



MTEA NEWS

Unbuckled in Back—New report tackles overlooked issue

Each year, hundreds of unbelted people in the rear seats of passenger vehicles are killed – and hundreds more seriously injured – in crashes. In 2013, there were 883 unrestrained rear seat passenger fatalities age 8 and above; more than 400 of these people may have arrived alive if they had simply buckled up. Rear seat passengers are three times more likely to die in a crash if they are unbuckled. Shockingly, 32 states lack strong rear seat belt laws.



In November, the Governors Highway Safety Association (GHSA) released *Unbuckled in Back: An Overlooked Issue in Occupant Protection*. This report—the latest in a series of “Spotlights on Highway Safety”—explores adult rear seat belt use rates, state laws and enforcement, and public education efforts and makes recommendations on how states can save lives by increasing rear seat belt use.

The recent proliferation of ride sharing services and the high profile traffic deaths of CBS News’ Bob Simon and John and Alecia Nash of *A Beautiful Mind* fame—none of whom were wearing seat belts in the back seat—provide further impetus to examine this issue.

“Too many adults mistakenly believe that they are somehow magically protected in the back seat when they get into a for-hire vehicle,” said GHSA Executive Director Jonathan Adkins.

“Convincing adults to buckle up, every trip, in every seat will require a concerted effort among lawmakers and highway safety professionals, but the lives saved will be well worth it.”

Nationally, belt use by adult rear seat passengers is only 78%, compared to 87% for the front seat, based on the latest observational data. The discrepancy is even more pronounced in motor vehicle crashes involving a fatality: 60% rear seat belt use, versus 74% in the front.

The *Unbuckled in Back* report recommends that states should:

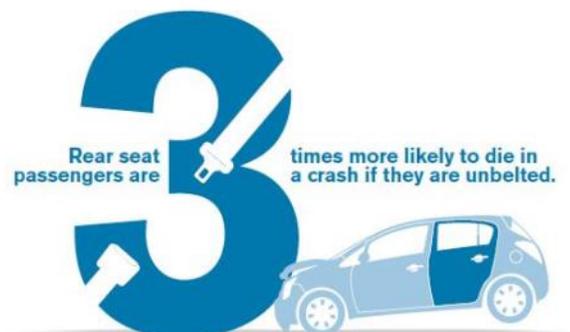
- Enact a primary rear seat belt law in the 32 states without one;
- Include taxis and for-hire vehicles throughout their belt use programs; and
- Increase front seat belt use, because rear seat passengers are far more likely to buckle up when the driver is belted.

Montana’s Seat Belt Law

In Montana, the law places the responsibility on the driver to ensure each occupant is properly buckled or in a child safety seat (MCA 61-13-103).

Only 58.2% of Montana teens report they always wear a seat belt when driving. And only 51.1% of passengers say they buckle up according to the 2015 Montana Youth Risk Behavior Survey (YRBS).

Seat belt laws, enforcement, education, and public outreach—like Montana’s VisionZero Initiative—have a common goal: all occupants should buckle up, all the time, on every trip.



Download the full report: <http://www.ghsa.org/html/publications/spotlight/rearbelts2015.html>

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MTEA News

This newsletter is published by the Montana Traffic Education Association in the fall, winter, and spring. MTEA, PO Box 637, Conrad, MT 59425. Jim Carroll, Executive Secretary, (406) 278-7856. Web: MTEAOnline.org.

MTEA News is mailed to members and active contributor/sustainers. The spring issue is mailed to all traffic educators in Montana to provide annual conference registration information.

To submit an article, photo, or letter to the editor, contact newsletter editor Steffani Grogan at sgrogan@forsyth.k12.mt.us.

Newsletter deadline for articles:
Fall issue—October 1
Winter issue—December 1
Spring issue—March 1



President's Message

It is hard to imagine that it is already December. The first part of the year has flown by! I hope everybody's year is progressing smoothly.

