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 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.

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.

- 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.
I would like to thank you for picking up *Jiffy Lube's Recipes 4 the Road*. I'm very happy to say that this is our ninth year in distributing the book and we plan on continuing this wonderful program in the coming years. This book is filled with delicious and original non-alcoholic recipes from our sponsors and Northeast Florida restaurants along with helpful tips and facts. With the support of our wonderful partners, I believe this book has made a positive difference in increasing awareness and reducing drinking and driving during the holidays.

I invite you to visit our website at [www.jiffylubesoutheast.com](http://www.jiffylubesoutheast.com) to find special offers and more valuable information, such as how to prepare your car for the winter season and tips on how to make traveling with your children and pets safe and enjoyable during the holidays.

We hope you enjoy *Jiffy Lube's 9th Annual Recipes 4 the Road* and please make sure to do your part this holiday by not driving while intoxicated, designating a driver and being a responsible host.

Have a safe and happy holiday season!

Sincerely,

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

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**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.
SEASON'S GREETINGS & SAFE HOLIDAY WISHES FROM
Northeast Florida Safety Council, Inc.
A Community Owned, Not For Profit, Charitable Organization
With Over 60 Years Of Service In Northeast Florida.

We are dedicated to:
• Promoting good health
• Saving lives
• Preventing accidents
• Maintaining a safe and healthy environment through education, public awareness programs and activities

NEFSC encourages you to always buckle up, never drink & drive, & think safety at home, at work, & at play.

For current information about membership or any of our programs, call us at:
(904) 399-3119 or OUTSIDE AREA 1-888-399-1233
Visit Our Website at www.jaxsafety.com or E,Mail us at nefsc@nefsc.org

ROSE PETAL PUNCH
5 Tea Bags
1 quart Boiling Water
1 cup Fresh Mint Leaves
1/2 cup Sugar

Juice of 5 Lemons
Juice of 2 Oranges
1 cup Raspberries
1/2 cup Rose Syrup

Add tea bags to 1 quart boiling water with mint leaves (chopped) and sugar. Let stand 15 minutes. Add lemon and orange juice. When cool, add the raspberries and rose syrup. Dilute to make 1 gallon (or desired strength). Sweeten to taste. Serve with floating rose petals.

ROSE PETAL SYRUP
1 quart Rose Petals
3 cups Sugar

Spread rose petals on clean cloth to air dry for 1-2 days. Crush petals in the palm of your hand and place in an enamel pan, add cold water to barely cover. Bring to a boil, add sugar, boil slowly for 10 minutes, until syrup begins to form.

MOCHA MINT SMOOTHIE
1/4 cup Ghirardelli Double Chocolate (Powder)
1/4 cup Instant Cappuccino Coffee
1/4 cup Roasted Instant Coffee (Folgers)
2 Chocolate Mint Patties (York Peppermint)
4 cups Ice
1/4 cup Sweetener (Raw Sugar or Splenda)
2 oz. Vanilla Non-Fat Yogurt

Mix all ingredients in blender and serve.

TROPICAL SMOOTHIE CAFE LOCATIONS
JACKSONVILLE
10111-12 San Jose Blvd 880-5161
1808 Hendricks Ave 399-1514
2245-114 County Road 210 West 829-9292
10771-301 Beach Blvd 642-6559
715 Phillips Hwy 332-6555
104 Bartram Oaks Walk 230-6360
11190 Atlantic Blvd 996-9991

BEACHES
840 N. A1A Suite, Ponte Vedra Beach 280-4044
251 N. 3rd St., Neptune Beach 247-8323
1230 Beach Blvd., Jacksonville Beach 242-4940
St Augustine opening Jan. 2007

www.tropicalsmoothiecafe.com

Tropical Smoothie Cafe would like to wish you a safe & Happy Holiday
NON-ALCOHOLIC SWEDISH LEMONADE

Sweet and Sour Mix
7-Up
Cranberry Juice
Lime

Fill 16 oz. hurricane glass with ice. Fill halfway with sweet and sour mix. Fill to 3/4 full with 7-Up and add a splash of cranberry juice for color. Add a squeeze of lime.

