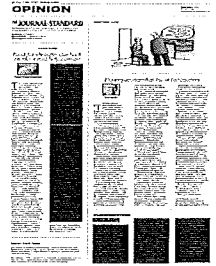




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## LETTER TO THE EDITOR

### Teen driver safety is everyone's responsibility

National Teen Driver Safety Week is Oct. 20-26. An estimated six teens die in motor vehicle crashes each day, according to the Center for Disease Control. Hundreds more are injured. This sobering statistic should motivate parents, families, community members and all licensed motorists to be part of the solution.

Teen driver safety is everyone's responsibility and National Teen Driver Safety Week is an ideal time to unite on this issue. Start the conversation by supporting and raising awareness to teen driver safety initiatives. Talk about driving distractions and best practices to avoid them. Stress the importance of following speed limits, leaving adequate space between cars and adjusting to changing driving conditions. Urge young people to buckle up on every trip whether driving or riding as a passenger.

Discourage teens from driving under the influence of alcohol or drugs, including certain prescription and over-the-counter medications. Drowsiness impairs the driver's ability to operate a vehicle too. Encourage good sleep habits. Inexperience is a factor in many teen driving accidents.

Illinois' Graduated Driver Licensing law addresses this problem by requiring more supervised time behind the wheel for beginning drivers. Use this opportunity to help the young person in your

family recognize and respond appropriately to hazardous driving situations.

We all benefit when teens are capable, skilled and careful drivers. The Illinois Insurance Association, a property casualty trade association, and its member companies encourage residents to discuss, encourage and model safe driving practices during National Teen Driver Safety Week and throughout the year.

Kevin J. Martin, executive director, Illinois Insurance Association challenged decades of nutritional advice, claiming that eating red and processed meat is not necessarily a cause of heart disease or cancer, that the link is not supported by scientific evidence.

However, the leading analyst of the study, epidemiologist Bradley C. Johnston, did not report that he had previous ties to the meat and food industry. An Oct. 4 article in The New York Times reports that in December 2016 he had written a similar study trying to discredit international health guidelines that advised people to eat less sugar. The study appeared in the same journal as the meat study, the "Annals of Internal Medicine," and was paid for by an industry trade group whose members have included McDonald's, Coca-Cola

and Cargill, one of the largest beef processors in North America.

The group, International Life Sciences Institute, has been accused by the World Health Organization of undermining health recommendations to advance the interests of its corporate members.

More recently, the Washington Post reports that nutriRECS, the group that completed the meat study, has formed a partnership with an arm of Texas A&M University that's partially funded by the beef industry.

But whomever one chooses to believe regarding the effect of meat on one's health, the impact of livestock farming upon global warming cannot be disputed. Livestock are responsible for 14.5 percent of global greenhouse-gas emissions. We have razed forests to graze cattle, clearing an area larger than South America in the last 25 years, turning, according to The New Yorker, "a carbon sink into a carbon spigot."

Human beings can change. Farmers can change; the land now used for grazing and growing corn can grow crops for human consumption. If we eat one less burger a week, it would be equivalent to taking one car off the road for 320 miles.

Let's do it.