

Join our
Marketplace!


DRUGS AND ALCOHOL IN THE WORKPLACE
WRESTLING WITH THE ELEPHANT IN THE ROOM
Kelowna ~ CONFERENCE ~ Mar 10 - 12

kelowna dental centre
Family Dentistry
100-2033 Gordon Drive, Kelowna BC.
Call: 778.436.2434

[About Us](#) [Contact Us](#) [Subscribe](#) [e-Edition](#) [Obituaries](#)
[Welcome back, Shannon](#) [Login](#) | [My Dashboard](#) | [Register](#)

[HOME](#) | [NEWS](#) | [SPORTS](#) | [BUSINESS NEWS](#) | [ENTERTAINMENT](#) | [LIFE](#) | [OPINION](#) | [CLASSIFIEDS](#) | [CONTESTS](#) | [OK BIDS](#)

Thanks for visiting [Kelownadailycourier.ca](#). You're entitled to view 10 free articles every 30 days, and you currently have 7 free articles remaining (2 before being asked to register and 7 before being asked to subscribe). Then, if you enjoy our site and want full access, we'll ask you to purchase an affordable subscription.

7 Remaining
[Home](#) [Life](#)

Teens better texters when behind wheel

[Story](#) [Comments](#)
[Print](#) [Font Size:](#)
Recommend { 0 } **Tweet** { 0 } **g+1** { 0 }


Metro Creative photo

Don't text and drive

Texting while driving increases your odds of being in a crash by about 23 per cent.

anything resembling a computer, but a recent study from the U.S. says he might even manage it while driving — at least better than we can.

To be clear: texting while driving is illegal because it is a death wish, not only for the offender, but innocent others on the road.

According to the Canadian Automobile Association (CAA), distracted driving — with cellphones being the most common culprit — factors into four million motor vehicle crashes in North America a year.

In particular, texting while driving increases your odds of being in a crash by about 23 per cent, and it seems the Canadian public is well aware of the dangers. A recent CAA poll found the vast majority of us (90 per cent) agree texting while driving is unacceptable. In fact, respondents rated texting and answering emails at the top of their list of road safety concerns, followed by drinking and driving.

A fascinating study from Wayne State University (Detroit) confirms this, but also found the older you get, the more

Posted: Wednesday, February 18, 2015 3:00 am

By [Shannon Linden](#) | 0 comments

Do you know the leading cause of death of British Columbia's teens?




Car crashes are responsible for killing 16-20 years old, more than any illness or accident, with more than 70 per cent of those fatalities being young men.

Sobering statistics, to be sure, but a recent study suggests there's one thing youngsters are better at behind the wheel: texting.



All you have to do is put your reading glasses on and stand behind an adroit teen on his telephone to be reminded his dexterity is the stuff of your dreams.

Not only do his fingers fly at surprising speed, my son doesn't even look at the keypad. In fact, he can carry-on a full conversation with me while doing the same with someone else on his phone.

Kelowna, BC
2°C Wind: SE 4 km/h

Tonight -3°C **Fri** 10°C **Fri night** 2°C



Environnement Canada **Environment Canada**

WEATHER SPONSORED BY

Always On.

Jeff's global sales force has to be ready for business 24/7 so he trusts Regus to provide day offices, meeting rooms and business lounges to keep his team always on-whenever and wherever

SUBMIT YOUR NEWS!

We're always interested in hearing about news in our community. Let us know what's going on!

[Submit news](#)

dangerous it is to text and drive.

A story by Max Ufberg, in Pacific Standard, outlined findings from the study, conducted by associate professors of pharmaceutical studies and occupational therapy. Researchers divided participants into age groups, ranging from 18-24, 25-34, 35-44 and 45-59, asking them to text while attempting to drive in a specialized simulator.

Half of all the subjects veered into other lanes, but absolutely everyone in the oldest group did so. In fact, performance got progressively more dismal with age, while less than 25 per cent of the youngest group crossed lanes.

The study proved a point many teens probably pronounce: they're better texters than their parents, putting to rest the notion that more experienced drivers manage all distractions better than less-experienced ones.

The take-home point, however, is not that young drivers can go ahead and text. It's this: parents cannot continue to excuse their own driving-and-texting habits by claiming they can handle distraction better than their kids.

Happily, the majority of participants — regardless of age — admitted texting and driving was far more dangerous than they realized.

