

Botts' Dots and the Rumble Line

How they saved the trees in Snordom.

by
Michael Simmons



Botts' Dots

and the Rumble Line

How they saved the trees in Snordom.

Created and written by
Michael Simmons

Illustrated by
Manny Aguiler

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Epilogue

While this story has an important message the real impact of drowsy driving is often overlooked. Some of the worst auto accidents take place as a result of drowsy driving where the driver often lacks the opportunity to take aversive action. It is known that someone continuously awake for over 22 hours has the same compromised driving judgment and skills as the intoxicated person with a blood alcohol level of .08. State laws consider driving with a blood alcohol level of .08 as drunk driving and impose serious penalties if caught.

According to the 2008 National Sleep Foundation's Sleep in America poll
60% of Americans have driven while feeling sleepy
37% admit to actually having fallen asleep at the wheel in the past year.

According to the National Sleep Foundation these are some signs that should tell a driver to stop and rest:

• Difficulty focusing, frequent blinking, or heavy eyelids

• Daydreaming; wandering/disconnected thoughts

• Trouble remembering the last few miles driven; missing exits or traffic signs

• Yawning repeatedly or rubbing your eyes

• Trouble keeping your head up

• Drifting from your lane, tailgating, or hitting a shoulder rumble strip

• Feeling restless and irritable

About the Author

Michael Simmons is a practicing dentist in Southern California (Tarzana & Palmdale) with University based post doctoral training in diagnosing and treating unusual conditions of orofacial pain and dysfunction. He is a part time educator having taught at UCLA's dental school since 1987 and now also teaches at USC's dental school. In addition he has written scientific articles, book chapters and conducted original research. Dr. Simmons has a passion for helping people with sleep disordered breathing conditions ranging from primary snoring to severe obstructive sleep apnea and also enjoys educating others on these topics.

About Botts

Botts' Dots are indeed raised markers used along roadways all over the United States and in some other countries, but especially in California. They were developed by Dr. Elbert Dysart Botts, an engineer and civil servant, who was employed by the California Department of Transportation (CalTrans) in the middle of the twentieth century. Botts refined the design of the markers as well as possibly the adhesive used to attach them to the roads. In 1966 Botts' Dots became standardized markers on highways all over California and in 1997 there were about 25 million of them in this State alone. Unfortunately Dr. Botts died in 1962 and never saw his name become immortalized in this fashion.

To those who love to read;

