



U.S. Department
of Transportation
**National Highway
Traffic Safety
Administration**

www.nhtsa.gov

Volume 12, No. 6

December 2006

FEATURE

Season's Greetings

As we gather with family and friends to celebrate this holiday season, I urge all Americans to observe National Drunk and Drugged Driving Prevention Month by making responsible choices that will help keep our roads safer for everyone.

Drunk and drugged driving threatens the safety of millions of Americans. Every 30 minutes a life is taken and every two minutes someone is injured in an alcohol-related accident. Reducing the incidence of impaired driving remains one of our greatest challenges.

As a Nation, we have made incredible strides over the past decades in reducing the deadly cost of impaired driving, but driving under the influence of alcohol or drugs still shatters too many lives and robs too many people of their potential. We must work together to educate our communities about the seriousness of this offense and we must raise awareness of its devastating consequences.

Traditionally, holidays have been associated with lots of traveling, partying, and drinking. And we know from the past that can be a deadly combination. Through cooperation and determination, each of us can and should do something to make a difference.

As part of the *Drunk Driving. Over the Limit. Under Arrest.* campaign, law enforcement agencies across the country will be out in full force to stop drunk and drugged driving during the holiday season and throughout the year. Organizations and people throughout our country are also pitching in to prevent this deadly activity by encouraging citizens to choose sober, designated drivers, keeping impaired family members and friends off our roads, reporting drivers who are under the influence, and educating our young people about safe, alcohol- and drug-free driving behavior.

This season should be a time of wonder and joy, of generosity and peace. It should be a time that brings family and friends together in celebration and song. Spend this



time sharing love and enjoying the traditions of this holiday. Remember our men and women in uniform who are working to defend freedom, secure our homeland, and advance peace and safety around the world.

As we celebrate this joyous season, go the extra mile. Remember it's not only about personal responsibility, but it's also about social responsibility. Help us prevent impaired driving. The holiday season is a time of good will and celebration, but it's important that we all arrive to our destinations safely. Do your part by making the right choices. Let's not drink and drive and let's remember to stay alert. We can and should make a difference.

Happy Holidays!

Nicole Nason

Checklist and Tips for Safe Winter Driving

Get your car serviced now.

No one wants to break down in any season, but especially not in cold or snowy winter weather. Start the season off right by ensuring your vehicle is in optimal condition.

- Visit your mechanic for a tune-up or other routine maintenance.
- Have your entire vehicle checked thoroughly for leaks, bad hoses, or other needed repairs or replacements.
- If you plan to use snow tires, have them installed now. Check out www.safercar.gov for tire ratings before purchasing new ones. For existing tires, check to ensure they're properly inflated (as recommended by your vehicle manufacturer), the tread is sufficient with no uneven wear, and that the rubber is in overall good condition. Note that tire rubber starts to degrade after several years, and tires need to be replaced even if they have not seen much wear.

Check your battery.

When the temperature drops, so does battery power. It takes more power to start your vehicle in cold weather than in warm. Find out if your battery is up to the challenges of winter:

- Have your mechanic check your battery for sufficient voltage.
- Have the charging system and belts inspected.
- If necessary, replace the battery and make system repairs.

Check your cooling system.

When coolant freezes it expands. Such expansion can potentially damage your vehicle's engine block beyond repair. Don't let this happen to your vehicle this winter!

- Make sure you have enough coolant in your vehicle and that it's designed to withstand the winter temperatures you might experience in your area.
- A 50/50 mix of coolant to water is sufficient for most regions of the country. See your vehicle owner's manual for specific recommendations.
- Thoroughly check the cooling system for leaks or have your mechanic do it for you.

- If your system hasn't been flushed (draining the system and replacing the coolant) for several years, have it done now. Over time, rust inhibitors in antifreeze break down and become ineffective. Coolant also needs to be refreshed periodically to remove dirt and rust particles that can clog the cooling system and cause it to fail.