Please plan to attend our annual conference in Billings, April 24-26. I hope everyone is able to attend and even bring someone new or someone who hasn't attended in a while.

We have one of the best state associations in the nation and we need to keep our membership strong. The Board will meet in January and will be working on the conference and many other items. Please remember if you have any questions feel free to contact me or one of the board members and we will do our best to see your questions or concerns get answered.

I hope everyone has a wonderful holiday season and enjoy all the things life has to offer.

Merry Christmas and a Joyous New Year,

Charlie Brown (2015-16)

MTEA Membership Benefits

Encourage a colleague to join MTEA! Elementary, secondary, and college-level educators and administrators and anyone involved with traffic safety are welcome.

Besides friendly colleagues, there are many benefits of membership!

- Annual Traffic Education conference (conference fees are extra) that brings 200 teachers together with experts in the field, renewal units for professional development, and the latest research and resources for traffic educators.
- Three newsletters per year (Fall, Winter, Spring).
- \$5,000 AD&D/life insurance policy.
- Voting on and eligibility for board elections and annual recognition awards.
- A voice in the ongoing improvement of driver education in Montana through policy and legislative actions.

If you attended the 2015 spring conference in Great Falls your MTEA membership automatically renewed with your conference payment.

Annual membership dues are \$45, payable to MTEA. Learn more about MTEA membership and download a membership form at MTEAOnline.org.



MTEA is on Facebook!

Search: Montana Traffic Education Association

Summary: Executive Board Meeting on November 8, 2015

Here's a summary of the last Executive Board meeting held November 8 in Helena:

- Minutes and financial reports were reviewed.
- Miscellaneous reports from the Great Falls conference regarding speakers, meals, awards, door prizes, social mixer, accommodations, breakout sessions, and costs were heard.
- A final review of the 2015 Great Falls conference took place.
- A newsletter and web page report was heard.
- Teacher and Contributor of the Year Awards were discussed.
- Forward planning for the 2017 Legislative Session took place.
- An OPI report was heard.
- President-Elect and Board nominations were discussed.
- Planning for the 2016 MTEA conference took place, with various speakers and break-out sessions being planned.
- The purchase of door prizes and awards for the conference was approved.
- Plans for the conference silent auction were discussed.

The next meeting was set for **January 31, 2016** in Helena.

Agenda items for the next board meeting should be sent to Charlie Brown, President, or Jim Carroll, Executive Secretary. You can also send a note via the Contact page at [MTEAOnline.org](http://www.mtea.org).

When their buddy tried to **DRIVE BUZZED**, they took matters into their own **HANDS**.

buzzed

driving is

drunk

driving

designate a sober driver



Look for and scan the QR codes
in this issue of MTEA News!

Condolences

Robert Rutledge (1951-2015)

Fergus High School traffic educator, Robert Rutledge, passed away suddenly on November 10, 2015. Rutledge received his teaching degree in 1973. He lived and worked in many communities: Deer Lodge, Ekalaka, Roy, Opheim, and Fairfield. Along with traffic education and other subjects, he taught history and Health/PE and coached many different sports, especially football.

Suffering from polycystic kidney disease, Robert was granted a second chance at life after receiving a kidney transplant in 1991. He took full advantage of that life-giving opportunity, and in 1992 earned a Master's Degree in school counseling from MSU-Northern. At the time of his passing, he was working as a guidance counselor at Fergus High School in Lewistown.

MTEA extends sincere condolences to the Rutledge family and the Fergus High School community.

Full obituary at: <http://www.legacy.com>

Retiring from Teaching?

If you retired this year or have plans to retire from education soon and have been an active MTEA member, please send Jim Carroll a note at the MTEA address. We would like to honor you at the next spring conference.

Download the Service Recognition/Retirement Award form at [MTEAOnline.org](http://www.mtea.org) and send to Jim Carroll by April 1 (prior to the MTEA conference).

You can still teach traffic ed!

