



SMART

Students Make A Right Turn



Bishop Ready High School Promotes "What's Holding You Back?"

In an effort to save more students' lives, the Bishop Ready High School (Franklin County) Student Council has been promoting safety belts through the "What's Holding You Back? (WHYB)" campaign. On the first day of school the members spoke before an assembly on the importance of buckling up. They also made a cemetery of crosses in the courtyard to display the number of teens killed, in general, by not wearing a safety belt, speed and/or alcohol. One of the unique things they did was place Styrofoam cups in the school fence spelling out "Buckle Up." (see photo)

On August 30, 2002, in Home Room, the student council distributed WHYB Ohio State University (OSU) football schedules and attached an imaginary letter from a "dead" teen that says she is sorry that her parents have to see her mangled body after drinking and driving.

Student Council members participating in the WHYB campaign were Kelli Mavromatis, president; Robert Baker, vice-president, Nick Trout, sergeant of arms; Stephanie Molnar, treasurer; Rita Collura, secretary; Michelle McCormick, Kelli Draher and Jennie Watt.



Bishop Ready High School student council members spell out "Buckle Up" in Styrofoam cups. Pictured from left to right: Kelli Mavromatis, president; Robert Baker, vice president and Nick Trout, sergeant of arms.

The crosses symbolize teens, in general, killed in alcohol-related crashes.



WINTER 2003

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It's About Safety



Kim Jenkinson

Message from Kim...

Now that the New Year is here, everyone makes New Year's resolutions, including myself. This year I need your help. We all know alcohol-related crashes are still the number one killer in Ohio of our youth today, along with not wearing a safety belt and speeding.

We need to make a stand together to protect our future. Please join me in taking this stand to make a difference in your friends and colleagues' lives in 2003. Let's resolve to save more students' lives this year. Have a Happy and Safe New Year!

TRAGEDY & HOPE

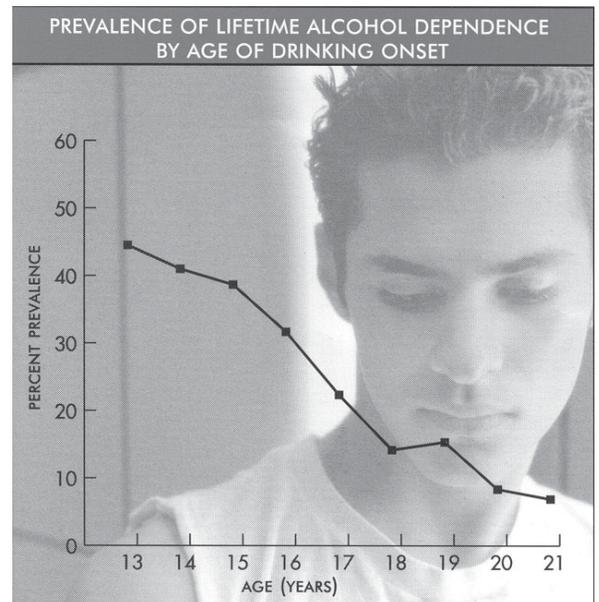
Signal 30 produced nearly 50 years ago, is still in demand for viewing by organizations such as driver education schools, safety groups, high schools and others.

Now, the 2002 version of *Signal 30: Signal 30 Part II - Tragedy & Hope*.

Tragedy & Hope is produced by the Ohio State Highway Patrol, who shot most of the original video, on-the-scene and up close. The tragedy is in the terrible crashes that took the lives of many, and seriously injured others, and caused an abundance of grieving. The hope is in the preventive measures that all of us can take to help avoid such catastrophes.

These images are graphic as well as heart-breaking. Families and loved ones are separated forever because of tragic automobile crashes. They bring the message home quickly on safe driving habits like always buckling your safety belt, observing speed limits, and especially about not drinking and driving. It's real-life. Nothing staged here. Several crash scenes are viewed and reviewed. You are there for each crash. There's no turning back. The video includes an interview with a surviving twin sister whose sibling was killed in a car crash not far from her home.

Signal 30 Part II: Tragedy & Hope is not only difficult to watch but powerful when digested. There's a warning to the audience at the beginning and some startling statistics. To Order: 614-752-4496 FAX 614-752-7645 or dcooke@dps.state.oh.us



Check out the new video "Helpful Tips for Parents of Teen Drivers" free of charge. Contact David Cooke at the Ohio Department of Public Safety at 614-752-4496 if you would like a copy of the video sent to you.