PONCHE CREMA

4 Eggs
2 cups Whole Milk
1 tsp. of Sugar
1 tsp. 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).

ORANGE EGGNOG

2 quarts Milk
12 Eggs, Separated
2 tsp. Vanilla
1 1/2 oz. Orange Juice Concentrate, Thawed
1 1/2 cups Sugar
Orange Sections


CRANBERRY SPARKLER

Cranberry Juice
White Grape Juice (splash)
San Pellegrino
Orange Juice (splash)

Combine equal parts cranberry juice and San Pellegrino sparkling water.

HOLIDAY PUNCH

1 (12 oz.) Frozen Lemonade
2 quarts Ginger Ale
2 quarts Sprite or Lemon/Lime Soda
6 scoops Lime Sherbet
Ice Cubes

Mix ice cubes, frozen lemonade, ginger ale and Sprite or lemon/lime soda in a large punch bowl. When ready to serve, add scoops of lime sherbet.

MOJITO

1 Lime
1 tsp. Sugar
6 Mint Leaves
Sprite

Fill half highball glass with ice. Squeeze the lime juice in and add the sugar and mint. With a spoon, crush the mint leaves with the ice so the aroma of the mint will spread. Add the sprite and some more ice.

HOLIDAY CAKE

3 oz. Pineapple Juice
4 oz. Ginger Ale
1/4 - 1/2 oz. Grenadine
Splash of Cranberry Juice

Combine pineapple juice with ginger ale and grenadine. Stir ingredients and pour over ice in a 12 oz. rocks glass. Top with a splash of cranberry juice.

HOLIDAY NUTMEG FLOATS

1/3 cup Sugar
1/2 tsp. Nutmeg
1 dash Salt
1 1/2 tsp. Almond Extract
1 tsp. Vanilla
1 quart Cold Milk
1 pint Vanilla Ice Cream

Add sugar, nutmeg, salt and flavorings to milk and stir until sugar is dissolved. Pour into chilled glasses and top with ice cream. Makes 1 serving.

According to the U.S. Department of Agriculture, more than 45 million turkeys are cooked and eaten in the U.S. at Thanksgiving—that's one sixth of all turkeys sold in the U.S. each year.
SOVEREIGN BANANA SPLIT
1/2 Banana
1/4 cup Cooked Strawberries in Syrup
1 scoop of Chocolate Ice Cream
1 slice Canned Pineapple
Whipped Cream
Cherry

Place banana, strawberries & syrup, ice cream and pineapple in blender. Blend until smooth, then pour into a hurricane glass. Top with a rosette of whipped cream and garnish with a cherry.

MERRY SUNRISE
3 oz. Sunny Delight
3 oz. Ocean Spray Cranberry Juice
Splash of 7-Up

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

APPLE ORCHARD PUNCH
1 (32 oz.) Bottle Apple Juice, chilled
1 (12 oz.) Can Frozen Cranberry Juice Concentrate
1 cup Orange Juice
1 1/2 liters Ginger Ale
1 Apple

In a large punch bowl, combine apple juice, cranberry juice concentrate and orange juice. Stir until dissolved, then slowly pour in the ginger ale. Thinly slice the apple vertically, forming whole apple slices. Float apple slices on top of punch. Makes 12 servings.

WARM & SPICY AUTUMN PUNCH
2 Oranges
8 Whole Cloves
6 cups Apple Juice
1 Cinnamon Stick

Preheat oven to 350°. Stud the whole oranges with cloves, and bake for 30 minutes. In a large saucepan, combine the apple juice and cinnamon stick. Bring to a boil, reduce heat to medium, and simmer 5 minutes. Remove from heat, and stir in the nutmeg, honey, lemon juice, and pineapple juice. Serve hot in a punch bowl with the 2 clove-studded baked oranges floating on top. Makes 16 servings.

HOLIDAY DELIGHT
1/2 cup Orange Juice
1/4 cup Strawberries (frozen or fresh)
1/4 cup Cranapple Juice
1/4 cup Half & Half
1/2 a Banana

Blend until smooth and pour into a tall glass.

