

# Drive Safe Hampton Roads

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## *Dispatch – November 2023*

### UPCOMING DATES...



October 27-29 – 757 Sober Ride Halloween, 4pm Friday, Oct. 27-Sunday, 4am, Oct. 29

November 1 – John T. Hanna Nominations DUE – covers Oct. 1, 2022-Sept. 30, 2023

November 5-11 – National Drowsy Driving Prevention Week

November 8 – Steering Committee Meeting, 12:30-2, 757 Room at HRPDC 757 Room

November 14 – CMV Regional Check, Virginia Beach, 7:30 am

November 22 – 757 Sober Ride 'Blackout Wednesday' <https://www.drivesafehr.org/757-sober-ride/>

December 4-8 – Older Driver Safety Awareness Week

December 5 – General Business Meeting, 12:30-2, 757 Room @ HRPDC 757 Room

December 13 – GIT Midway Reports and Documentation DUE [GIT@drivesafehr.org](mailto:GIT@drivesafehr.org)

December 18 – Commercial Motor Carrier (CMV) Driver Appreciation Day to be held at the Monitor  
Merrimac Inspection Station, Suffolk

December 31 – 757 Sober Ride 'New Year's Eve', 4pm Sunday, Dec. 31-Monday, 4am Jan. 1, 2024

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### PLEASE WELCOME OUR NEWEST DRIVE SAFE HR MEMBERS!

Brendan Lampley, Sentara Virginia Beach General Hospital

Sgt. Kenneth Byrd, Chesapeake Police Department

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### REPORTERS NEEDED



Your input is needed for the monthly Dispatch Newsletter. If you have information about your organization, programs, activities, materials or services offered, please share with us. Send any items of interest to [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org).

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### AMAZON WISH LIST

Drive Safe HR now has a Wish List, located on Amazon. These are items not covered by grant items. Suggestions welcome. Check the list at [https://www.amazon.com/hz/wishlist/ls/PJDOJ5SARBG9?ref=wl\\_share](https://www.amazon.com/hz/wishlist/ls/PJDOJ5SARBG9?ref=wl_share)

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### ALL MEMBERS: NEED YOUR SUGGESTIONS



#### Looking for suggestions / financial support for two upcoming events.

One event is the **John T. Hanna Awards**. DSHR would like to hold this event in-person in January 2024. If you have suggestions for who to contact **to help support the cost of this event, as well as for a location**, please let us know. This would be for either a luncheon or a dinner event.

The second event is the **Get It Together Awards Breakfast**, tentatively scheduled for March 21, 2024. GIT needs a **location** reasonably close to the tunnels that can handle up to 150 people in attendance.

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## MOCKTAIL OF THE MONTH FOR NOVEMBER:



**VIRGIN MARGARITA** *Makes 1 glass*  
(Recipe from the Sept. General Meeting courtesy AAA Tidewater Va's Mocktails)

### Ingredients:

Kosher salt or flaky margarita salt  
1 lime, cut into wedges  
Ice cubes  
1.5 ounces fresh lime juice  
1 ounce fresh orange juice  
½ ounce fresh lemon juice  
2 Teaspoons honey  
Unflavored sparkling water

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### FACT:



Young drivers (aged 16-25 years) and shift workers are at greatest risk of falling asleep behind the wheel, but most drivers can relate to a time when they have nodded off while driving. **Importantly, drowsy driving is preventable.**

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## CHILD SAFETY SEAT INSTALLATION



Parents, grandparents, and anyone else who drives with young children in the car should be able to handle child safety seats properly. AAA offers appointments for child safety seat checks from 9 am-4:30 pm Monday through Friday # 757-233-3889.

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## GET IT TOGETHER CHALLENGE 2023-2024 UPDATE



The **GET IT TOGETHER** (GIT) Challenge is being held from October 16 - February 16.

Drive Safe Hampton Roads, in partnership with AAA Tidewater Virginia, Christopher King Foundation, State Farm®, and the Virginia Department of Motor Vehicles, provides the resources and the students teach each other to Buckle Up!

GIT emphasizes educational awareness activities and uses unannounced seat belt observation checks to monitor progress.

UPDATE: We have 19 schools on board this year, hailing from school districts in Chesapeake, Hampton, Newport News, Norfolk, Portsmouth, Suffolk, Virginia Beach, Williamsburg-James City County, and York County. Many thanks to our Partners, Community Liaisons, and Volunteers. A huge shout out of thanks to State Farm for sponsoring the GIT Kickoff Breakfast!!

