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Cell Phones and Driving...

According to the National Highway Traffic Safety Administration (NHTSA), at any given moment, more than 1 million U.S. drivers are talking on handheld cell phones. Cell phones are an added distraction that have become a big safety issue for these drivers and for those around them. In a 2008 survey by Nationwide Insurance, 67 percent of people admitted to using a cell phone while driving.

Dozens of countries have banned the use of handheld phones while driving. In the U.S., California, Connecticut, New Jersey, New York, Utah, Washington, D.C. and many municipalities have fully outlawed in-vehicle handheld phone use. Additionally, dozens of states have banned cell phone use by minors and bus drivers.

Some have labeled this practice DWY or Driving While Yakking... A 2005 controlled study of Australian drivers found that cell phone users were four times as likely to get into an accident serious enough to injure them. These findings echoed the

results of a 1997 study of Canadian drivers, who linked cell phone usage with increased property damage.

Whether we choose to admit it or not, DWY is a distraction that may decrease our ability to operate the vehicle effectively. The Insurance Institute for Highway Safety (IIHS) analyzed the results of over 120 cell phone studies. They found that nearly all of the studies reported that some aspects of driver performance were affected by the mental distraction associated with cell phone use. The IIHS reported that phone conversation tasks typically decreased reaction times, travel speeds, and increased lane deviations and steering wheel movements.

Since the use of cell phones remains legal for drivers, here are some safety suggestions for using a cell phone while driving in your car.

- Get to know your phone and its features (i.e., Speed Dial – dial with 1 key instead of 7 or 10).
- Position your phone within easy reach.
- Suspend calls in heavy traffic or in bad weather.
- Do not take notes or look up phone numbers while driving.
- Keep conversations short.



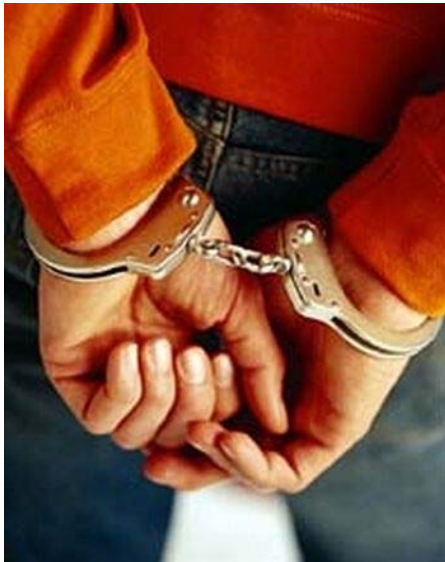
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- If possible, place calls when you are not moving. Pull over where possible.
- Ask a passenger to help. Have someone else make or take the call.
- Do not engage in stressful or emotional conversations.

Do not be fooled by hands-free phones in cars. While these installations may add to your ease and convenience of having conversations while driving, they do nothing to increase your safety. They, like handheld cell phones, pose the same distractions for drivers.



Don't Do the Crime - If You Can't Do the Time...

Here are a few of the most recurring driving violations and the points assessed with them:

- Driving under the influence of alcohol or drugs - **12**
- Driving while impaired by alcohol or drugs - **12**
- Unlawful use of your driver's license - **12**
- Loaning or borrowing a driver's license - **12**

- Speeding (up to 9 mph) - **1**
- Speeding (10 mph and over) - **2**
- Speeding (20 mph or > over 65 mph speed limit) - **5**
- Speeding (30 mph and over) - **5**
- Driving without a license - **5**
- Speed contests - **5**
- Driving alone with a permit - **5**
- Driving without proof of insurance - **5**
- Reckless driving - **6**
- Driving with a suspended license - **3**
- Failure to stop at a red light - **2**
- Failure to stop for a school bus - **2**
- Improper turn - **1**
- Clicking off your lights to evade identification - **8**
- Failure to yield - **1**

The State of Maryland keeps a running total covering the past 2 years for every driver. Be careful – the more points you “earn” the steeper the penalties. 3 to 4 points will get you warnings, 7 to 8 may result in mandated driver classes, and 11 or more will likely result in losing your license.



Sports Trivia...

Match the famous athlete with his nickname:

- | | |
|---------------------|-------------------|
| 1) Reggie Jackson | a) Dr. J |
| 2) Julius Erving | b) The Mailman |
| 3) Wilt Chamberlain | c) The Fridge |
| 4) William Perry | d) Mr. October |
| 5) Joe Jackson | e) The Iron Horse |
| 6) Karl Malone | f) The Stilt |
| 7) Lou Gehrig | g) Shoeless Joe |

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Answers: 1-d, 2-a, 3-f, 4-c, 5-g, 6-b, 7-e

Watch for the **August** flyer coming out very soon.
Specials and discounts good for the entire month will be included!

Keep checking your e-mail and the website for new flyers and specials!

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