LIME TONIC
1 oz. Lime Juice
6 oz. Tonic Water
Lime Wedge

Pour lime juice and tonic water into a highball glass almost filled with ice cubes. Stir well, garnish with a lime wedge and serve.

PINA COLADA PERFECTO
1 1/2 oz. Canned Cream Coconut
3 oz. Pineapple Juice
2 1/4 oz. Club Soda

Pour all ingredients over ice in glass and mix. Makes 1 serving.
**SNOW PUNCH**

3 Ripe Bananas
1/2 cup Lemon Juice
1 cup Light Cream
1 cup Sugar
21 oz. Lemon-Lime Soda, Chilled
1 cup Lemon Sherbet
3 lbs. Flaked Coconut

Pour lemon juice into blender container. Slice bananas into container. Cover and blend until pureed. Combine banana mixture, cream, and sugar gently. Blend sorbet, juice and extract until smooth. Stir in sparkling water. Pour over crushed ice and serve.

**BETTER THAN EGGNOG**

3 Large Eggs
1 quart Orange Juice
1/4 cup Lemon Juice
2 lbs. Sugar
1/4 tsp. Ground Cinnamon
1/8 tsp. Ground Ginger
1 dash Ground Cloves
2 quarts Vanilla Ice Cream, softened
1 quart Ginger Ale
1/4 tsp. Ground Nutmeg

Whisk the eggs in a large bowl until frothy. Mix in the orange and lemon juices, sugar, cinnamon, ginger, and cloves. Spoon the ice cream into a large punch bowl, then stir in the egg mixture until combined. Refrigerate if not serving immediately. Before serving, pour in the ginger ale. Sprinkle the top with nutmeg. Makes 18 servings.

**NEW YEAR’S EVE PUNCH**

3 1/2 liters Ginger Ale
2 quarts Orange Juice
2 Oranges, sliced into rounds
20 Maraschino Cherries

In a large punch bowl mix ginger ale and orange juice. Place sliced oranges on top of punch and arrange the cherries on top of the orange slices. Makes 15 servings.

**FUZZY NOEL**

3/4 cup Peach Sorbet
1/3 cup Orange Juice
1 cup Sparkling Water
3/8 tsp. Almond Extract

Blend sorbet, juice and extract until smooth. Stir in sparkling water. Pour over crushed ice and serve.

**CRANBERRY TEA**

3 tsp. Instant Tea Powder
1 tsp. Orange Juice
1/2 tsp. Allspice
1/2 tsp. Cinnamon
1/2 tsp. Nutmeg
1/2 cup Lemon Juice
1/2 tsp. Ground Nutmeg
1/2 cup Boiling Water
1/2 tsp. Ground Cinnamon

Place the instant tea, allspice, cinnamon and nutmeg in a bag and steep in the boiling water for 5 minutes. Stir in the cherry gelatin and let mixture cool. Add the orange juice, lemon juice, cranberry juice and sugar. Mix until sugar is dissolved. Serve warm and store any extra in the refrigerator. Makes 12 servings.

**PUMPKIN PIE SMOOTHIE**

1 (15 oz.) can Solid Pack Pumpkin Puree
1 (12 fl. oz.) can Frozen Apple Juice Concentrate
1/8 tsp. Ground Nutmeg
1 tsp. Ground Cinnamon
2 1/2 cups Water

Remove pumpkin from can and freeze for 1 hour. In a blender combine partially frozen pumpkin, frozen apple juice concentrate, nutmeg and cinnamon. Blend until smooth. Continue to blend while adding water to fill the blender. Makes 4 servings.

**HOT SUNNY CITRUS**

1 quart Apple Cider
1 cup Orange Juice
1 cup Pineapple Juice
1 tsp. Whole Allspice
1 tsp. Whole Cloves
2 two-inch Cinnamon Sticks

In saucepan, combine all ingredients. Simmer 10 to 15 minutes. Strain. Serve in mugs. If desired, garnish with a cinnamon stick or orange slice in each mug. Makes 6 servings.

**DUVAL TRAFFIC SAFETY TEAM**

Pour lemon juice into blender container. Slice bananas into container. Cover and blend until pureed. Combine banana mixture, cream, and sugar then chill. Before serving add lemon-lime soda, stirring gently. Blend sorbet, juice and extract until smooth. Stir in sparkling water. Pour over crushed ice and serve.