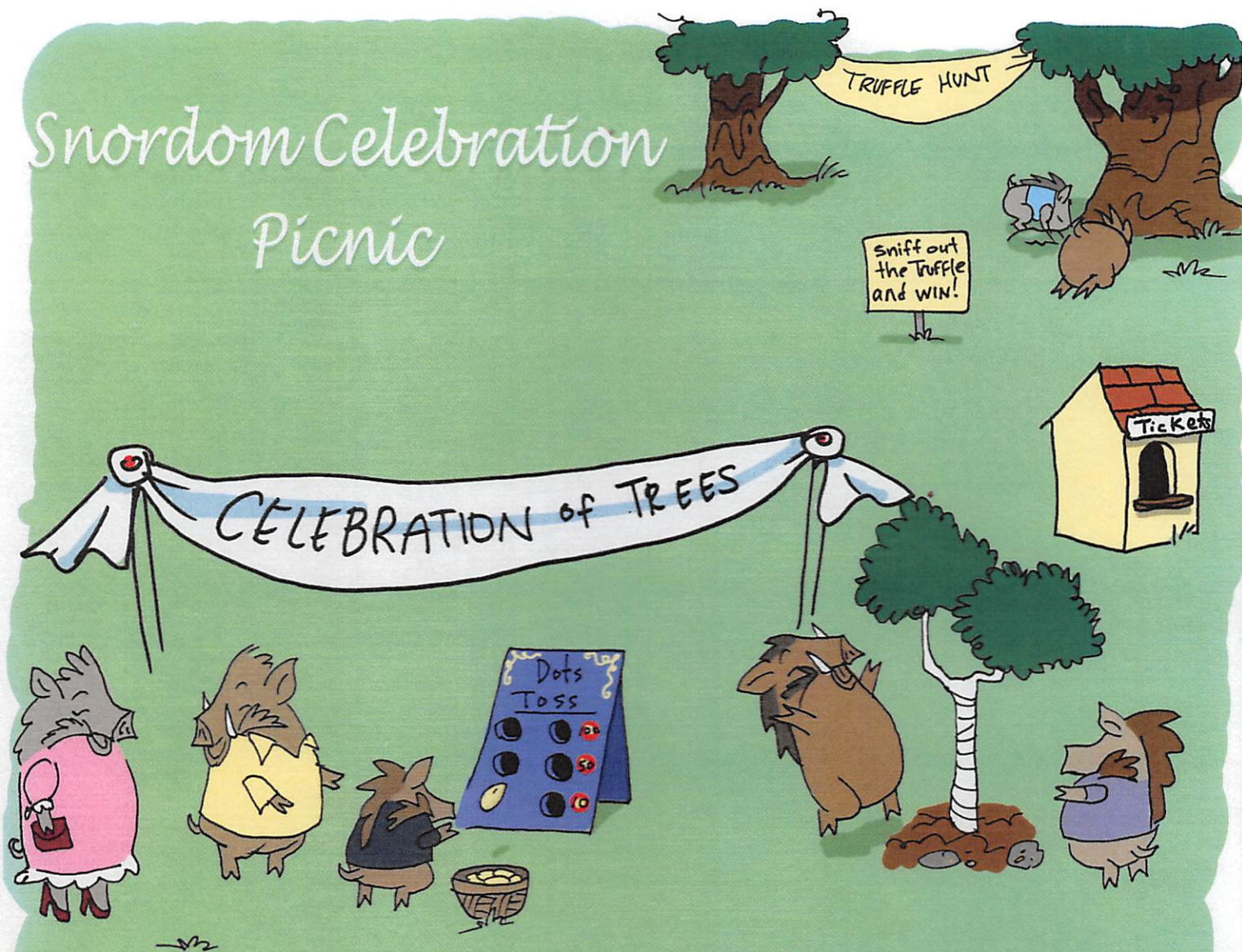
Botts' Dots and the Rumble Line, *How they saved the trees in Snordom*, written by Michael Simmons and illustrated by Manny Aguiler is a clever story that draws the reader into the mystery of the fallen trees in Snordom. The author takes the reader on a fun and entertaining journey that challenges one's problem solving skills.

The delightful and sweet illustrations help tell the tale of Snordom's dilemma. The story deftly weaves in the history of Botts' Dots while discussing the growing problem of sleep disordered breathing conditions our society faces. The book speaks well to children The book is so much fun that before the reader realizes it he/she has also learned a lot of great facts.

Author Michael Simmons successful career as a dentist and teacher at UCLA and USC's dental schools are great assets to his story telling skills. *Botts' Dots and the Rumble Line* is a smart teaching tool for school classrooms and is sure to amuse and capture the curiosity of young readers.

Kristine and Matthew Abramowitz
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Snordom Celebration Picnic



“Dr. Michael Simmons breaks exciting new ground with his unique children's book focusing on drowsy driving. Drawing from his extensive dental sleep medicine background, Dr. Simmons spins a delightful yarn of the resident boars of Snordom who are troubled by drowsy drivers wreaking havoc in their “sleepy” community. In a delightful way, he appropriately explores the relationship of snoring/sleep apnea to drowsy driving and the role dentists can play in its prevention. The cartoon graphics by Manny Aguiler are outstanding and meaningful to the young reader (as well as adults!). Given the epidemic proportions of sleep-disordered breathing and drowsy driving, this book creates first-time awareness in our very young population which will undoubtedly bear fruit in subsequent years. I hope this book finds its deserved place in bookstores and the “kid's corner” of dentists' and physicians offices worldwide.

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