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.

Enjoy your holiday season. Be responsible and do not drink and drive.
I am very excited and can hardly believe we are entering our seventh year of Recipes 4 the Road. Time certainly flies and before we know it we will be celebrating its 10th anniversary. This program began in 1998 as a resource to help prevent drinking related automobile crashes. As we get closer to distributing these unique recipes and tips we have more and more people inquiring about where to get their booklets and restaurants calling eager to get their spaces reserved.

I would like to thank the sponsors and the restaurants who submitted recipes for helping us make this book a success. Many local residents depend on Recipes 4 the Road for great nonalcoholic drink recipes for their holiday gatherings. Channel 4 has been a valued sponsor from the book's introduction and we are grateful for their continuous support. I would also like to give a special thanks to the law enforcement and government agencies for their assistance. We are honored to have them as a part of Recipes 4 the Road.

Jiffy Lube is proud to endorse such a wonderful program. This not only includes Recipes 4 the Road but also the Department of Transportation's Celebrate Safely campaign, which encompasses the Designated Driver program and MADD's Tie One On For Safety. Celebrate Safety is a comprehensive community program that has made great strides towards increasing awareness and reducing drinking and driving.

Each year we gather unique and creative recipes for you and your friends to try. We hope that you have fun using these at your next holiday get together. Please do your part by not drinking and driving, and by designating a driver. Jiffy Lube wishes you a safe and happy holiday season!

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

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.
CHOCOLATE SPARKLER
2 pints chocolate ice cream
1/2 cup fudge sauce (at room temp.)
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.

5472 1st Coast Hwy, Ste 8 • Amelia Island
261-8973

WHITE SANGRIA
2 bottles sparkling cider
1/2 cup apricot nectar
1/2 cup sour mix

Mix all ingredients. Add fresh fruit (peaches, cherries, oranges, lime). Top with Sprite. Serve over ice.

807 N. 1st Street • Jacksonville Beach
246-6555

MORNIN' MINT
3 oz Ginger Ale, chilled
3 oz orange juice
1 oz cranberry juice
2 oz pineapple
1 oz Mornin' Mojito mint syrup

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

1501 River Place Blvd • 398-3353

CALLAWAY COOLER
2 oz orange juice
2 oz pineapple juice
2 oz Sweet and Sour
Splash of grenadine
Splash of 7up
Orange and cherry

Shake and serve over ice. Add cherry and orange as garnish.

207 Atlantic Blvd • 241-7677

KAHLLA-N-CREAM
Coffee syrup
4 cups of leftover coffee
1 cup sugar (1/2 brown sugar & 1/2 regular)
Syrup preparation: Combine coffee and sugar. Bring to a boil. Stir till sugar is dissolved. Simmer, stirring occasionally until syrup thickens.

Pour into 2 tablespoons coffee syrup. Add half and half. Pour in brewed, strong coffee. Fill with ice.

315 W. Forsyth St
708-6347

NON-ALCOHOLIC SWEDISH LEMONADE
Sweet & Sour mix
7up
Cranberry juice
Lime

Fill 16 oz hurricane glass with ice. Fill halfway with Sweet & Sour mix. Fill to 3/4 full with 7up and add a splash of cranberry juice for color. Add a squeeze of lime.

A1A at Intracoastal Waterway
Fernandina Beach • 261-1651

HIBISCUS LEMONADE
6 qt water
2 cup fresh lemon juice
3 oz hibiscus flowers (dried)
2 cup sugar
2 oz honey
Zest of 8 lemons
Sprig of fresh mint

Bring 4 quarts water, lemon zest, and hibiscus flowers to a boil. Reduce by half. Strain. Combine with remaining 2 quarts water, sugar, honey and lemon juice. Stir until sugar and honey are dissolved. Refrigerate and let cool. Serve chilled on the rocks. Garnish with sprig of fresh mint.

3558 St. Johns Ave • 387-2060

WARM 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.