**SANTA’S CHRISTMAS SURPRISE**

(7 oz.) bottles Lemon-Lime Soda, chilled
Maraschino cherries
46 oz. Pineapple Juice, chilled
12 oz. Orange Juice, frozen, thawed & undiluted
1/2 tsp. -1 tsp. Peppermint Extract

Fill 2 ice-cube trays with lemon-lime beverage, reserving remaining for punch. Place a cherry in each ice-cube section. Freeze. At serving time, combine pineapple juice and orange juice in punch bowl. Stir in peppermint extract, and slowly pour in remaining lemon-lime beverage. Add cherry-filled ice cubes. Makes 30 servings.

**SONGBIRD’S PARTY PUNCH**

46 oz. Pineapple Juice, chilled
12 oz. Orange Juice, frozen, thawed & undiluted
1/2 tsp. -1 tsp. Peppermint Extract

Fill 2 ice-cube trays with lemon-lime beverage, reserving remaining for punch. Place a cherry in each ice-cube section. Freeze. At serving time, combine pineapple juice and orange juice in punch bowl. Stir in peppermint extract, and slowly pour in remaining lemon-lime beverage. Add cherry-filled ice cubes. Makes 30 servings.

**PUMPKIN PIE SMOOTHIE**

1 (15 oz.) can Solid Pack Pumpkin Puree
1 (12 fl. oz.) can Frozen Apple Juice Concentrate
1/8 tsp. Ground Nutmeg
1 tsp. Ground Cinnamon
2 1/2 cups Water

Remove pumpkin from can and freeze for 1 hour. In a blender combine partially frozen pumpkin, frozen apple juice concentrate, nutmeg and cinnamon. Blend until smooth. Continue to blend while adding water to fill the blender. Makes 4 servings.

**PUTNAM TRAFFIC SAFETY TEAM**

Pour lemon juice into blender container. Slice bananas into container. Cover and blend until pureed. Combine banana mixture, cream, and sugar then chill. Before serving add lemon-lime soda, stirring gently. Blend sorbet, juice and extract until smooth. Stir in sparkling water. Pour over crushed ice and serve.

**COLUMBIA TRAFFIC SAFETY TEAM**

Pour lemon juice into blender container. Slice bananas into container. Cover and blend until pureed. Combine banana mixture, cream, and sugar then chill. Before serving add lemon-lime soda, stirring gently. Blend sorbet, juice and extract until smooth. Stir in sparkling water. Pour over crushed ice and serve.

**PUTNAM TRAFFIC SAFETY TEAM**

Pour lemon juice into blender container. Slice bananas into container. Cover and blend until pureed. Combine banana mixture, cream, and sugar then chill. Before serving add lemon-lime soda, stirring gently. Blend sorbet, juice and extract until smooth. Stir in sparkling water. Pour over crushed ice and serve.
**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.

**TROPICAL SPLASH**

- 1 oz. Cranberry Puree
- 2 oz. Pineapple Juice
- 2 oz. Orange Juice
- 2 oz. Minute Maid Lemonade
- Top with Sprite

Fill pint glass with ice. Pour all ingredients into blender. Flash blend for 3 seconds. Pour contents into glass.

**RED BERRY WA$SAIL**

- 8 cups Water
- 4 Cranberry Tea Bags
- 10 Whole Allspice
- 16 Whole Cloves
- 1 (12 oz.) Can Frozen Raspberry/ Cranberry Concentrate

Place all ingredients in a saucepan & bring to a boil. Remove from heat & set aside. Let rest for 10 minutes. Remove the tea bags and spices and serve while still hot. Makes 10 servings.

**SLOW COOKER CRANBERRY PUNCH**

- 2 cups Cranberry Juice
- 2 quarts Apple Cider
- 1/2 cup Sugar
- 1 Orange studded with 6 Whole Cloves
- 2 three-inch Cinnamon Sticks

Garnish: Orange Slices or Cinnamon Sticks

Combine all ingredients (except garnish) in slow cooker. Simmer, covered, on low setting 1-1/2 hours. Serve in mugs. Garnish each with orange slice or cinnamon stick. Makes 10 servings.

