



NOVEMBER

Thanksgiving

Though many competing claims exist, the most familiar story of the first Thanksgiving took place in Plymouth Colony, in present-day Massachusetts, in 1621. More than 200 years later, President Abraham Lincoln declared the final Thursday in November as a national day of thanksgiving. Congress finally made Thanksgiving Day an official national holiday in 1941.

Here are some interesting facts about Thanksgiving that each of us should know :

- The Wampanoag chief Massasoit and ninety of his tribesmen were also invited to the thanksgiving feast.
- The celebration in 1621 lasted for three days and included games and food.
- The president to proclaim the first 'National Day of Thanksgiving' in 1789 was George Washington.
- The 'wishbone' of the turkey is used in a good luck ritual on Thanksgiving Day.
- Puritans of Mayflower used to drink beer.



Veterans Day

On the 11th hour of the 11th day of the 11th month of 1918 an armistice between Germany and the Allied nations came into effect. On November 11, 1919, Armistice Day was commemorated for the first time. In 1919, President Woodrow Wilson proclaimed the day should be "Filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory". There were plans for parades, public meetings, and a brief suspension of business activities at 11:00am.



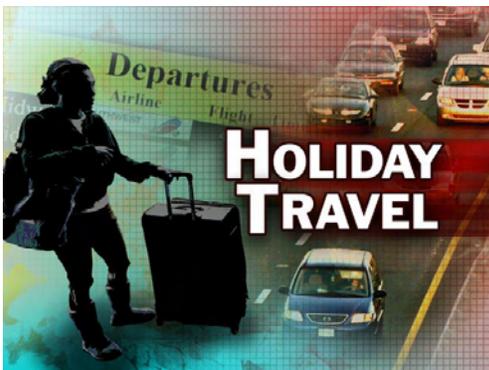
IN THIS ISSUE...

November	1
Holiday Travel Safety Tips.....	2
Time Change Effects.....	4
Crossword Puzzle.....	5
Safety Slogan.. ..	6
Calendar.....	8

Holiday Travel Safety Tips

The holidays are almost here and you know what that means - the kickoff to holiday travel season is about to begin. To start off this holiday traveling is none other than Thanksgiving. An estimated 33 million people will be traveling by automobile over this long holiday weekend, making Thanksgiving one of the most traveled holidays of the year, followed by Christmas and New Year's Day.

To help prepare for the Thanksgiving, Christmas, and New Year's travel ahead, here are some helpful holiday road trip safety tips to help get you to and from your family gatherings safely.



Check Road Conditions and the Weather Report

Even if the weather and roads look okay in your neighborhood, that may not be the case 200 miles away at your destination. So play it safe this year and check the travel websites for up-to-the-minute traffic information, detours, and road construction before you leave. You will also want to check weather websites to find out the weather conditions of the interstates and roads you will be traveling on.



Check-Up

The last thing you want to do is break down because you failed to have your car routinely maintained. So make sure to check your oil level, tire pressure, windshield wipers, heater, defroster, a/c, antifreeze, and brakes, before you head out on your road trips.

Don't Forget Your Cell Phone

You never know what could happen during your travels, so it is always a good idea to bring your cell phone and car charger with you. If you do not have a cell phone, consider purchasing a prepaid cell phone that you can add minutes to. In the event that you do need to use your cell phone, leave the calling to one of your passengers or pull off to the side of the road to make the call.

Buckle Up

Thanksgiving weekend is one of the most dangerous and deadliest times of the year to travel. That is why the National Highway Traffic Safety Administration is reminding all of us to play it safe this holiday season and buckle up - not only is it the law; it could help save your life.



This monthly newsletter is produced by the State Safety Office by Mark Eacker under the supervision of Marianne A. Trussell, the Department's Chief Safety Officer.

For content information, please call or email the editor, Mark Eacker, at: 850-245-1510 / mark.eacker@dot.state.fl.us

Our internet address is: www.dot.state.fl.us/safety
Our intranet address is: Infonet.dot.state.fl.us/safetyoffice/

Proper Restraints for Children

While everyone understands that infants and toddlers need to be in a child safety seat, many of us do not know it is strongly recommended that children under 4'9" should use a booster seat. If you do not have a booster seat for your child, make sure to pick one up .