If your retirement is based on a termination date of January 1, 2014 or later, **you must wait 150 calendar days before you can return to work as a working retiree** in a TRS reportable position. The 150 calendar day break begins on the first day following your termination.

To comply with IRS public pension qualification standards, an unmistakable interval of time between a member's retirement and their return to work as a retired member is necessary. The break-in-service requirement applies to all TRS members, including members employed by the University System.

For more information, visit the Teacher's Retirement System website: <http://trs.mt.gov/> or call (406) 444-3134 (toll-free: 1-866-600-4045).



Fran's Findings

Traveling home for the holidays, snow was falling and vehicles were fishtailing on the icy highway. One driver of a sliding 1996 Chevy Corsica took his foot off the accelerator, slowed, looked ahead and used small increments of steering to regain traction and stay in his travel lane. Another driver lost control of her pickup truck, slid off the road, rolled her truck and died when she was ejected.

On November 24 there were over 200 crashes on Montana highways and many stories about how life can change in an instant.

Strategies and skills learned in driver education make a difference. My son was driving the Corsica and he shared his skid recovery story this Thanksgiving. He wears his seatbelt and was considering the risks and strategies for winter driving. We've all experienced memorable skids, near-misses and close calls. Our everyday driving choices about speed, distractions and seat belts can lead to learning experiences or tragic consequences. As parents and educators we work to help our kids make good choices and find the lessons learned from mistakes.

I am grateful for the dedicated and creative driver education teachers throughout Montana keeping students actively involved with learning. Best wishes for holidays filled with joy and safe travels. ~ Fran Penner-Ray, OPI Traffic Education Director

Contact Fran Penner-Ray (fpenner-ray@mt.gov) and Patti Borneman (pborneman@mt.gov) by email or call the OPI Traffic Education Office at (406) 444-4432 with any questions about Teen Driver Education in Montana.

At the end of October, Harold Lair and I visited driver education teachers in eastern Montana for regional TE on-site reviews. We drove through Big Sky country to Glendive, Miles City, Forsyth and Roundup. With an expert driver at the wheel, the Prius handled the 80 mph speed limit on our golden days and long straight stretches of I-90. We found thoughtful teachers working hard to keep our teens safe on the road.

Here are a few of their ideas worth sharing:

- Show of hands at Parent Meetings. How many parents always wear a seat belt? How many want your kids to buckle up?
- Old cars parked and set up for parallel parking practice.
- Passing practice scheduled with a willing retired teacher.
- Corner, lane positions and ball of yarn. Tape a curve on the floor and ask students to stand at the entry, apex and exit lane positions to find the straightest line through the curve. The yarn is held by three students to indicate the line. Other students walk the line and suggest adjustments. Taped lane position numbers could be included.

NEW IN TEDRS! SEARCH STUDENT NAMES



The OPI has launched a **Student Search** feature in the OPI Traffic Education Data and Reporting System (TEDRS).

When you log into TEDRS, look under the Reports tab. Search your school district with a few letters of the student's last name. Select the student and the results will appear with the student's name, birth date, course start and completion dates, TEP and TELL issue dates, and successful completion and waive test results.

Driver examiners can also use the Student Search tool for all districts and all students with data in the system.

OPI's talented programmers developed this tool and we hope it will simplify searching for students who took or completed traffic education since 2012. Try it the next time you log in and let us know how it works for you.



Montana
Office of Public Instruction
Denise Juneau, State Superintendent



<http://www.opi.mt.gov/Programs/DriverEd>

“Never tell me the odds!” - *Han Solo*
Montana's blizzards and outer space...



The Hidden Gem

By Jodi Stugelmeyer—2015 Traffic Education Teacher of the Year

Holiday Greetings!



It is with great pleasure I write about my fellow colleagues and programs across the great State of Montana. The Montana Traffic Education Instructors have my utmost respect as we are midway through our school year and beginning the winter sessions of traffic education (TE). I would like to share my

thoughts about the experience, knowledge and outstanding leadership qualities of the TE instructor. I often think the traffic education teacher is the hidden gem among school districts.