**PEPPERMINT CHRISTMAS COOLER**

- 3/4 cup Vanilla Ice Cream
- 3/4 cup Milk
- 5 Peppermint Candies or 3 Mini Candy Canes

Ice Cubes

Process ice cream, milk, and candies in a blender until smooth. Scrape down sides and add 1-3 ice cubes to bring mixture to the 2 cup level. Blend until smooth. Serve immediately and garnish with another candy cane. Makes 1 serving.

**ALMOND ICED COFFEE**

- 1 cup Brewed Coffee, strong
- 1 cup Skim Milk
- 1/2 tsp. Vanilla Extract
- 1/4 tsp. Almond Extract
- 1 tsp. Sugar

Cinnamon

Combine coffee with milk, vanilla extract, almond extract and sugar. Pour the mixture into two ice-filled 10-oz. glasses and garnish each with a light sprinkling of cinnamon. Makes 2 servings.

**MOCK PINK CHAMPAGNE**

- 1/2 cup Sugar
- 1 cup Water
- 6 oz. Frozen Orange Juice Concentrate
- 6 oz. Grapefruit Juice Concentrate
- 28 oz. Ginger Ale
- 1/3 cup Grenadine Syrup

Mix sugar and water in saucepan and boil for 5 minutes. Let cool. Add frozen concentrates and then refrigerate. Chill for several hours. At serving time, add ginger ale and grenadine syrup. Makes 20 servings.

**LEMON FREEZE**

- 1 oz. Ice Cream Mix
- Splash Sour
- Splash Cranberry
- Splash Lime Juice
- Small splash Orange Juice
- 1 heaping cup Ice

Mix ingredients in blender, blend about 20 seconds. Pour in cup, garnish with lemon squeeze.

**Lemon Bar**

120 Atlantic Blvd • Neptune Beach
904-246-2175
**AMBROSIA EGGNOG CANDY**

2 cups Sugar  
1 cup Canned or Dairy Eggnog  
1 lbs. Light Corn Syrup  
2 lbs. Butter  
1 tsp. Vanilla  
1/2 cup Chopped Candied Cherries  
1/2 cup Flaked Coconut

Butter sides of heavy 3-quart saucepan. In prepared pan, combine sugar, eggnog and corn syrup. Cook over medium heat, stirring constantly, until the mixture comes to a boil. Cook to soft ball stage (238°F) without stirring. Immediately remove from heat and cool to lukewarm without stirring. Add butter and vanilla. Beat vigorously until very thick and candy just starts to lose its gloss, about 8 minutes. Quickly stir in cherries and coconut, then pour into buttered 8 x 4 x 3-inch loaf pan. Makes 1 1/4 pounds of candy.

**FRUIT DAYDREAM**

1 cup Ice  
1 Banana  
1 cup Strawberries  
1 cup Diced Peaches  
2/3 cup Vanilla Ice Cream  
1/3 cup Apple Juice  
1/3 cup Orange Juice  

Combine all ingredients in a blender until well mixed. Pour into glasses and serve.

**DON'T HANG OUT IN THE "NO-ZONE" AREA**

Truck drivers cannot see vehicles in the “No-Zone” areas around the tractor/trailer. These are their “blind spots”. Tractor/trailer drivers need space!!!

Please Have A Safe & Wonderful Holiday!!!

Remember: Buckle Up... Headlights On... Drive Safely...

**NEW YEAR'S EVE KISS**

2 oz. Passion Fruit Juice  
Club Soda  

Pour passion fruit juice in a champagne flute. Fill with club soda.

**WREATH COOKIES**

1/2 cup Butter  
3 cups Miniature Marshmallows  
1/2 tsp. Almond Extract  
1/2 tsp. Vanilla Extract  
1 tsp. Green Food Coloring  
4 cups Corn Flakes  
Red Hot Candies

Melt butter then add marshmallows, stirring until all marshmallows are melted. Add extracts and food coloring. Stir until it is a uniform green color. When mixture is smooth, add corn flakes. Mix well but gently so as not to crush the cornflakes. Form into wreath shapes on sheets of waxed paper and decorate with red hot candies. Let cool.