A Gift of Love to a Little Sister

(NOTE: The following is a letter written by Katie Preuss, Glenbrook South High School in Illinois. She won first place in the essay contest, "Why I Choose Not to Use".)

Dear Jenny,

I cannot wait for you, my little sister, to join me at Glenbrook South. You will have so many opportunities. Even more than I did as a freshman. Everyday you will make choices...

Some choices will be critical to the path you follow, others will be quickly dismissed, but the most important decision you can make for yourself is to remain drug and alcohol free for these years of change and growth. I thought it would be easy. However, my simple plan of joining student-to-student, sticking with those who I knew were safe, and ignoring those who chose to drink and smoke proved to be narrow-minded and arrogant. If I had done this I would have missed out on so many friends, conversations and great times. If this had been my method of staying drug and alcohol free, I would have cheated only myself and hurt a lot of people who just need someone to listen to them.

When you begin your high school journey, you will undoubtedly find that people must choose their own paths for themselves. Everyday, I choose not to use these illegal substances because I want to preserve my mind, body and spirit. They are the best tools God gave me. I choose to stay in control of my words and my actions. I choose not to become a drunk-driving statistic or a date-rape victim. I choose to honor my family, my teammates and this school which I love with all of my heart. I would challenge everyone at Glenbrook South and you, Jenny to do the same.

I want to tell you that no problem can ever be solved with a cigarette or another can of beer. No real friend will ever pressure you beyond the words, "No thanks." No lie is worth the consequence of losing your coach's trust. No puff is satisfying enough to suffer a lifetime of addiction. No drinking party is worth losing your self-respect.

We both have so many roads to follow rivers to cross and mountains to conquer in our lives. I am so proud of you for working so hard this far, and I have confidence that you will continue to make responsible decisions. I offer this advice about remaining substance free because I want you to stay safe, have as much fun as possible and because I love you so much!

Your sister,
Katie

QUOTE

"Just One Percent of Parents See Their Teens at Risk to Ecstasy; Half Don't Know About Effects of the So-called 'Love Drug.'" *Partnership for a Drug-Free America*

This is your healthy body

Brain
Exercise or excel at something to get your brain to release chemicals called "endorphins." Experience a natural high!

Eyes
You can see the whites of well-rested eyes. Healthy eyes can see up to 10,000 different shapes and colors with 130 million light-sensitive cells.

Nose
Your nose can identify up to 10,000 different smells! Kids are better smellers than adults, so smell the good stuff while you're young.

Mouth
Your mouth is like a campground for billions of bacteria. Floss and brush every day to keep those nasty campers away!

Lungs
"Sweeper" and "weeper" cells clean and protect 300 million tiny air sacs in your lungs.

Heart and blood vessels
This fist-sized muscle pumps about 4,000 gallons of blood daily through a network of blood vessels that, all lined up, would stretch 60,000 miles!

Central nervous system
Your brain, spinal cord, nerves, and five senses make up a complex network that controls the rest of your body, plus your thoughts and emotions.

Kidneys
Your kidneys filter poisons out of your body and keep the chemical balance in your body's fluids.

Liver
Your liver stores incoming nutrients, sends blood sugar to your brain, repairs tissues, gets rid of waste, and more.

Digestive system
Your teeth, mouth, food pipe, stomach, intestines, and pancreas work together to digest, absorb, and store the nutrients from your food.

Bones
Your 206 bones connect your body parts, protect your organs, and store the minerals your body needs. The marrow in some bones also produces blood.

Muscles
More than 630 muscles make it possible for you to move. Inactivity causes your muscles to get flabby. Exercise!