3551 St. Johns Ave • 387-0700
<table>
<thead>
<tr>
<th>Recipe Name</th>
<th>Ingredients</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HAWAIIAN FREEZE</strong></td>
<td>1/2 can Coco-Lopez, 1 banana, 6 oz pineapple juice</td>
<td>Blend while slowly adding crushed ice until desired consistency. Makes 2 large drinks.</td>
</tr>
<tr>
<td><strong>TROPICAL SPLASH</strong></td>
<td>1 oz cranberry puree, 2 oz pineapple juice, 2 oz orange juice, 2 oz Minute Maid Lemonade, Top with Sprite</td>
<td>Fill pint glass with ice. Pour all ingredients into blender. Flash blend for 3 seconds. Pour contents into glass.</td>
</tr>
<tr>
<td><strong>LEMON FREEZE</strong></td>
<td>1 oz. ice cream mix, splash sour, splash cranberry, splash lime juice, small splash orange juice, 1 heaping cup ice</td>
<td>Mix ingredients in blender, blend about 30 seconds. Pour in cup, garnish with lemon squeeze.</td>
</tr>
<tr>
<td><strong>CRANBERRY ROYALES</strong></td>
<td>6 tablespoons frozen cranberry juice concentrate, thawed, divided use, 6 teaspoons frozen orange juice concentrate, thawed, divided use, 1 bottle de-alcoholized sparkling wine</td>
<td>Garnish: 12 whole fresh cranberries, 6 orange slices (folded half) and 6 bamboo skewers. Place these on top of each glass. Recipe makes 6 servings.</td>
</tr>
<tr>
<td><strong>BLUE SNOW</strong></td>
<td>Pina Colada mix, Pineapple juice, Rose's blue raspberry mix</td>
<td>Mix equal parts in blender with ice.</td>
</tr>
<tr>
<td><strong>ORANGE WHIP</strong></td>
<td>Two 3 oz. Scoops of vanilla ice cream, 3/4 cup fresh orange juice, Cherry, One orange slice</td>
<td>Blend ice cream and orange juice. Serve in tall, thin glass. Garnish with cherry and orange slice.</td>
</tr>
<tr>
<td><strong>MOJITO</strong></td>
<td>Crushed fresh mint leaves, Slice of lime, Simple syrup, Club soda or sprite</td>
<td>Fill a tall glass 1/2 full of ice. Add 2 tsp of simple syrup. Squeeze a lime with a tap. Break the leaves against the ice. Mix all ingredients. Add a splash of club soda or sprite.</td>
</tr>
<tr>
<td><strong>STRAWBERRY PINA COLADA</strong></td>
<td>Strawberry flavoring, Pina Colada flavoring, Sprite, Half &amp; half</td>
<td>Put equal parts in blender. Blend with ice and serve.</td>
</tr>
<tr>
<td><strong>LEMON BAR</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
FRAPPE THE SNOWMAN
4 oz half & half creamer
2 tablespoons sugar
1 teaspoon rum extract (non-alcoholic)
1 teaspoon vanilla extract
Ice (4 oz or 3 cubes)
Whipped cream
Cinnamon and nutmeg

In a blender add sugar, rum extract and creamer. Blend 8-9 minutes on high or until thick. Add ice and pulse blend until ice is crushed but not smooth. Pour into chilled mug. Top with whipped cream and sprinkle cinnamon and nutmeg.

401 N 1st Street
242-6684

CITRUS CLUB SODA
Orange Juice
Sour Mix
Lemonade
Sprite

Mix equal parts of juices over ice and top with splash of sprite. Garnish with orange and lemon squeeze.

4 oz half & half creamer
2 tablespoons sugar
1 teaspoon rum extract (non-alcoholic)
1 teaspoon vanilla extract
Ice (4 oz or 3 cubes)
Whipped cream
Cinnamon and nutmeg

In a blender add sugar, rum extract and creamer. Blend 2-3 minutes on high or until thick. Add ice and pulse blend until ice is crushed but not smooth. Pour into chilled mug. Top with whipped cream and sprinkle cinnamon and nutmeg.