I would like to add something to the discussion: texting and running is also a bad idea.

It was a lovely morning, perfect for a little jog around the mountain. With my husband behind and our dog darting out front, I smiled, breathing in the fresh air and soaking up slivers of sunshine, marvelling at the barren earth, free of its winter coat — and laden with freshly exposed, gnarly tree roots.

I was watching my feet, conscious of the hazards of the twisty trail, when my phone vibrated in my pocket and chimed with an incoming message.

It was our daughter — very important, of course — and for reasons unknown to me, given my track record of sprained ankles, I determined I could reply and run at the same time.

I took my eyes off the path, tried to type, and went straight — well, actually, kind of crooked — down. As my toe clipped a stone (where did that come from?) sending me sailing, I somehow managed to hold onto my phone, but not my dignity.

"What happened?" My husband, bewildered, looked down at me, sprawled on the path before him.

You know when one minute you are carelessly texting and the next you are kissing dirt?

No? You're probably smarter than me — or about 18 years old.

Shannon Linden writes a blog, magazine articles, and grocery lists. Her health and humor column runs Wednesdays in the Kelowna Daily Courier. Talk to her at lindenshannon@mac.com.

More about Shannon Linden

- **ARTICLE:** Don't drink raw milk when cows come home
- **ARTICLE:** Teens better texters when behind wheel
- **ARTICLE:** Does getting cold also give you a cold?
- **ARTICLE:** Commit to fitness through planning

More about Kelowna

- **ARTICLE:** Construction could cause parking mayhem
- **ARTICLE:** Referendum rules spelled out in Lake Country rail saga
- **ARTICLE:** Last call for high schools to register for 25th annual math competition
- **ARTICLE:** Young Okanagan chef the best in Canada
- **ARTICLE:** Young minds tackle scientific challenges

Recommend { 0 } Tweet { 0 }  { 0 }

Discuss

Print

Posted in Life on *Wednesday, February 18, 2015 3:00 am.* | Tags: Shannon Linden, Texting And Driving, Kelowna, Okanagan

More From This Site

- **'Girls' actress Allison Williams says 'it's tough,' backs her dad Brian**
- **Brew pub to be a landmark**
- **Quebec wants women to have lots of sex before**

From Around The Web

- **There Are 7 Types of English Surnames — Which One Is Yours? (Ancestry.ca)**
- **This Guy Found a Trap Door In His New Apartment, What He Found Is Awesome (Viral Nova)**



Visit our new website today!



Recent Obituaries

Past week 

View: ☒ All ☐ Obituaries ☐ Other Notices

Bruckal, Thomas Anthony

DEBOICE, EVAN DALE

DOHERTY, James Herbert

DRUMMOND, Georgina

GREFFEN, Gordon

KERR, Isabella Taylor (Ella)

KNOEDLER, Betty

LEUI, Sonia

LINDHOLM, Lola Edna

LOUGHEED, Margaret Rosalie

[+ View more \[23\]](#)

[View All Obituaries](#)

Powered by [Legacy.com®](#)

ONLINE POLL

Is Premier Christy Clark a good MLA for Westside-Kelowna?

- ☐ Yes
- ☐ No
- ☐ Undecided

[Vote](#)

[View Results](#)

TODAY'S E-EDITION



Click here
to read today's e-edition, an electronic replica of our print newspaper

Calendar

- they become eligible for in vitro

TNT announcer Craig Sager returns from leukemia treatment for Thunder-Bulls game in Chicago

Open house for Glenrosa plan
- A Grandpa Left a Trunk Behind For His Family - What's Inside is Incredible (Viral Nova)

PHOTOS: 10 Times The Airplane Graveyard In The Mojave Desert Creeped Us Out (ViralWorld)

See Why Cruisers Are Raving About this New Norwegian Cruise Lines Ship (31 Pictures) (Places You'll See)

Recommended by


From The Web



5 Sure Signs the U.S. Economy is Finished (Money Morning Newsletter)



A New Solution That Stops Snoring (My Snoring Solution)



What's the Most Dangerous Creature in Australia (RIPBird)



Daytona: Exploring the resort's compelling history (thestar.com)

Sponsored Links by Taboola

March 2015						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
today's events		browse		submit		

READER CONTRIBUTED CONTENT

More funding for classrooms and teaching, not for administration

Contributed

posted: March 02 | Comments

SlutWalks play role in ending culture of rape

Contributed

Updated: March 02 | Comments

Democratic referendum welcome on rail issue

Contributed

Updated: March 02 | Comments

Rules of Conduct

1

Keep it Clean.
Please avoid obscene, vulgar, lewd, racist or sexually-oriented language.