First, several transitions are happening with our programs—the well-experienced teachers are aging as we are welcoming a new group of young and enthusiastic instructors to the Montana Traffic Education Association. With this comes mentoring of new instructors with valuable experience—like how to teach driving in rain, snow, ice, heat, wind, construction and meandering out-of-state drivers! Likewise the young are showing the experienced ways to use technology in our classrooms. Sharing this information at conference and in the classroom is valuable. What a great partnership we have.

Second, the knowledge of the experienced traffic education instructor is enormous. The Cooperative Driver Testing Program (CDTP) partnership (now 20 years old) with the local and state Motor Vehicle Division (MVD) for teachers to become CDTP-certified has been a tremendous success. In Billings alone, we run about 42 classes per year with an average of 30 students per

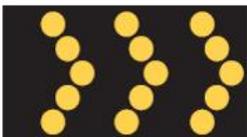
class. We participate in the CDTP, which results in close to 1,260 of our students taking the state knowledge exam during classroom time along with the road test during their driving time. The teacher's knowledge of Montana laws, MVD paperwork and reimbursement forms for OPI, legislative happenings, insurance and mechanical issues make the traffic educator an asset to any school staff.

Last, the leadership of the traffic ed instructor is evident by serving as a liaison between school and guest speakers such as our local hospitals, Montana Motor Carriers, law enforcement officers, snow plow drivers, and insurance agents. We create a bridge between our communities and our students.

As an organization, we must continue to promote being knowledgeable leaders—a dedicated group of school employees who often start at 6:00 a.m. and usually don't wrap up their day until the evening, often driving in all types of weather.



There are no other more dedicated, detail-oriented teachers reviewing rigorous, relevant and life-long skills to our biggest asset in Montana—our kids! As an organization, let's keep the professional momentum going by serving as mentors to our young colleagues, renewing partnerships with our communities and the Montana Legislature. Quite simply, the traffic education instructor makes a difference!



Jodi Stugelmeyer is assistant director of the Traffic Education Program in the Billings Public Schools. She is in her 30th year of teaching Business at Billings Senior High School and her 23rd year teaching traffic education. Jodi was one of the first teachers to become CDTP-certified to give the knowledge exam and issue TELL permits to novice drivers. She is an active and proud member of MTEA and is always willing to give helpful advice and support to others in the profession.

Driving + Sitting = Disease? *Let's not forget to take care of ourselves!*

By Jerry Olson, Traffic Education Instructor—Great Falls

As teachers of Traffic Education, we spend an enormous amount of time sitting in a car logging many hours. Here in Great Falls we have anywhere from 24-30 students on average, so we would spend 144 to 180 hours driving around with the students. What are the health repercussions?

According to Thorin Klosowski's article on the damaging effects of sitting up to six hours a day, "our risk of heart disease has increased by up to 64 percent. You're shaving off seven years of quality life. You're also more at risk for certain types of cancer. Simply put, sitting is killing you."

The good news is we can counteract this just by simply breaking up our driving schedules and allowing ourselves some time to get up and move around. Let's look at the negative of sitting for long periods.

Immediately after sitting ...

Right after you sit down, the electrical activity in your muscles slows down and your calorie-burning rate drops to one calorie per minute. This is about a third of what it does if you're walking. If you sit for a full 24-hour period, you experience a 40 percent reduction in glucose uptake in insulin, which can eventually cause Type 2 diabetes.

After two weeks of sitting for more than six hours a day ...

Within five days of changing to a sedentary lifestyle, your body increases plasma triglycerides (fatty molecules), LDL cholesterol (aka bad cholesterol), and insulin resistance. This means your muscles aren't taking in fat and your blood sugar levels go up, putting you at risk for weight gain.

After just two weeks your muscles start to atrophy and your maximum oxygen consumption drops. This makes stairs harder to climb and walks harder to take. Even if you were working out every day the deterioration starts the second you stop moving.