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## COMMERCIAL MOTOR CARRIER DRIVER APPRECIATION DAY COMING DEC 18

Would you like to help support the regional commercial motor carrier driver appreciation day, held this year on December 18? If so, please reach out to DSHR soon. Thank you to Capital Concrete and to the regional motor carrier law enforcement officers for their confirmed support of this event.

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### FACT:

95 percent of Americans think drowsy driving is risky, but a majority of drivers do it anyway.

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Be sure to share this information and flyer for this October Halloween program October 27-29.  
**Next campaign is the 'Blackout Wednesday' campaign 4pm Wednesday, November 22 – 4am Thursday, November 23.**



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National Drowsy Driving Prevention Week is November 5-11, 2023. DMV encourages everyone to prioritize resting before driving. Drowsy driving is another form of impaired driving and causes crashes, injuries and fatalities on our roadways.



DMV thanks you for your continued dedication and effort in keeping Virginia's roadways safe.

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**DEADLINE IS NOVEMBER 1, 2023...**

## **The 2023 John T. Hanna Awards: Recognizing Traffic Safety Excellence in Hampton Roads**

In 1991, Concerned Citizens Advocating Traffic Safety (the previous name of Drive Safe HR) instituted the JOHN T. HANNA AWARDS. Named after Virginia's "Father of Transportation Safety", these awards honor those who share Mr. Hanna's tireless dedication and commitment to improving traffic safety on Virginia's highways. <https://drivesafehr.wufoo.com/forms/s1tuupag1r9xj3k/>

**\*\*Please note that the Hanna Award submission process is entirely online.**

### **AWARD CATEGORIES**

**Lifetime Safety Achievement Award:** Presented for lifetime achievement in the area of transportation safety.

**Employer Safety:** Presented to employers who have taken the extra initiative to promote traffic safety and encourage their employees to practice safe driving behaviors.

**Martin H. Schlosser Award for Traffic Safety Activism:** Presented for outstanding efforts in educating citizens and changing attitudes and behavior regarding transportation safety.

**Roadway Innovations:** Presented to individuals and/or organizations that show exemplary achievement in the design and/or implementation of highway engineering techniques, technology, and innovative approaches.

**Impaired Driving Prevention:** Presented to individuals and/or organizations who encourage the prevention of drunk, drowsy, drugged and/or distracted driving.

**Law Enforcement Initiatives:** Presented to a law enforcement department and/or individual who has shown extra initiative above and beyond the normal duties to promote and encourage traffic safety within their community.

**Legal:** Presented to attorneys, judges, or legislators who have actively supported safety issues, thus strengthening existing laws and creating new laws that impact communities to help improve or reduce highway safety-related behaviors.

**Messaging/Media:** Presented to individuals or organizations, including but not limited to media representatives or news outlets, that have created messaging, used an innovative outreach method, or have helped spread the word about traffic safety through reporting or programming.

**Occupant Protection:** Presented for promoting and encouraging the use of safety belts and/or child safety seats through creative and innovative programs and activities.

**Transportation Safety:** Presented to individuals or organizations who develop educational approaches to the public and/or private sector to promote traffic safety for drivers and riders.

**Youth Traffic Safety:** Presented to individuals, organizations, and/or programs which educate youth and spread the message regarding the importance of youth traffic safety.

**Fire/Emergency Medical Services:** Presented to individuals or organizations for actions at crash scenes and/or efforts that have a broader impact on improving at-scene safety and/or survivability and injury reduction for victims.

### **Eligibility, Rules, and Notification:**

Any individual, business, organization, or governmental agency in the Hampton Roads and Eastern Shore area, which promotes community traffic safety, i.e. sober driving, use of safety belts, bicycle or pedestrian safety, motorcycle safety, incident management, etc., is eligible for nomination.

**2022 JOHN T. HANNA AWARD winners are not eligible for 2023 nomination.**

Eligible activities, programs or materials are those that were initiated, completed, published, or produced in the period from **October 1, 2022 to September 30, 2023. Deadline is November 1.**

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## VOLUNTEERS NEEDED



Do you plan to attend any local Farmers Markets or Holiday Craft Shows?  
If so and you are interested in hosting a Drive Safe HR 757 Sober Ride table at an event, please let us know.

