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Oregon Winter Driving Guide. Continued from page 1.

Oregon's beautiful scenery is a year-round source of enjoyment. Driving in Oregon's winters, however, can be challenging. Follow these recommendations so you arrive safely at your destination!

TAKE YOUR TIME . . .

- Check Oregon's road conditions and weather forecasts at www.TripCheck.com before you leave, or call 5-1-1 for valuable travel information, updated continuously.
- Choose main routes and be rested and alert.
- Make someone aware of your routes, and if plans change, let someone know. Check in when you've reached your destination.
- Remember, cell phone coverage is not available in many remote areas.
- Keep your gas tank at least half full.
- Clear any snow, ice or frost from windows, lights, hood, heater and air inlet vents (don't forget mirrors and wipers).
- Do not drive with heater in recirculation mode; it can increase humidity.
- Drive with your lights on and reduce your speed.



USE THESE TIPS TO PREVENT SLIPS

Adjust your driving for the conditions; if there is ice or snow on the road, you must take extra care.

- Don't use cruise control in wet, icy or snowy weather.
- Position your hands on the steering wheel at 9 o'clock and 3 o'clock, or lower.
- If you lose traction, gradually slow down – don't slam on the brakes!
- Steering, braking and accelerating smoothly are key to maximum vehicle control on slippery surfaces. Steer just enough to follow the path you intend (most people steer too much or too fast).
- Be ready to handle potentially dangerous situations by thinking "15 seconds" ahead about your options, such as controlling your speed, changing lanes or communicating with others on the road.
- Use extra caution when driving on bridges or concrete highways: ice forms first on these surfaces.
- Avoid driving through snowdrifts; they may cause you to lose control of your vehicle.
- Slow down in advance of shaded areas (especially curves) where ice and snow are the last to melt.
- Chain up early.



The Network Newsletter

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THE OREGON WINTER DRIVING GUIDE


TUNE UP YOUR VEHICLE

- Make sure your antifreeze is good to -25F; check and fill washer and other fluids and make sure hoses aren't loose or brittle.
- Keep wipers clean and in good condition.
- Make sure your heater and defroster are working.
- Make certain your battery is fully charged (also check battery age and make sure cables are not loose or corroded).
- Ensure your tires are in good condition and properly inflated.
- Carry chains or use traction tires.



FOLLOW OREGON CHAIN LAWS

Oregon's chain laws apply to all roads and highways.

- Look for signs indicating when chains or traction tires are required. When required, pull over to the right of the highway as far as possible or pull into a "chain up" area.
- Chains include link and cable chains and other devices that attach to the vehicle, wheel, or outside of the tire that are designed to increase traction in ice or snow.
- A traction tire is a studded tire or a tire that meets the tire industry's definition as suitable for use in severe snow conditions, marked with .
- Studded tires can only be used between Nov. 1 and April 1.
- Under some conditions, four-wheel and all-wheel drive vehicles may be exempt from the requirement to use chains.
- Find out more about chain requirements at www.TripCheck.com.



WATCH OUT FOR PLOWS!

In Oregon's winters, you will encounter snowplows and sanding trucks.

- Following a plow or sander too closely can be dangerous – give them (and yourself) room.
- Don't pass the plow or sander; be patient!
- Be aware that sometimes plows work side-by-side to clear the road faster.



Feature of the Month Umatilla Center EHS Classroom



Winter Painting

Monica the Take Off lady read to our children.



Serilia painted her pine cone.



Victor & Jose worked on our winter painting.



Our Volunteer Niki and Braylen are painting a pine cone



Madeline & Benji work on our winter painting.

Parent
& Child
Activity



Launching young readers!

Reading Rockets

TIPS for parents of Toddlers

Being a toddler is all about ACTION. Encourage continued language development and interest in books and reading by keeping things lively and engaging. Everyday experiences are full of opportunities to engage in conversation and develop language skills. The tips below offer some fun ways you can help your child become a happy and confident reader. Try a new tip each week. See what works best for your child.

■ **Don't expect your toddler to sit still for a book**

Toddlers need to MOVE, so don't worry if they act out stories or just skip, romp, or tumble as you read to them. They may be moving, but they are listening.

■ **Recite rhymes, sing songs, and make mistakes!**

Pause to let your toddler finish a phrase or chant a refrain. Once your toddler is familiar with the rhyme or pattern, make mistakes on purpose and get caught.

■ **Choose engaging books**

Books featuring animals or machines invite movement and making sounds. Books with flaps or different textures to touch keep hands busy. Books with detailed illustrations or recurring items hidden in the pictures are great for exploring and discussing.

■ **Keep reading short, simple, and often**

Toddlers frequently have shorter attention spans than babies. Look for text that is short and simple. Read a little bit, several times a day.

■ **Encourage play that involves naming, describing, and communicating**

Set up a zoo with all the stuffed animals. Stage a race with the toy cars. Put your toddler in charge and ask lots of questions.

■ **Every day is an adventure when you're a toddler**

Choose books about everyday experiences and feelings. Your child will identify with the characters as they dress, eat, visit, nap, and play.

■ **Ask questions**

Take time to listen to your toddler's answers. Toddlers have strong opinions and interesting ideas about the world. Encourage your toddler to tell you what he or she thinks. You'll build language skills and learn what makes your toddler tick at the same time.

■ **Play to their favorites**

Read favorite stories again and again. Seek out books about things your toddler especially likes—trains, animals, the moon. These books may extend a toddler's attention span and build enthusiasm for reading.

■ **Not having fun?**

Try a different story or a different time during the day. Reading with a very young child is primarily about building positive experiences with books, not finishing every book you start.

Visit www.ReadingRockets.org for more information on how you can launch a child into a bright future through reading.