

CHASING

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WELLNESS

Holiday Mocktails



Jack Frost Mocktail

- 1 LEMON, HALVED
- WHITE SANDING SUGAR (FOR GLASS)
- 2 CUPS DARK BLUE SPORTS DRINK
- 1 PINT LEMON SORBET
- 1 CUP ICE CUBES
- PINEAPPLE JUICE FOR TOPPING OFF

RUB CUT SIDE OF LEMON ON RIMS OF 4 GLASSES. POUR SANDING SUGAR ONTO A SMALL PLATE AND PRESS RIMS OF GLASSES INTO SUGAR TO COAT. JUICE LEMON INTO A BLENDER (YOU SHOULD HAVE 2 TO 3 TBSP. JUICE). ADD SPORTS DRINK, SORBET, AND ICE TO BLENDER. PULSE, ADDING MORE ICE IF NEEDED, UNTIL SMOOTH AND THICKENED. DIVIDE DRINK AMONG PREPARED GLASSES. TOP OFF WITH PINEAPPLE JUICE. MAKE AHEAD: FOR A THICKER DRINK OR TO MAKE AHEAD, FREEZE BLENDED DRINK UP TO 1 MONTH. STIR OR BRIEFLY BLEND BEFORE POURING INTO GLASSES.



Hot Buttered Yum

- 2 (12 OUNCE) CANS OF CREAM SODA
- ½ CUP UNSALTED BUTTER
- 2 STAR ANISE PODS, PLUS MORE FOR GARNISH
- ½ TEASPOON GROUND CINNAMON
- ¼ TEASPOON GROUND NUTMEG
- ¼ TEASPOON GROUND ALLSPICE

POUR SODA INTO A PITCHER OR 4-CUP (OR LARGER) MEASURING CUP AND STIR WITH A SPOON UNTIL FOAM SUBSIDES AND CARBONATION DISSIPATES, 3 TO 4 MINUTES. MELT BUTTER IN A MEDIUM SAUCEPAN OVER LOW HEAT. ADD STAR ANISE, CINNAMON, NUTMEG, AND ALLSPICE AND STIR TO COMBINE. ADD CREAM SODA AND SIMMER, STIRRING OCCASIONALLY, UNTIL WARMED THROUGH, 8 TO 10 MINUTES. SERVE WARM, GARNISHED WITH CINNAMON STICKS AND A STAR ANISE POD.

MORE RECIPES: WWW.COUNTRYLIVING.COM



MORE INFO: [NHTSA.GOV](https://www.nhtsa.gov)

National Impaired Driving Prevention Month

National Impaired Driving Prevention Month is observed every December to raise awareness about the dangers of driving under the influence of alcohol, drugs, or other substances. The month aims to encourage responsible choices, like planning for a sober ride home, especially during the holiday season, which sees an increase in impaired driving and related fatalities.

National Impaired Prevention Month encompasses alcohol, marijuana, prescription medications, and over-the-counter drugs that can impair a driver's ability. Drivers should avoid driving while impaired by any of these factors, just as they would if they consumed alcohol. The week between Christmas and New Year's Day is particularly dangerous due to increased travel and parties.

Alcohol-impaired driving was a factor in 13,524 traffic deaths in 2022, notes the National Highway Traffic Safety Administration. At a blood alcohol level of 0.08% (the legal limit in every state), a driver is about four times more likely to crash than a sober driver, according to [JustThinkTwice.gov](https://www.justthinktwice.gov)



PREVENTION TIPS:

PLAN AHEAD: IF YOU PLAN TO DRINK OR USE DRUGS, ARRANGE FOR A DESIGNATED DRIVER, USE A RIDE-SHARING SERVICE, OR TAKE A TAXI.

DESIGNATE A SOBER DRIVER: AGREE ON A SOBER DRIVER WITHIN YOUR GROUP BEFORE THE EVENING BEGINS.

USE ALTERNATIVES: DON'T RELY ON "SOBERING UP" QUICKLY; INSTEAD, USE ALTERNATIVES TO DRIVING.

BE AWARE OF MEDICATIONS: BE MINDFUL THAT PRESCRIPTION AND OVER-THE-COUNTER DRUGS CAN ALSO IMPAIR YOUR ABILITY TO DRIVE SAFELY.

IF YOU'RE HOSTING AND SEE SOMEONE WHO IS ABOUT TO DRIVE IMPAIRED, TAKE THEIR KEYS AND HELP THEM GET HOME SAFELY — IT WILL BE THE GREATEST GIFT YOU EVER GIVE THEM.