**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.

For a First Time Driver’s Course near you contact:  
Florida Association Of DUI Programs, Inc.  
P.O. Box 1897, Ocala, FL 34478  
Call (352) 840-0888 Toll Free: 800-953-3237  
www.fladui.org

**POMEGRANATE SPARKLER**

Pomegranate Juice  
Fresh Squeezed Lime Juice  
Club Soda  
(Or try Ginger Ale or Sprite if you want it sweeter.)

Mix to desired taste.

**THE SANTA CLAUS SUIT WAS DEVELOPED IN THE 1930S. THE COCA-COLA COMPANY HIRED AMERICAN ARTIST HADDON SUNDBLOM IN 1931 TO REDesign SANTA CLAUS. SUNDBLOM CHOSE THE OFFICIAL COLORS OF COCA-COLA: RED AND WHITE.**
Northeast Florida launched the 511 Traffic & Travel information service in late October, 2006. This free phone and internet service will provide commuters, tourists and other travelers with real-time traffic conditions 24 hours a day, seven days a week.

As you travel this holiday season remember to dial 5-1-1 to access current information for specific routes and roadway segments, including traffic accidents and construction. The jax511.com website will also incorporate traffic camera images and links to public transportation and commuter information.

Enjoy the holidays and please remember to always Buckle Up!

SAFE HOLIDAY PARTY TIPS

**THROWING A PARTY?**
- Have non-alcoholic refreshments available to those in attendance.
- Have plenty of food available for guests and encourage them to eat if they are drinking alcohol.
- Encourage guests to be non-drinking designated drivers.
- Arrange transportation for those who may become intoxicated.

**GOING TO A PARTY?**
- If drinking, know your limit, becoming drunk may increase chance of personal injury and poor decision making.
- If drinking, eat high protein foods that slow the absorption of alcohol. Only time will dissipate alcohol in the bloodstream.
- Never drink and drive... Call a cab or designate a driver.
- Always remember to buckle up.

Injury Free Coalition for Kids®

**STRAIGHT IN FOR SAFETY**

Twenty-three percent of Florida's deaths and serious injuries occur because safety belts and child restraints weren't used. Children learn by example, when adults fasten their safety belts, children will too. Protect your children and yourself from death or injury this holiday season.

Buckle Up for Love

**REAR-FACING CONVERTIBLE SEAT:**
- Infants up to 1 year old and weighing 20 lbs.

**FORWARD-FACING CONVERTIBLE SEAT:**
- Children between the ages of 1 and 3 and 21-40 lbs. should be in a forward-facing convertible seat.

**BOOSTER SEAT:**
- Children who have outgrown booster seats should use safety belts.
- All front seat occupants must wear a safety belt, regardless of age. The shoulder belt should be between the neck and arm and the lap belt must be as low as possible, touching the thighs.

Make buckling up the first thing you do when getting into a vehicle. It will become a life saving habit and will get children to use their safety belt whether you're there to remind them or not.

Safety belt use isn't just a good idea: It's the Law!
**HOLIDAY HOME SAFETY**

The Holidays are a time to enjoy the Season's festivities, family and friends. In order to make this time memorable but safe please abide by the following safety tips:

- Buy a fresh tree with green and moist needles and keep well watered
- Place tree in a sturdy tree stand to avoid tipping
- Use flame-resistant, flame-retardant materials for decorations
- Inspect lights to make sure they are in good condition
- Do not overload electrical outlets
- Before using fireplace, have it cleaned and inspected annually
- Do not burn wrapping paper or other paper in the fireplace
- Equip your home with smoke alarms and fire extinguishers
- Do not wear flowing, long sleeves while cooking
- Never leave burning candles or the stove unattended
- Use timers for lamps when leaving for the holidays
- Install motion detectors around your home
- Get a neighbor to pick up newspaper and mail
- Play a radio to make some noise to simulate people being in home
- Turn all lights or decorations off before leaving the home or going to sleep
- Always use a fire screen when using the fireplace

Sunshine State Insurance Company wishes you and yours a happy and safe holiday season.

**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, 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.