup pina colada mix
1/2 cup chocolate syrup
1/3 cup almonds
2 scoops ice cream or mix
Place ingredients in blender and add ice. Mix until desired thickness. Pour into tall glass and top with whipped cream.

ALMOND JOY
1/2 cup cream
1/2 cup pina colada mix
1/2 cup chocolate syrup
1/3 cup almonds
2 scoops ice cream or mix
Blend and serve.

GUM DROP
Sprite
Raspberry syrup
1/4 shot grenadine
Dash of sour mix
pina colada mix
In blender mix ice with the above ingredients and serve in chilled martini glass with a slice of lime.

MAX'S FLOATING ISLAND PUNCH
2 cups of water
2 cups white sugar
1 (12oz) can frozen lemonade concentrate
1 (12oz) can frozen orange juice concentrate
1 pint orange sherbet
1 liter ginger ale
1 liter carbonated water
1 (4oz) jar maraschino cherries
1 orange, sliced in rounds
4 cups ice
Makes 20 servings.

MOJITO
Crushed fresh mint leaves
Slice of lime
Simple syrup
Club soda or sprite
Fill a tall glass 1/2 full of ice. 2 tsp of simple syrup. Squeeze a lime with a tsp. Brake the leaves against the ice. Mix all ingredients. A splash of club soda or sprite.

CIDER SPARKLER
1 small sugar cube
Several drops angostura bitters
Sparkling non-alcoholic apple cider, chilled
Place sugar cube in champagne flute and sprinkle with bitters. Top with chilled sparkling cider. Serve.

STRAWBERRY COLADA
2 oz non-alcoholic strawberry schnapps
3 oz pina colada mix
1/2 cup of ice
HOT PEACH COBBLER
1 1/2 oz non-alcoholic peach schnapps
4 oz hot apple cider
Pinch of cinnamon
Combine Ingredients. Stir with a cinnamon stick.

CRANBERRY ROYALES
6 tablespoons frozen cranberry juice cocktail concentrate, thawed, divided use
6 teaspoons frozen orange juice concentrate, thawed, divided use
1 bottle de-alcoholized sparkling wine
Garnish: 12 whole fresh cranberries
6 orange slices (folded half) and 6 bamboo skewers
Place 1 tablespoon cranberry concentrate and 1 teaspoon frozen orange juice concentrate into each of 6 champagne flutes. Top with sparkling wine. Gently stir. Thread 1 cranberry, 1 orange slice and another cranberry onto each skewer. Place a skewer on top of each glass. Recipe makes 6 servings.

SOUTH SEA COOLER
3 oz orange juice
1/2 oz undiluted grapefruit concentrate
1 oz coconut cream
1 oz half & half
About 3/4 cracked ice
Place all ingredients in shaker. Shake vigorously. Pour into tall, chilled glass.

SWEET AND SASSY MARY
1 cup vegetable cocktail juice
1 to 2 packets sweetener
1 dash celery salt
1 dash Worcestershire sauce
2 drops Tabasco
1 lime wedge
1 cucumber spear for garnish
Combine first 6 ingredients in an old-fashioned glass. Stir well. Squeeze lime wedge over mixture and add wedge to drink.

COCONUT COLLINS
2 oz pina colada mix
1/2 cup sweet/sour mix
1/5 cup sprite
Serve on rocks.

POM'S POMEGRANATE PARADISE
4-5 oz chilled ginger ale or ginger beer
1/2 oz grenadine or pomegranate syrup
Cracked ice
Optional garnish:
5-7 pomegranate seeds
Pour 6 oz red bull, 4 oz ginger ale, splash of OJ and cranberry into mixing tin. Stir. Use sugar rimmed glass filled with ice. Pour mixed ingredients into glass. Garnish with candy cane.

SANTA'S HELPER
Red Bull
Ginger Ale
OJ
Cranberry
Sugar
Candy cane

BIG RED ICE TEA
1/3 cup strawberry soda
2/3 cup ice tea
Ice
Serve on rocks.