Allow for Extra Time

The heaviest holiday travel traffic occurs during the days immediately before and after Thanksgiving, Christmas and New Year's Day. With that in mind, consider leaving the Tuesday before Thanksgiving instead of the Wednesday before, or traveling home the Monday after Thanksgiving as opposed to the Sunday after.

Watch Your Speed

Speeding is never a good idea, especially during the holidays. If you obey the speed limits, you will still get to your family's house in plenty of time to enjoy the holiday festivities.

Do Not Binge Eat

There will probably be enough food to go around for seconds, thirds...but, for safer holiday driving, perhaps pass on fourths. Over indulging in holiday treats can make you feel uncomfortable and groggy for the ride home; not to mention that turkey has a natural sedative called L-tryptophan which can make you sleepy. If you have a long journey ahead, consider cutting back on the turkey and maybe have a cup of coffee or a caffeinated soda to help perk you up for the trip home.



Do Not Drink and Drive

According to the National Highway Traffic Safety Administration, more people are killed in drinking and driving incidents during Thanksgiving weekend than during New Year's Day weekend. That being said, if you suspect that a driver has had too much to drink, contact the local authorities immediately. In addition, if you or a loved one has had too much to drink, call a cab or stay at a friend or relative's house - it will be one of the best decisions you will ever make.

<http://geordy-resistencia-anz.blogspot.com/2009/10/holiday-travel-safety-tips.html>

<http://www.flhsmv.gov/FHP/misc/holidayVacation.htm>

<http://www.nationwidechildrens.org>

Time Change Means Increased Road Risks

This weekend marked the end of daylight saving time and, according to the experts, the beginning of a period in which the risk of traffic crashes increases due to the time change.

"Night falls an hour earlier, the commute home from work or school will likely be in the dark", says Adele Kristiansson, National Road Safety Foundation director of marketing and legislative affairs, in an Automotive.com report. "Also, the change of waking time coupled with earlier nightfall throws off our internal clock. It can take as long as two weeks for our bodies to adjust."

"The fundamental problem we have in our current 24/7 society is that everyone is already somewhat sleep deprived," says Dr. Patrick J. Stollo Jr., medical director of the University of Pittsburgh's Sleep Disorder Program, in a report by Health.com. "When we make even small adjustments in sleep schedules, that can have a negative impact."

In short, the shift from daylight saving to standard time could put drivers at greater risk of traffic crashes on their Monday commute—and maybe even for the next couple of weeks.

Extra Care Needed

People should be especially careful when driving home after a long, hard day at work. "Combining dark roads with end-of-day exhaustion and stress is a recipe for disaster," says Health.com.

But drivers aren't the only ones who should be careful. Health.com cites a study by Carnegie Mellon University, which found that the risk of pedestrian fatalities following the time change jumped 186%, before dropping again in December. The study claimed that, along with dark roads, difficulty adjusting to the end of daylight saving was a factor in these fatal crashes.

Effects of Fatigue

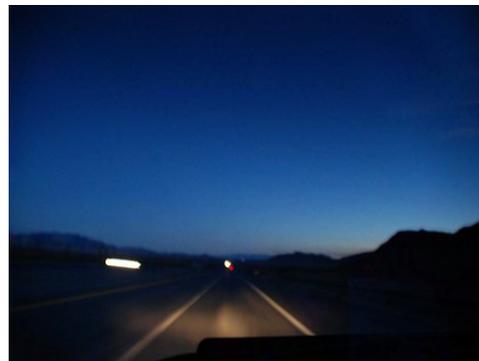
With the switch from daylight saving to standard time comes sleep deprivation for those who have trouble adjusting, which means more drowsy drivers on the road.