2

Don't Threaten or Abuse.
Threats of harming another person will not be tolerated. AND PLEASE TURN OFF CAPS LOCK.

3

Be Truthful.
Don't knowingly lie about anyone or anything.

4

Be Nice.
No racism, sexism or any sort of -ism that is degrading to another person.

5

Be Proactive.
Use the 'Report' link on each comment to let us know of abusive posts.

6

Share with Us.
We'd love to hear eyewitness accounts, the history behind an article.

Welcome to the discussion.

Screen Name or Email

Or, use your linked account:

google

Password

Forgot?

☒ Remember me on this computer

Login

Need an account? Create one now.

Print comments

PASSAGES

Our Lives, our stories

Search

Find the most up-to-date and complete local and North American obituary information and listings

Connect

Sign Guest Books, "Light a Candle" and receive grief support

Remember

Send flowers and gifts, or create a memorial website.


Explore our expanded obituary on:

www.legacy.com/obituaries/okanaganvalley


PENTICTON HERALD

The South Okanagan's Daily Newspaper

THE DAILY COURIER



Autobahn for All
Sales Event



Ya!

2015 Tiguan Highline model shown

Starting from up to


0% + \$2,000
APR DISCOUNT*

up to 36 months*


Das Auto.

Details >

OPEN ALL SUMMER
Tours & Tastings
267 Bernard Ave,
Kelowna



okanagan spirits
CRAFT DISTILLED



SOLAR
CENTRE
250.762.5587
#16-1771 Cooper Rd, Kelowna
solarcentre.ca

Mirage
Spirits & More

FOLLOW US ON FACEBOOK

Find us on Facebook

TDC

The Daily Courier

Like

TDC

The Daily Courier

shared a link.


3 hrs


THE DAILY COURIER


AP source: Harrison Ford crash-lands in Kelowna... ANGELES.


Share ·


1,635 people like The Daily Courier.


























Facebook social plugin

5 of 7

2015-03-05, 9:09 PM

Tweets

Follow



The Daily Courier

@KelownaCourier

4m

City of #Kelowna on lookout for bike-riding greenhouse gas superheroes. #climate [ow.ly/JX5E5](#)



The Daily Courier

@KelownaCourier

1h

Rulebook very clear in #lakecountry rails 2 trails referendum. #kelowna [ow.ly/JX5EM](#)




The Daily Courier

@KelownaCourier

1h

So much construction is nice, unless you have customers 'just driving to the mall' in #Kelowna [ow.ly/JX5EL](#)



The Daily Courier

@KelownaCourier

2h

This pair puts the senior in UBCO seniors. #Kelowna #education [ow.ly/JX5E4](#)



The Daily Courier

@KelownaCourier

3h

No' lobby, 'yes' faction all have to play by rules in #lakecountry rails referendum. #kelowna [ow.ly/JX5EH](#)

Tweet to @KelownaCourier



Newsmax

- Bill O'Reilly Praises Newsmax: 'Refreshing'
 - Jurors in Arias Case: 11-1 for Death Penalty
 - Mystery Man Behind Hillary Emails Found
 - New Probiotic Fat Burner Takes GNC by Storm
 - Ringling Bros. Eliminating Elephant Acts
 - Americans Urged to Search Their Names Before Site Gets Taken Down
 - Brand New Sleep-Aid Takes CVS by Storm
 - How Older Men Are Increasing Testosterone
- What's This?



Kelownadailycourier.ca
Phone number: (250) 763-4000
E-mail: csr@ok.bc.ca
Address: 550 Doyle Avenue
Kelowna, BC V1Y 7V1

Sections

Home
News
Sports
Business News
Entertainment
Life
Opinion
Photos
Videos

Services

About Us
Contact Us
Careers
Advertise
Subscription Services
Submission Forms
Rack Locations
Add Search Toolbar
Privacy Policy & Terms

Search

Search

Search in:

- ☒ All
- ☐ News
- ☐ Sports
- ☐ Photos
- ☐ Video
- ☐ Entertainment
- ☐ Business News
- ☐ Opinion

[Obituaries](#)

[Site Index](#)
[e-tearsheets](#)