After one year of sitting more than six hours a day ...

After a year, the longer term effects of sitting can add up. According to a study by *Nature*, you might start to experience weight gain and high cholesterol. Studies in women suggest you can lose up to 1 percent of bone mass a year by sitting for over six hours a day.

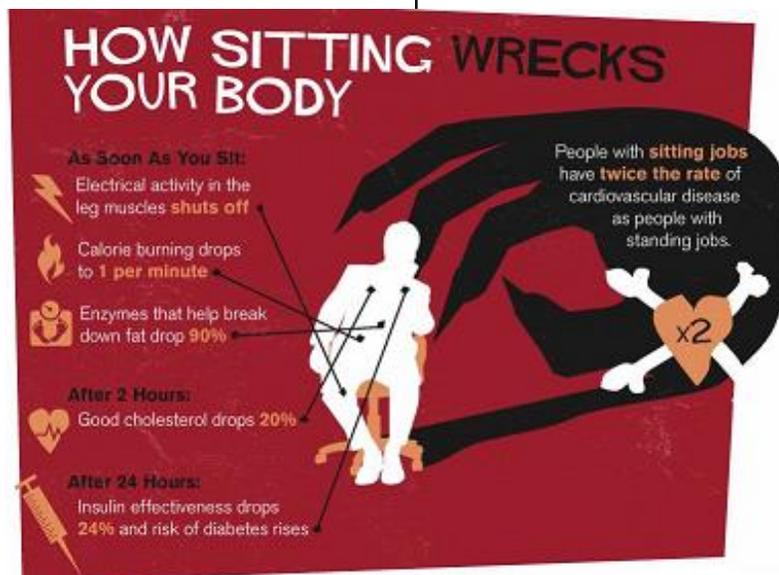
So, if you are like most instructors who drive for long periods of time and eat fast food for lunch or stop at a convenience store for a snack, you should probably rethink how you are doing your job.

What you should try to do:

→ Break up your drives so that you can allow yourself a 30-minute break to walk around.

Do this every 3 hours and you will see a great difference in your energy levels and your focus.

→ Do your own "meal prep" and pack your own lunch with healthy and filling foods.



Eat light so as not to put yourself into a food coma. Snack often on carrots, apple slices, grapes, celery, almonds, etc.

→ Keep hydrated. Water is the best option. Keep a water bottle on hand and sip from it regularly.

Have a great year in 2016 and make your health a priority. Your family, friends and students will appreciate it!



Excerpted from: <http://lifehacker.com/5879536/how-sitting-all-day-is-damaging-your-body-and-how-you-can-counteract-it>

Traffic Safety Tidbits

CENTERLINE RUMBLE STRIPS ON OUR ROADS



Driving on Montana's rural roads, often for long distances, has resulted in the state having a high rate of road departure crashes.

Centerline rumble strips are coming to 4,000 miles of our two-lane highways to give an audible reminder to stay in your travel lane. You will find the first stretch of centerline rumble strips on Highway 12 between Three Forks and Helena.

RISKY BICYCLING BEHAVIOR AMONG YOUTH WITH AND WITHOUT ATTENTION-DEFICIT HYPERACTIVITY DISORDER



Excerpted from the 2015 Journal of Child Psychology and Psychiatry

Finding: A recent study found that injury risk from car–bicycle collisions is high among youth with attention-deficit hyperactivity disorder (ADHD).

Methods: Sixty-three youth (26 with ADHD, 37 non-ADHD controls) ages 10–14 years crossed 12 intersections with continuous cross-traffic while riding a high-fidelity bicycling simulator. Traffic density (i.e., temporal gaps between vehicles) was manipulated to examine the impact of varying traffic density on behavioral indices of road crossing, including gap selection, timing of entry into the roadway, time to spare when exiting the roadway, and close calls with oncoming cars. In addition, parents filled out questionnaires assessing their child's ADHD symptomatology, temperamental characteristics, bicycling experience, and injury history.