Super Bowl Host Committee
Join the club at jacksonvillesuperbowl.com!
WHITE VELVET

two 3oz non-alcoholic beer
or malt beverage
two 3oz de-alcoholized dry white wine

Combine beer and wine in roughly equal measure in a champagne flute or tall glass.

MERRY SUNRISE

3oz Sunny Delight
3oz Oceans Spray Cranberry Juice
Splash of 7UP

Pour into a double old-fashioned glass. Add equal parts of Sunny Delight and cranberry juice. Top off with splash of 7UP. Garnish with orange slice or cherry.

THE GRINCH

1oz green mint syrup
2 cups vanilla ice cream
3 Oreo cookies

Blend mint syrup and vanilla ice cream together in a blender until smooth. Crumble Oreo's and flash blend. Garnish with candy cane.

AMARETTO COLADA

1 1/2 oz non-alcoholic amaretto
3 oz pina colada mix
1/2 cup of ice

Blend until smooth. Serve and enjoy!

PONCHE CREMA

4 eggs
2 cups whole milk
1 teaspoon of sugar
1 teaspoon vanilla extract
15 fl. oz. condensed milk

Mix eggs, milk, sugar and vanilla extract. Put the container with this mix in the oven, in a tray with hot water. Leave in oven for about an hour at 350°. Let cool. Place in refrigerator until it hardens (at least 2 hours). Blend with condensed milk. (It is a thick drink).

FUZZY NOEL

3/4 cup peach sorbet
1/3 cup orange juice
1 cup sparkling water
3/6 teaspoon almond extract
Crushed ice

Blend sorbet, juice, and extract until smooth. Stir in water, pour over crushed ice.

CHOCOLATE AMARETTO CRÈME

1/2 cup evaporated milk
1/4 cup club soda
1/2 tablespoon unsweetened cocoa powder
2 to 3 packets sweetener
1/4 teaspoon almond extract
1 dash bitters
1 to 2 ice cubes

Combine all ingredients in blender. Blend on high for 10 seconds, until smooth and creamy. Pour into cocktail glass and serve with straw. Makes one 6 oz serving.

HOMEMADE HAWAIIAN PUNCH

3 oz cranberry juice
2 oz pineapple juice
1 oz orange juice
1/2 oz grenadine

Pour into glass over ice with orange wedge or cherry.
MELON CHILL
2 oz melon mix
1/2 cup lemonade
1/2 cup pineapple juice
Serve on rocks or blend.

MEXICAN COFFEE
1 1/2 oz non-alcoholic coffee liqueur
5 oz hot coffee
Dollop whipped cream
Combine in a mug topped with whipped cream.

THE ABC'S OF PARTY GIVING

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.

EMERGENCY NURSES CARE
• Don’t drink and drive! Even one drink can cause impairment.
• Don’t ride with anyone who has been drinking.
• Don’t mix alcohol with any other drug or medication.
• Don’t binge drink (more than 4 to 5 drinks in a row).
• Use a designated driver.
• Always wear your seat belt.
• If someone passes out from drinking alcohol excessively, call 911.

Your local Emergency Nurses and family CARE!
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.

**FACT:** Myths:
- Myth: Coffee can sober up someone who has had too much to drink.
- Myth: Hard Liquor is more intoxicating than beer or wine.

**TELL THE TRUTH**

**MYTHS & FACTS**

**Fact:** Only time sober is when it takes about one hour to oxidize each drink.

**LIGHTS:**

- **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.

**PLANTS:**

- **Fact:** Myths:
  - Myth: Christmas trees are toxic.
  - Myth: Christmas trees are dangerous.

**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 aftershave lotion, rubbing alcohol and cough/cold medications.

**DECORATIONS:**

- **Fact:** 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.
- **Fact:** Angel Hair (made from finely spun glass) and ornament hangers may cause cuts or irritation.
- **Fact:** 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:**

- **Fact:** Antifreeze (ethylene glycol or methanol) is extremely poisonous and may result in death if ingested, even in small amounts.
- **Fact:** 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.