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# Operational Pause: Safety lessons learned, shared

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MARINE CORPS AIR STATION CHERRY POINT, N.C. (Dec. 1, 2011) — Kelly Narowski, a certified safety teacher, stressed the importance of safe driving habits during her presentation at the Cherry Point theater Nov. 17.

Narowski became a paraplegic in her twenties as a result of drinking and driving, and not wearing a seatbelt. She spoke about personal examples and that of others of what can go wrong if people follow poor habits. She emphasized buckling up, not driving while distracted by calls, food or makeup and not driving while tired.

Any distraction can put a driver at risk of making a deadly mistake, she said.

Narowski added that she understands the strain put on military personnel, because she is married to a soldier. But even with strain, service members still need to drive safely by eliminating bad habits and making good ones.