

A monthly publication filled with industry news, maintenance and safety tips, upcoming events, special coupons, and more!



## Asleep at the Wheel...

A tired driver is a dangerous driver. A sleepy driver has a slower reaction time, decreased awareness, impaired

judgment and increased aggressiveness - a recipe for disaster. If these affects of sleepiness sound familiar, they should – They are the same affects of driving under the influence of alcohol and drugs. Just like driving under the influence of alcohol or drugs, driving while tired can have the same devastating results – death or serious injury to the driver, passengers, or even total strangers walking near roadways or in other cars.

**STATISTICS:** According to the National Highway Traffic Safety Administration (NHTSA), drowsiness or fatigue is the principal cause of up to 100,000 police-reported passenger vehicle crashes every year, killing at least 1,500 people and injuring 71,000. Many more fatigue-related crashes go unreported. But don't blame it on the long-haul truckers: Less than 1 percent of all sleep-related crashes involve truck drivers, who are prohibited, by federal regulation, from driving more than 10 hours in a 24-hour period.

### How to Avoid Falling Asleep at the Wheel...

According to the AAA Foundation, here are the top 10 things to do to avoid falling asleep at the wheel:

1. Stop driving if you feel sleepy. Stop and drink a caffeinated beverage.

2. Since it takes about 30 minutes for caffeine to enter the bloodstream and take effect, use that time to take a nap.
3. Get plenty of sleep the night before taking a long trip — at least six hours, though more is better.
4. Don't plan to work all day and then drive all night.
5. Drive at times when you are normally awake, and stay overnight in a hotel or motel rather than driving straight through.
6. Avoid driving at so-called sleepy times of day. Take a mid-afternoon break for a short nap and find a place to sleep between midnight and dawn. If you can't nap, at least stop your drive and rest for awhile.
7. Avoid carbohydrate-laden foods that can make you sleepy, in favor of protein-laden foods.
8. Avoid allergy and cold or flu medications containing Diphenhydramine, such as Benadryl, which can contribute to drowsiness. And don't take prescribed sleep aids, such as Ambien, until you are finished driving for the day.
9. On long trips, keep an awake passenger in the front seat. Increasing the volume on the car stereo is not a substitute for somebody you can talk to.
10. Take a break every two hours or every 100-120 miles, even if you don't need a pit stop or gas. Get out of the car, take some deep breaths and do some stretching exercises, especially neck and shoulders, to relieve cramping and stress. And try to set a limit of 300-400 miles of driving per day.



### Warning Signs That it is Time to Take a Break...

A national survey conducted by AAA found that nine out of every 10 police officers had stopped a

driver who they believed was drunk, but turned out to be drowsy instead. Johns Hopkins Medical Center says drivers should be aware of these warning signs:

- You can't remember the last few miles driven.
- You hit a rumble strip or drift from your lane.
- You keep pulling your vehicle back into the lane.
- Your thoughts are wandering and disconnected.
- You yawn repeatedly.
- You have difficulty focusing or keeping your eyes open and your head up.
- You tailgate or miss traffic signs.
- You have narrowly missed crashing.

### In the Community...

#### Preventative Health Event...

Aspenwood Senior Living Community will be hosting a preventive health event for local residents. The event is being offered by Life Line Screening and will take place at Aspenwood Senior Living Community on June 9th, 2009.

The very affordable screenings and scans are



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offered for potential health problems related to blocked arteries, which is a leading cause of stroke; abdominal aortic aneurysms, which can lead to a ruptured aorta; hardening of the arteries in the legs, which is a strong predictor of heart disease; and atrial fibrillation (irregular heart beat). All five non-invasive, painless vascular screenings take 60-90 minutes to complete. You must pre-register for the screenings. Appointments are limited, so sign up now by calling 1-888-653-6441, or visit Life Line Screening's website at [www.lifelinescreening.com](http://www.lifelinescreening.com).

#### Scholarships Available...

Each year the Olney Chamber of Commerce awards scholarships to high school seniors. Applications are available on this site under "About the Chamber" and then "Forms." Realizing that students with leaning disabilities are often reluctant to apply for scholarships, this year the Olney Chamber has developed a separate application for such students. The Olney Chamber encourages all students to apply for the OCC Scholarship as a modified application and review process will be used this year when awarding scholarships to guarantee inclusion for all students. Please call the Chamber office for more information or with questions at 301-774-7117.

### FunFacts...

**What do the Ostrich, Emu, and Penguin all have in common?**  
(All birds that cannot fly.)  
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**The budget for "makeup" in the 1968 film Planet of the Apes was \$1 million.**  
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**Starbucks Coffee was named after the character Starbuck in Moby Dick.**  
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**West Virginia was the first state to have a sales tax.**

Watch for the **April Showers** flyer coming out very soon.  
Specials and discounts for the month of April will be included!

These monthly flyers will be available on the Graeves Auto & Appliance website beginning this month.  
Keep checking your e-mail and the website for new flyers and specials!

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