Volunteers are needed to help spread the word about the upcoming 757 Sober Ride campaigns for Blackout Wednesday and for New Year's Eve. [DSHR@drivesafehr.org](mailto:DSHR@drivesafehr.org)

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## FACTS



- 361 passenger vehicle occupants were killed in vehicle crashes across the nation during the Thanksgiving weekend of 2021.
- Nighttime is deadlier than daytime in terms of seat belt use. Over the 2021 Thanksgiving weekend, 52% of passenger vehicle occupants killed in crashes at night were unbuckled, compared to 46% during the day.

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## THANKSGIVING WEEKEND TRAVEL...NOVEMBER 22-26, 2023

During the Thanksgiving weekend, millions will hit our nation's roads, eager to spend time with family and friends. It's one of the busiest travel times of the year. Unfortunately, more people on the roadways means the potential for more vehicle crashes.

<https://www.trafficsafetymarketing.gov/get-materials/others/thanksgiving-weekend>

### Dates to remember:

- Nov 22, 2023 / "*Blackout Wednesday*" impaired driving prevention campaign
- Nov 22-26, 2023 / Thanksgiving Impaired Driving Prevention (*buzzed / drugs*)
- Nov 22-26, 2023 / Thanksgiving Weekend Travel (*Buckle Up / Click It or Ticket*)

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## DO YOU KNOW WHAT A GRADUATED DRIVERS LICENSE IS (GDL)?



GDL systems are an entry-level licensing program in the United States that give young beginning drivers more time to learn the complex skills required to drive a motor vehicle safely. It prolongs the learning process for beginning drivers and restricts their driving to less risky conditions.

A great resource that keeps you current with the laws in your state regarding teens or novice drivers is the Governor's Highway Safety website. There is a map that allows you to choose your state and then highlights the laws in that state.

<https://www.ghsa.org/state-laws/issues/teen%20and%20novice%20drivers>

These laws generally require three-staged licensing for novice drivers:

- a learner's permit for some period where the teen must practice driving with a licensed driver aged 21 or older;
- an intermediate or provisional stage where the teen can drive solo, but only under certain conditions (e.g., provisions in most states restrict late-night driving and the number of teen passengers allowed in the car); and finally
- a full license with no restrictions (in some states, at the minimum age of 18).

Passengers can make a difference. They can save lives, especially their own.

One Courageous Voice Can Stop One Deadly Choice

Have the Courage To Intervene.



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## DROWSY DRIVING QUIZ

<https://www.fmcsa.dot.gov/driver-safety/sleep-apnea/drowsy-driving-quiz>

### Are you at risk for falling asleep behind the wheel?

Take this simple quiz and find out. Just mark "True" or "False" for each of the following statements, & check your answers:

1. There is no relationship between one's sleep and work schedule and risk of being involved in a drowsy-driving crash. **(True or False)**
2. Working the night shift does not affect one's chances of being involved in a sleep-related crash. **(True or False)**
3. The largest at-risk group for sleep-related crashes is commercial drivers. **(True or False)**
4. Overall, sleep-related crashes have certain characteristics that set them apart from other types of crashes. **(True or False)**
5. People with a sleep and breathing disorder called obstructive sleep apnea have about the same risk as the rest of the general population of being involved in a drowsy-driving crash. **(True or False)**
6. Eating a big lunch tends to make everyone sleep. **(True or False)**
7. People can usually tell when they are going to fall asleep. **(True or False)**
8. Drivers in drowsy-driving crashes are more likely to report sleep problems. **(True or False)**
9. Rolling down a window or singing along with the radio while driving will help keep someone awake. **(True or False)**
10. Wandering, disconnected thoughts are a warning sign of driver fatigue. **(True or False)**
11. You can stockpile sleep on the weekends to avoid being sleepy during the week. **(True or False)**
12. I'm a safe driver so it doesn't matter if I'm sleepy. **(True or False)**