Fill the washer reservoir

You can go through a lot of windshield wiper fluid fairly quickly in a single snowstorm, so be prepared for whatever Mother Nature might send your way.

- Completely fill your vehicle's reservoir before the first snow hits.
- Use high-quality, "no-freeze" fluid.
- Buy extra to keep on hand in your vehicle.

Check your windshield wipers and defrosters.

Safe winter driving depends on achieving and maintaining the best visibility possible.

- Make sure your windshield wipers work and replace worn blades.
- If you live in an area that gets a lot of snow and ice, consider installing heavy-duty winter wipers.
- Check to see that your window defrosters (front and rear) work properly.

Inspect your tires.

Regardless of season, you should inspect your tires at least once a month and always before embarking on a long road trip. It only takes about five minutes. If you find yourself driving under less-than-optimal road conditions this winter, you'll be glad you took the time!

- Check tire pressure and make sure each tire is filled to the vehicle manufacturer's suggested PSI (pounds per square inch) of air pressure, which is listed in your owner's manual and on a label inside the driver's door.
- Keep a tire pressure gauge in your vehicle at all times and check pressure when tires are cold — meaning they haven't been driven on for at least three hours.

- Look closely at your tread and replace tires with uneven wear or insufficient tread. Tread should be at least 1/16 of an inch or greater on all tires.

Know your car.

Every vehicle handles differently; this is particularly true when driving on wet, icy, or snowy roads. Take time now to learn how to best handle your vehicle under winter weather driving conditions.

- Practice cold weather driving when your area gets snow — but not on a main road. Until you've sharpened your winter weather driving skills and know how your vehicle handles in snowy conditions, it's best to practice in an empty lot in full daylight.
- Drive slowly. It's harder to control or stop your vehicle on a slick or snow-covered surface. On the road, sufficiently increase your following distance so you'll have plenty of time to stop for vehicles ahead of you.
- A word of caution about braking: Know what kind of brakes your vehicle has and how to use them properly. In general, if you have anti-lock brakes, apply firm pressure; if you have non-anti-lock brakes, pump the brakes gently.
- If you find yourself in a skid, stay calm and ease your foot off the gas while carefully steering in the direction you want the front of your vehicle to go. This procedure, known as "steering into the skid," will bring the back end of your car in line with the front.

Plan your travel and route.

Keep yourself and others safe by planning ahead before you venture out into bad weather.

- Check the weather, road conditions, and traffic; plan to leave early if necessary.
- Don't rush! Allow plenty of time to get to your destination safely.
- Familiarize yourself with directions and maps before you go, and let others know your route and anticipated arrival time.
- Keep your gas tank close to full. If you get stuck in a traffic jam or in snow, you might need more fuel to get home or

keep warm. Note: To avoid carbon monoxide poisoning when stuck in snow, be sure to keep your vehicle's exhaust pipe clear of snow and ice, run your vehicle only in the open with the windows partially down, and run it only long enough to keep warm.

- If road conditions are hazardous, avoid driving if possible. Wait until road and weather conditions improve before venturing out in your vehicle.

Stock your vehicle.

Carry items in your vehicle to handle common winter driving tasks — such as cleaning off your windshield — as well as any supplies you might need in an emergency. Keep the following on hand:

- Snow shovel, broom, and ice scraper.
- Abrasive material, such as sand or kitty litter, in case your vehicle gets stuck in the snow.
- Jumper cables, flashlight and warning devices, such as flares and markers.
- Blankets for protection from the cold.
- A cell phone, water, food, and any necessary medicine (for longer trips or when driving in lightly populated areas).

Learn what to do in a winter emergency.

If you are stopped or stalled in wintry weather, follow these safety rules:

- Stay with your car and don't overexert yourself.
- Put bright markers on the antenna or windows and keep the interior dome light turned on.
- To avoid asphyxiation from carbon monoxide poisoning, don't run your car for long periods with the windows up or in an enclosed space. If you must run your vehicle, clear the exhaust pipe of any snow and run it only sporadically — just long enough to stay warm!