MAX'S RESTAURANT
1312 Beach Blvd • 247-6820

THAI GINGER FLOAT
Stuart's Ginger beer
Ginger Ice cream

Put two scoops ginger ice cream in a pint glass or mug and fill with Stuart's ginger beer.

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.

GIANT RASPBERRY LEMONADE
Simple syrup
2 cups water
2 cups sugar
1 tablespoon chopped ginger root
Lemonade
2 cups freshly squeezed lemon juice
16 oz. Frozen raspberries
24 oz sparkling water
1 lemon grass straw

Combine syrup ingredients in a saucepan and bring to a boil. Remove from heat. Let cool and strain. Set aside. Combine simple syrup, lemon juice and raspberries in a blender. Puree till smooth, add sparkling water and enjoy over ice with lemon grass straw.

1019 Hendricks Ave
306-0100

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.

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.

618 North A1A • Ponte Vedra Beach
543-3797

SHAVED NAVAL
3/4 peach nectar
1/4 orange juice

Pour over ice and serve.

618 North A1A • Ponte Vedra Beach
543-3797

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.
**WHITE VELVET**

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

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

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**MERRY SUNRISE**

3 oz Sunny Delight
3 oz 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.

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**PONCHE CREMA**

4 eggs
2 cups whole milk
1 teaspoon of sugar
1 teaspoon vanilla extract
12 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).

---

**AIX - MAS MOHITO**

2 oz cranberry juice
4 oz Sprite
4 mint sprigs
2 lime wedges

Fill tall glass with ice. Crush mint sprigs and limes together in 2 oz of cranberry. Add Sprite and pour over ice.

---

**THE GRINCH**

1 oz 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.

---

**WINTER PUNCH**

2 3/4 cups apple juice
1 1/4 cups orange juice
1 tablespoon lemon juice
2 tablespoons honey
2 teaspoons ground cinnamon

In a saucepan, combine apple juice and orange juice. Heat over medium heat until steaming hot, but not boiling. Remove from heat and stir in lemon juice, honey and cinnamon. Serve hot.

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**HOT APPLE PIE**

Warm apple cider
Caramel syrup
Cinnamon sugar
Cinnamon stick

Rim the glass with cinnamon sugar. Coat bottom of glass w/ caramel. Fill with cider. Use cinnamon stick to stir.

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**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.

---

**REPORT IMPAIRED DRIVERS**

DIAL *FHP ON YOUR CELL PHONE
JAXSON'S DAIRY DELIGHT

Combine equal parts of milk and club soda in blender.
Add dashes of vanilla and sugar.
Blend with beater until frothy.

JAXSON'S DAIRY DELIGHT

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.

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THE FLORIDA ASSOCIATION OF DUI PROGRAMS

Provide these keys to protecting you and your driving privileges!

- Always buckle up and obey the traffic laws.
- Plan ahead. If you plan to drink, plan not to drive and plan not to ride with anyone who does.
- Call a cab or let the person sleep overnight.

MYTHS & FACTS

Myth: Switching between beer, wine and spirits will lead to intoxication more quickly than sticking to one type of alcoholic beverage.
Fact: The level of blood alcohol content (BAC) is what determines sobriety or intoxication. Remember that a standard drink of beer, wine or spirits contain equivalent amounts of alcohol. Alcohol is alcohol and a drink is a drink.

Myth: Men and women of the same height and weight can drink the same.
Fact: Women are affected more rapidly because they tend to have a slightly higher proportion of body fat than men. As fat cannot absorb alcohol, it is concentrated at higher levels in the blood. They also have less of an enzyme (dehydrogenase) that metabolizes or breaks down alcohol, and hormonal changes during their menstrual cycle might also affect alcohol absorption to some degree.
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 1-800-222-1222.