### ANSWERS:

1. **FALSE.** Studies have found a direct correlation between the numbers of hours a person works and their risk of being in a drowsy driving crash. People who work more than one job where their primary job involves an atypical schedule are twice as likely to be involved in a sleep-related crash when compared to people in non-sleep related crashes.
2. **FALSE.** According to a study by the AAA Foundation for Traffic Safety, working the night shift increases a person's risk of being involved in drowsy driving crash by nearly six times.
3. **FALSE.** Sleep-related crashes are most common in young people, who tend to stay up late, sleep too little, and drive at night. One study found that in 55 percent of sleep-related crashes, drivers were age 25 years or younger and were predominantly men. Another study found almost one-third of commercial drivers have some degree of sleep apnea.
4. **TRUE.** Research has provided a good picture of the common characteristics of drowsy-driving crashes, which tend to occur at night or in mid-afternoon, involve a single vehicle running off the roadway, lack any evidence of braking, and involve a young male driving alone.
5. **FALSE.** Sleep apnea is a condition in which a person's airway collapses many times to halt breathing until the person briefly awakens. The most common signs of sleep apnea are loud, irregular snoring, and excessive daytime sleepiness. Studies indicate that persons with untreated sleep apnea have two to seven times more crashes than people without the disorder. Studies also show that once treated, most patients can be safe drivers once again.
6. **FALSE.** Things such as heavy meals, warm rooms, and long drives only unmask the presence of sleep deprivation or sleep debt; they do not cause sleepiness.
7. **FALSE.** Sleep is not voluntary. If you're tired, you can fall asleep and never know it. When you're driving at 60 miles per hour and fall asleep for a few seconds (a microsleep), you can travel up to the length of a football field without any control of your vehicle.
8. **TRUE.** According to studies, drivers in fatigue-related crashes were more likely to report problems sleeping prior to a crash than drivers in other non-sleep crashes.
9. **FALSE.** An open window or music has no lasting effect on a person's ability to stay awake. In fact, they may mask the person's lack of alertness further.
10. **TRUE.** If you are driving and your thoughts begin to wander, it is time to pull over and take a short nap, consume some caffeine, or stop driving for the day.
11. **FALSE.** Sleep is not money. You can't store up sleep to borrow it later on. But, just as with money, you can go into debt.
12. **FALSE.** The only safe driver is an alert driver. Even the safest drivers become confused and use poor judgment when they are sleepy. In addition, alcohol makes fatigue much worse. One drink has the same effect on a tired driver as four or five drinks for a well-rested person.

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## **GHSa REPORT: YOUNG DRIVER FATAL CRASHES FALL 38% SINCE 2002**

The Governors Highway Safety Association (GHSA) released a new report and data analysis finding that while teen drivers remain the most dangerous age group on the road, there has been drastic progress in reducing the fatal crash rates over the past 20 years. Young drivers are nearly four times more likely to be involved in a fatal traffic crash than their older counterparts, but the GHSA finds that the crash and fatality rates for drivers under 21 have improved drastically over the past two decades – more so than for other drivers. <https://www.ghsa.org/resources/GHSA/young-drivers-spotlight-report23>

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**FACT:** “Blackout Wednesday” (also known as “Drinksgiving”), highlights and even encourages the heavy consumption of alcohol and drugs throughout the Thanksgiving holiday weekend.

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## **BLACKOUT WEDNESDAY is NOVEMBER 22, 2023**

NHTSA is working hard to get the message out that Buzzed Driving Is Drunk Driving. The goal is to assist traffic safety advocates and to educate the public on the dangers and consequences of impaired driving. <https://www.trafficsafetymarketing.gov/get-materials/drunk-driving/buzzed-driving-drunk-driving/blackout-wednesday>



- From 2017 to 2021, 137 drivers involved in fatal crashes on Thanksgiving Eve (6 p.m. to 5:59 a.m.) were alcohol impaired.
- In 2021 alone, 36 drivers were alcohol-impaired in fatal crashes on Thanksgiving Eve.
- From 2017 to 2021, young drivers ages 21-24 represented the largest percentage (44%) of alcohol-impaired drivers involved in fatal crashes on Thanksgiving Eve.

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**FACT:** In 2022, 24 people were killed and 1,466 were injured in 3,144 crashes involving drowsy drivers. So far in 2023, 18 people have been killed and 1,174 injured in 2,292 crashes involving a drowsy driver.

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**Drive Safe, and Buckle Up!!  
Every Trip, Every Time**



**DRIVE SAFE HAMPTON ROADS** is a non-profit 501 (c)(3) organization whose mission is to improve roadway safety and reduce death and injuries from vehicle crashes using initiatives that include educational programs, information sharing, and partnerships with public and private sector organizations.