When you drive tired, the risk of being involved in a crash goes way up. That's because not getting enough sleep negatively affects your:

- **Reflexes**, slowing your reaction time
- **Judgment**, making it more likely that you'll make mistakes and take risks
- **Concentration**, allowing your mind to wander and increasing the chances of being distracted
- **Alertness**, increasing the chance that you'll miss important traffic cues
- **Mood**, putting you in a bad mood and leaving you unmotivated

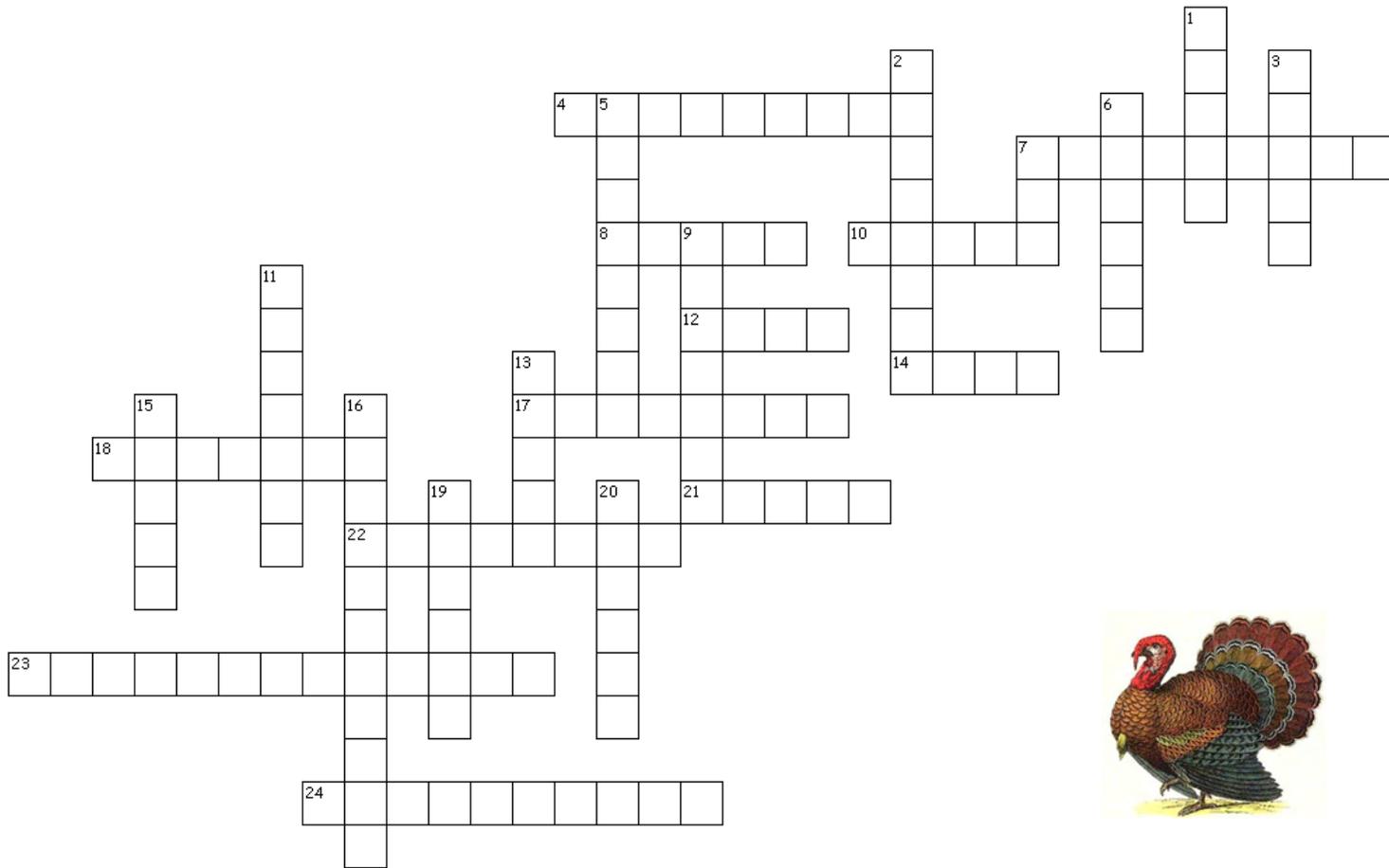
Research shows that inattention and other mental lapses contribute to as many as 50 percent of all crashes. While fatigue may not be involved in all these crashes, it clearly contributes to many of them.