Results: ADHD youth largely chose the same size gaps as non-ADHD youth, although ADHD youth were more likely to **select smaller gap sizes** following exposure to high-density traffic. In addition, youth with ADHD demonstrated **poorer movement timing** when entering the intersection, resulting in less time to spare when exiting the roadway. Hyperactivity–impulsivity symptoms were specifically associated with selection of smaller gaps, whereas timing deficits were specifically associated with inattention and inhibitory control.



<http://onlinelibrary.wiley.com/doi/10.1111/jcpp.12491/abstract>

Opportunities & Grants

The Montana Department of Transportation is offering grants to students who develop a project with FCCLA's **Families Acting for Community Traffic Safety National Program** to promote teen traffic safety in their schools. Apply by June 1 for up to \$1,000 for project costs.



Learn more at: http://plan2live.mt.gov/teen_challenge.shtml



ADTSEA Summer Conference and Pacific Northwest Traffic Safety Conference

Portland, OR—July 17-20, 2016

The **2016 ADTSEA** summer conference is **July 17-20 in Portland, Oregon**. You get two great conferences in one. The **Pacific Northwest Traffic Safety Conference** will be rolled into the national organization's event.

Check out the ADTSEA website at <http://www.adtsea.org> for more details about registration, room rates, and tentative agenda. If you can attend, the conference will provide you with a wealth of information and an opportunity to network with other professionals from across the United States.

Remember, MTEA has a scholarship program that will provide up to \$300 per person to offset conference costs. If you can't attend, at least consider joining your national organization.

The American Driver and Traffic Safety Education Association (ADTSEA) is the professional association which represents traffic safety educators throughout the United States and abroad.

NEW MVD EXAM STATION SCHEDULING SYSTEM

The Montana Department of Justice's Motor Vehicle Division (MVD) just updated its online appointment scheduling system, adding a Driver Ed option. It also works well on mobile devices and allows customers the ease and convenience of scheduling online.

Visit <https://dojmt.gov/driving/> to see it in action.



Download the app! **MDT Road Reports: Road condition maps and more.**

<http://roadreport.mdt.mt.gov/travinfomobile/>

Download a QR reader onto your phone and scan the QR codes in this issue!



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2016 MTEA Spring Conference

Billings, MT ~ April 24-26, 2016

Visit MTEAOnline.org for details.

The 2016 annual spring conference will be in Billings, Sunday, April 24 to Tuesday, April 26, 2016. The **Spring MTEA Newsletter** will include a registration form and details on the venue and lodging as well as the **MTEA website** at www.mteaonline.org. If you are subscribed to Traffic Education emails from the OPI, you will receive conference updates as they become available. Registration begins in March.

Remember, the cost of attending the conference is an allowable expense for professional development under OPI guidelines.

Teacher and Contributor of the Year Awards—Please consider nominating a fellow teacher and/or supporter of your program for the 2016 awards. Nomination forms for the MTEA Teacher and Contributor of the Year awards can be downloaded at the MTEA website or the MTEA link on the OPI Traffic Education website. Forms will not be mailed out unless you are unable to access the Internet.

Contact MTEA if you need forms mailed to you or with any questions you might have. Jim Carroll, MTEA Executive Secretary, call (406) 278-7856 or email at tjcarrol@rocketmail.com.

Conference Door Prizes and Silent Auction Gifts

It's time to round up the prizes and auction items for the spring conference!



Door prizes are given away at just about every break during the conference. MTEA buys door prizes with the proceeds from our 50/50 drawings, but we can always use more.

Consider asking at least one business in your community if they would donate something as a door prize. Bring it with you when you arrive.

Our silent auctions are a huge success because of the great gifts donated and your generous bidding on them. The proceeds raised will help fund the David Huff Scholarship and offset the cost of future door prizes and gifts.

If you would like to donate something to the MTEA silent auction, please bring with you to the conference.