Down for the count

By Pat Oladeinde

Standing a little above five feet, petite, and charming, Victoria Jackson could break your heart ... and your shoulder, your leg, or any other part of your body for that matter.

Jackson, a communication and marketing specialist at NHTSA's headquarters and a native of Mong-Mong, Guam, holds a blue belt in Brazilian jiu-jitsu, an ancient martial art over 2,500 years old that focuses on grappling and ground fighting with the goal of gaining a dominant position from which to force an attacker to submit.

It's debatable where jiu-jitsu started, although it has its roots in ancient Japan as well as China. The art focuses on smaller, weaker people using leverage and proper technique to defend themselves against bigger and stronger assailants.

Jackson's entry into the sport was happenstance.

"While I was training for muaythai (kickboxing), I broke my hand," she says. "After the cast came off, my hand wasn't the same. I didn't have the grip and I was weak. I knew jiu-jitsu really forces you to work on the grip. And I've always had a talent for wrestling. My brothers would always roughhouse with me, and I roughhouse with my husband, who trains jiu-jitsu, which also

sparked my interest in jiu-jitsu even though the sport really wasn't open to women. It's something that I really dedicate my time to. I train for cardio, defense techniques, and flexibility. I also weight-train to increase my strength because these guys that I train with are a lot larger than me, and I've got to be able to hold my own."

Brazilian jiu-jitsu is designed for one-on-one fighting and can be used for self-defense, although Jackson says she hasn't had to use it yet for that. The art can also be used for sport grappling tournaments and competitions.

"It's a one-man sport," Jackson said, "You are your team. If you're in danger of an attacker, you could really hurt your attacker by dislocating an arm, literally breaking a neck, or rendering him unconscious with a choke hold. Jiu-jitsu is like wrestling, using submission holds, arm bars, knee locks, and leg locks, pretty much a ground type of art."

And the sport has its advantages.

"You get an excellent workout," Jackson



said. "Since I've been training, my diet has changed and I've lost over 40 pounds. It's a lifestyle change. Cardio, stretching, and flexibility are a huge part. Training keeps me focused mentally and physically."

Jackson is very good at what she does, despite the sometimes bruised and popped ribs. She continues to improve all aspects of her game. For the moment she is a one-woman wrecking crew who deals in pain and submission. Last February, Jackson won her first jiu-jitsu tournament. She loves to compete and will try to claim yet another

victory over an opponent on December 9.

Jackson admits that jiu-jitsu has helped her in her daily job.

"It helps me to not to be shy, to be aggressive, and to be a go-getter," she said.

And those are the very qualities that help Jackson stay focused while competing and working at NHTSA.★

Oladeinde is the editor of NHTSA Now





IN THE NEWS

NHTSA Acronym Dictionary

The *NHTSA Acronym Dictionary* has been revised and is now available. All divisions and regions were asked to provide comments on the original dictionary. The new version has been updated to reflect these comments, and provides the most current list of acronyms commonly used within NHTSA.

For more information, contact Rachel Witsman at (202) 366-0652.

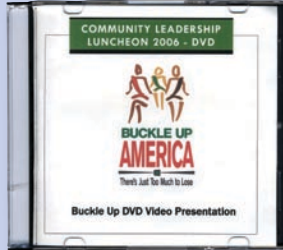
Holiday Planner Now Available in Spanish

The Spanish 3D Month planner is now live and can be accessed at www.stopimpaireddriving.org/planners/Holiday2006/Spanish_2006/index.html

AROUND THE REGION

Buckle Up. Save a Life. Protect a Future.

A 30-minute television show promoting seat belt use was created as a joint project with NHTSA's Central Region, the Kansas City Human Rights Commission, and the University of Missouri, Kansas City (UMKC). The project was developed as part of the region's injury control project with its diversity contractor.