<http://safetydailyadvisor.blr.com/>



CROSSWORD PUZZLE

CONFINED SPACES



ACROSS

4. IGNITES BELOW 100F (37.8C)
7. CERTAIN ORDER OF PERFORMING A TASK
8. A CONFINED SPACE HAS LIMITED MEANS OF _____
10. RID THROUGH A CLEANSING PROCESS
12. TO SLIDE OR LOSE ONE'S FOOTING
14. TOWER USED TO STORE GRAIN OR CEMENT
17. GAPS ALLOWING ACCESS
18. COVERED OPENING TO SEWER
21. LIQUIDS, SOLIDS, AND _____
22. LONG NARROW DITCHES
23. FORMAL PERMISSION OF CONSENT
24. UNBROKEN OR UNINTERRUPTED

DOWN

1. TUBES THAT CONVEY WATER, GAS, etc.
2. THOSE WHO SAVE YOU FROM DANGER
3. A STORAGE CHAMBER
5. IN A CONFINED SPACE BE SURE TO HAVE A
6. STEAM IS GENERATED IN THIS
7. A RESPIRATOR IS A TYPE OF THIS
9. ANALYZING
11. THE LO IN LOTO
13. POISONOUS
15. GASEOUS FORMS OF LIQUID OR SOLID
16. CIRCULATION OF AIR
19. CONFINED SPACES REQUIRE AN ENTRY _____
20. DISCOVER THE PRESENCE OF

The Safety Advisor puzzle is generated from the <http://school.discoveryeducation.com/>, puzzle maker.
Omissions or errors are possible and are the sole responsibility of the program
and not the producers of this Newsletter.

Safety Slogan

"TEXTING AND DRIVING DON'T MIX, PAY ATTENTION TO THE ROAD SO YOU WON'T FIND YOURSELF IN A FIX."

Cathy Gardyas

District 1 Bartow District Office

"BEING ALERT NEVER HURTS."

Anonymous

Safety Hot Line

(850) 245-1543

You can now report hazards by telephone.

You can remain anonymous.

Everything is confidential.

Action will be taken and you will be notified within 30 days.



Safety Advisor Customer Satisfaction Survey

We are interested in your opinion. In order to better serve your needs, please take a moment to fill out this brief questionnaire. Send to:

Local Fax: 850 245-1554

Via US Postal Service (or inter-office mail) to the address shown below.

**Attention: Industrial Safety
Florida Department of Transportation
605 Suwannee Street, MS 53
Tallahassee, Florida 32399-0450**

Survey Questions	Yes	No
Are the Safety Advisor topics relevant to your day to day job?		
Do you use the Safety Advisor in any manner other than read it ?		
<p>What would you suggest to improve the suitability of the Safety Advisor to our needs or to improve the overall quality? (Please be specific)</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.</p> <p>_____</p> <p>_____</p> <p>_____</p>		

Safety Slogan of the Month Entry Form

You are encouraged to submit safety slogans at any time.

Slogans are judged on originality .

**You may also email your slogans to mark.eacker@dot.state.fl.us
In the subject line of your email please write "Safety Slogan Entry".**

Please Print	
Safety Slogan for the month of _____	

Name: _____ Location/Office: _____	
District: _____ Phone: () _____	



NOVEMBER

(Chrysanthemum)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 DAYLIGHT SAVINGS TIME ENDS	2 DANIEL BOONE'S BIRTHDAY 1734	3 ELECTION DAY	4	5	6 PAY DAY	7 JOE BUSHKIN JAZZ PIANIST BIRTHDAY 1916
8 LED ZEPPELIN Led Zeppelin IV 1971	9 BILLY JOEL PIANO MAN 1973	10	11 VETERANS DAY STATE HOLIDAY	12	13 SADIE HAWKIN'S DAY	14
15 AMERICA RECYCLES DAY	16	17	18	19 GREAT AMERICAN SMOKEOUT	20 PAY DAY	21
22 JFK 1963	23	24 D.B.COOPER PARACHUTES FROM 727 WITH \$200,000 1971	25	26 THANKSGIVING STATE HOLIDAY	27 STATE HOLIDAY	28
29	30					

THE MONTH OF NOVEMBER IS

National Alzheimer's Disease Awareness Month

American Diabetes Awareness Month

National Adoption Month

National Peanut Butter Lover's Month

