

Tips to avoid driving drowsy as winter, less daylight sets in

It is very important to stay alert while driving at all times, but especially during this time of year since weather conditions can rapidly become hazardous.

Here are several safety tips to keep in mind before hitting the road.

Feeling sleepy is especially dangerous when you are driving. Sleepiness slows your reaction time, decreases awareness and

impairs your judgment just like drugs or alcohol. People who are very sleepy behave in similar ways to people who are drunk.

The impact that this has on traffic safety should not be underestimated.

To remain alert and avoid drowsiness:

- Getting plenty of sleep (at least six hours) the night before a long trip
- Traveling at times when you are normally

awake, and staying overnight rather than driving straight through

- Scheduling a break every two hours or every 100 miles
- Stop driving if you become sleepy; someone who is tired could fall asleep at any time — fatigue impacts reaction time, judgment, and vision, causing people who are very sleepy to behave in similar ways to those

who are drunk

- Not planning to work all day and then drive all night
- Drink a caffeinated beverage. Since it takes about 30 minutes for caffeine to enter the bloodstream, find a safe place to take a 20- to 30-minute nap while you're waiting for the caffeine to take effect
- Avoid sleepy times of day. Take a mid-afternoon

nap and find a place to sleep between midnight and 6 a.m.

• Traveling with an awake passenger.

You are too tired to drive if you're experiencing any or all of the following:

- Having trouble keeping your eyes open and focused
- The inability to keep your head up
- Daydreaming or having wandering, discon-

nected thoughts

- Drifting from your lane or off the road or tailgating
- Yawning frequently or rubbing your eyes repeatedly
- Missing signs or driving past your intended exit
- Feeling irritable and restless
- Being unable to remember how far you have traveled or what you have recently passed.

SLSD from A1

main reason.

The board's co-Vice Chair Sherri Duerst-Higgins referred to Valley's experience with community organizations in casting her vote.

"There's a conversation about school every day here in my home," said Valley during the interview. "And I want to be able to take the energy that I feel into the community and into the board and try to make things better. I know that everybody is coming together in this on this call tonight because we care about the kids and we

care about our community.

"We can make both better. And I'd like to be a part of that."

During the interview process, the school board asked candidates questions about their community involvement, strengths they could bring to the board and district, what they saw as the biggest challenges facing SLSD and how to deal with conflict resolution within the board itself.

Sitting board members expressed their desire to fill the seat with someone who has an established connection to the community, can integrate into the board's existing

chemistry and who understands the challenges in the current educational environment.

Valley, who moved to Cottage Grove in 2009, spoke of her involvement in the school district's Parent Club and various district-related projects as well as her roles on the boards of South Lane Mental Health and South Valley

Athletics.

She also cited her educational background in organizational psychology as a potential asset to the board's ability to explore outreach efforts in the community.

As a board member, Valley said her interest for athletics would lend to a particular focus on seeing kids get active.

Valley is slated to be

sworn in at the next SLSD Board meeting, which is scheduled for Jan. 11, 2021 at 5:30 p.m.

The position's term is set to expire June 30, 2021. An election will be held in May wherein the

public can vote for a candidate to fill the seat for the following term.

Valley must secure a majority of votes in the election to continue serving in the position past June.

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