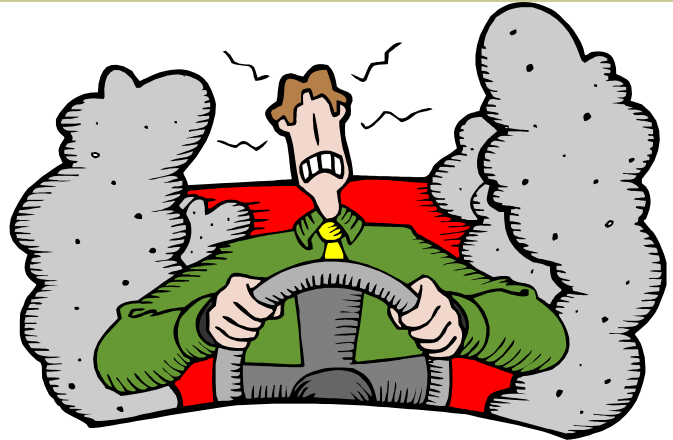


Raging On The Road

Do you feel your blood pressure rise when the car in front of you on the highway drives 50 mph and the speed limit is clearly posted at 70 mph? Do you swear and honk your horn if a driver tries to cut you off, slam your brakes on just to annoy someone who is tailgating?



You are not alone! Road Rage has become a widespread problem on our nation's roads and highways. According to the AAA Foundation for Traffic Safety, from 1990 to 1996 there was a 50% increase in deaths and injuries due to aggressive driving.

With traffic increases upon us as communities grow, sporting events resume and the holidays approach, we all need to do our part to keep this problem to a minimum. Always remember, **“you cannot change another driver's behavior, you can only change your reaction to it.”** Here are some tips from AAA to keep yourself safe.

- ☹ Don't make obscene gestures, no matter how tempting.
 - ☹ Don't tailgate.
 - ☹ Signal when you switch lanes.
 - ☹ Don't block the passing lane.
 - ☹ Use your horn sparingly.
 - ☹ To reduce stress, plan extra time for the trip or listen to soothing music.
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