Hones, and Pastor John Brooks, all from the Kansas City area, weighing in on the pros of wearing a seat belt.

The show was produced on DVD as part of the diversity contract and

shown at the agency's annual Minority Leadership Luncheon. The purpose of the luncheon is to involve the Kansas City minority community leaders in the national *Click It or Ticket* campaign to increase the lifesaving practice of wearing a seat belt. The Kansas City Human Rights Commission sponsored the placement of the show on the local Kansas City station and the show was played over 30 times during the months of May and June. The diversity contract produced copies of the show and made those available to all local schools and community groups to use in their educational message regarding seat belts.

The television show encouraged seat belt use among young people, with a special emphasis on the African-American population. The show, which was taped in the spring of 2006, was moderated by the Central Regional Administrator, Romell Cooks, and community activist Ron McMillian. The audience included students from diverse communities who did and didn't wear seat belts. The show also included community safety advocates such as Sergeant Randall Simm, Dr. David Lisbon M.D., activist Antionee

IN THE NEWS

About the New Building

In our continuing efforts to keep you informed of progress on the new DOT building move, we have scheduled another OST briefing for Monday, December 11, 2006, from 1:30 p.m. to 3 p.m., in Conference Room 2230. In addition to a general discussion of the status of the move (*which is now scheduled to begin sometime in April*), the Department's moving contractor has been invited to give a presentation on the specific logistics of the move. These logistics will be followed by all operating administrations. All attendees will receive explicit information about packing, amount of material to be moved, unpacking, etc. NHTSA's move



coordinators (across-agency representation) will also be introduced. Your attendance is strongly encouraged.

Note: NHTSA's clean-up campaign is ongoing; please continue to aggressively work with your move coordinators to ensure all excess furniture and equipment are surplus as soon as possible.



IN THE NEWS

NHTSA's CFC Kickoff

October 20 marked the kickoff of the Combined Federal Campaign (CFC) at NHTSA headquarters. NHTSA's CFC chair, Administrator Nicole Nason, along with Associate Administrator Dan Smith, NHTSA's CFC vice chair, spoke about the importance of CFC. Many colleagues worked very hard and volunteered their time, talents, and money to make this event fun and to provide opportunities for everyone to participate in some way. Activities at the event included a water squirt game and mini golf.

Other speakers included CFC National Capital Area Executive Director Anthony DeCristofaro and Jim Beck from Sasha Bruce Youthwork.



Notification and Federal Employee Antidiscrimination and Retaliation Act (No FEAR) Training

MANDATORY TRAINING

On May 15, 2002, President George W. Bush signed the Notification and Federal Employee Antidiscrimination and Retaliation (No FEAR) Act. The No Fear Act increases the accountability of Federal departments and agencies for acts of discrimination or reprisal against employees.

The No FEAR Act requires Federal agencies to train **all employees** on their rights and remedies under Federal antidiscrimination,

retaliation, and whistleblower protection laws. In an effort to comply with the No FEAR Act, all employees are required to complete No FEAR training by **December 17, 2006**. To facilitate the training requirements of the No FEAR Act, a Web-based training course has been developed in the DOT electronic Learning Management System (eLMS). This course has been built into every employee's learning plan in eLMS.

Please go to <http://webster.nhtsa.dot.gov/Nhtsa/admin/PolicyOperations/Administration/HR/training/pages/NoFear.htm> for more information from the Acting Assistant Secretary for Administration.

How do I log in?

If you have previously logged in and cannot remember your password, follow the "forgot my password" directions located on the right side of the screen when you logged in. If you are a first-time user, you will need your Learner ID, below.