This is a body on drugs

Brain: Drugs dull, confuse, trick, and turn off the brain. Repeated use can shut down parts of the brain forever. Overdoses can kill. How much is an overdose? You never know.
A C H I M N S U

Eyes: Drugs cause constricted or dilated pupils, bloodshot eyes, blurry eyesight, and trouble seeing at night. These symptoms can lead to falls or car wrecks.
A C H I M N S U

Nose: Sniffing inhalants makes noses sneeze, drip, and bleed. Snorting cocaine can burn and even eat holes in noses.
A C I

Mouth: Smoking and chewing tobacco can cause mouth and throat cancer, not to mention dragon breath and yellow teeth.
A h M N S

Lungs: With every puff, smokers suck in soot, tar, smoke, poisonous gas, and thousands of chemicals. Steady smoking can cause emphysema, bronchitis, cancer, and death.
A H I M N U

Heart and blood vessels: Irregular heartbeat. High blood pressure. Racing heart rate. Dragging heart rate. Heart attack. Death. Drugs can make it happen.
A I C H M N S U

Central nervous system: Some side effects of drugs: brain damage, twitching, seizures, paranoia, hallucinations, violent behavior, depression, coma, death.
A C H I M N U

Kidneys: Drugs can cause kidney diseases like cancer. That usually means being hooked up to a dialysis machine for hours a week, plus an early death. What a waste.
A I N S

Liver: Drugs overload the liver with poisons that cause liver damage and failure. Even a healthy liver can't equip the immune system to stand up against HIV or AIDS invaders that enter on dirty needles.
A H I M N S

Digestive system: Alcohol and other drugs can reduce appetite, rob nutrients, and cause cancer. People who overdose on alcohol can suffocate in their own vomit.
A C H I M N S U

Bones: Drugs can cause bones to become brittle and break easily. Steroids stop bones from growing.
A N S

Muscles: Drugs take away muscle control and cause cramps, spasms, and weakness.
A H I M S U

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A Letter to Parents

Dear Parents,

I am a mother of six children. I hope parents take concerns with their children when it comes to driving. We, as parents, have been able to give our three older children cars at graduation time. This is one worry we didn't want them to have to worry about. But they know the rules that they had to follow if they wanted to drive.

That rule is they have to carry a "C" average on their grade cards. If they had anything below a "C," then they were on the bus and had no driving unless the grade card came up. They also knew they weren't allowed to drive with other teenagers in the car. Family is as far as it went.

My one teenage son can't drive because the first nine weeks from school he hasn't gotten his grades up. He thinks we're the only parents out there with this rule. This sixteen-year-old son of mine goes to a high school where the five boys were in the car back in September and were in a crash where one of them was killed. He was only 15. You do not let five new teenage drivers go driving together, especially on a stormy, rainy night.

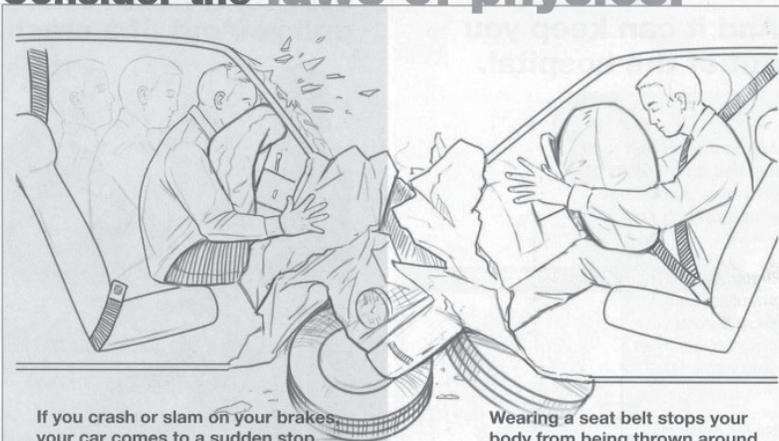
Like my husband tells our children driving is a privilege, not a right. I know I have to let my children grow up themselves without mom always being behind them. But it does scare me when my children are driving. I let them know I trust them with their driving, but it's the other person behind the wheel that I worry about.

So for parents out there, talk to your children and know where they're going, but also trust them.

Remember that you're a role model, not their best friend. Don't be afraid to set the rules even if they do get mad at you. You just could be saving his or her life.

Thank you,
Debbie
Mt. Gilead, OH

Not convinced by State law? Consider the laws of physics:



If you crash or slam on your brakes, your car comes to a sudden stop. But you will keep moving until you, too, are stopped—by the windshield, dashboard or pavement.

Wearing a seat belt stops your body from being thrown around inside or outside the car. A seat belt decreases the chances you'll get hurt by firmly keeping you in place.

* Air bags are designed to be used *with* seat belts. Air bags alone are only 12% effective at reducing deaths.

How do you want to stop?



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