First-time users follow these instructions:

- Open a Web browser and go to **the eLMS Web site:**
<http://elms.dot.gov>
- Your Learner ID is your FIRST INITIAL, LAST NAME, and last four digits of your social security number. This field is case sensitive, so USE ALL CAPS. For example: **JJONES1234**.
- For employees hired after 3/1/2005, the password is: **P@ssw0rd**. Note the use of: Capital P, @ symbol, and a zero (not capital O).
- For employees hired before 3/1/2005, the password is:
Pass1@ + the last four digits of your Social Security Number} e.g.: Pass1@5678
- Click the Login button.
- You will be asked to change your password the first time you access the system.
- **Need Help?** If you have problems logging in, contact Ivonne Rodriguez, eLMS administrator, at x62605 or Nadra Milan-Dunbar, NHTSA training coordinator, at x62613.

Thank you in advance for your prompt cooperation in completing this training. If you need any additional information pertaining to this requirement, please contact Phyllis Alston, Equal Opportunity Specialist, NHTSA Office of Civil Rights, at x68046.

Mark Your Calendar!

Three-Part Stress Management Series

Dec 5, 6, 7 from 10-11a.m.
Nassif Building, 6244 - 6248

These one-hour mini briefings feature an overview of stress management, including fitness and nutritional tips.

CONGRATULATIONS

20 Years or More for Length of Service

Anetris Rena Campbell	October 23, 2006	20 years
Cynthia McNair	October 13, 2006	20 years
George Soodoo	October 14, 2006	20 years
Sharon Spann	October 14, 2006	20 years
Deborah Woolard	September 29, 2006	20 years
Shirlene Ball	October 15, 2006	25 years
Victor Dea	September 14, 2006	25 years
Gail Felder	November 13, 2006	30 years
Janice Hartwill-Miller	September 30, 2006	30 years
Juanita Kavalauskas	October 17, 2006	30 years
Lawrence Lovitz	September 16, 2006	30 years
Sami Richie	November 7, 2006	30 years
Coleman Sachs	October 20, 2006	30 years
Jacqueline Schraf	September 24, 2006	30 years
Constance Boone	November 19, 2006	35 years
Dennis Utter	September 19, 2006	35 years
Louis Lombardo	November 4, 2006	35 years

INS AND OUTS

Welcome Aboard

Organization	Name	Position	Date
NVS-011	Hanna, Refaat R.	Mathematical Statistician	10/01/2006
NVS-211	Butterfield, Jessica A.	Safety Defects Specialist	10/15/2006
NVS-010	Bentil, Sarah A.	General Engineer	10/15/2006
NTI-132	Reagan, Ian J.	Research Psychologist	10/15/2006
NOA-010	Craig, Ellen M.	Staff Assistant	10/01/2006
NPO-310	Floyd, Lisa Ann	Budget Analyst	10/01/2006
NPO-420	Brouard, Sandra E.	IT Specialist	10/01/2006

CYBER-NHTSA



Latest Information, Updates and Features on Our Site

- Vehicle Backover Avoidance Technology Study
- STARS ON CARS: Details of the Final Rule
- 8/3/06: Closing Report on Ford Speed Control Deactivation Switch Fires
- “Drunk Driving: Over the Limit. Under Arrest” Campaign Planner
- Graduated Driver Licensing Reduces Fatal Crashes by 11% for 16-Year-Old Drivers, Study Shows
- National Evaluation of Graduated Driver Licensing Programs

Latest News

- U.S. DOT Announces 2006 Seat belt & Motorcycle Helmet Use Statistics (11/28/06)
- National Highway Traffic Safety Administration Administrator Calls for a Collaborative Effort to... (11/13/06)
- Consumer Alert: Britax Child Safety, Inc. to Conduct Safety Recall for “Companion” Child Safety... (10/5/06)
- NHTSA Administrator Nicole R. Nason Kicks Off International Walk to School Month (10/4/06)

To download these and other stories please go to www.NHTSA.dot.gov



NHTSA Now is an official publication of the National Highway Traffic Safety Administration, Office of Communications and Consumer Information.

Patricia Oladeinde, Editor

If you would like to submit articles or photographs, please email them to patricia.oladeinde@dot.gov or mail them to:

400 7th Street SW., Suite 5236
Washington, DC 20590