

## March Madness Safety Is a Whole Different Ballgame

March Madness safety involves comprehensive measures to protect fans and athletes. For fans, ensuring safety means practicing responsible drinking, arranging sober rides, and being aware of their surroundings in crowded areas.

Some key safety areas:

- **Event Venue Security:** Expect enhanced security, potentially including bag checks and metal detectors.
- **Safe Transportation:** If attending games, avoid driving impaired. Plan for taxis or rideshare services.
- **Responsible Drinking:** Pace consumption, know limits, and do not drink and drive.
- **Crowd Safety:** Stay aware of surroundings in crowded bars or venues to avoid confrontations or dangerous situations.



**Drinking and driving is a shot you should never take. Plan a sober ride.**

## Mental Health Boosters

Improving mental health can be achieved through regular, accessible activities that reduce stress and boost mood, such as daily exercise (walking, yoga), mindfulness, spending time in nature, and social connection. Engaging in hobbies like gardening, reading, or creating art helps regulate emotions. Consistent self-care and setting boundaries are also essential. It's ok to say "no" without feeling guilty.

**Mindfulness and relaxation** such as meditation & breathing, yoga, journaling, and gratitude practice are great ways to take action and improve your mental health.

**Physical activity and nature** such as walking and exercise (3-5 times a week), spending time outdoors, and gardening have been proven beneficial to your mental health.

**Social and creative outlets** such as connecting with friends or family, volunteering, creative hobbies, and reading.

**Daily self-care and boundaries** such as limiting screen time, setting boundaries and not feeling obligated to say "yes" to everything, and prioritizing sleep.



## Enforcement Update:

- DWI (optional) Mar 17, 2026—St. Patrick's Day
- Distracted: April 1-30, 2026
- DWI (optional) Every Thur-Sat, May 1–Sept 7, 2026



# SAVE THE DATE!

NW MN TZD Regional Workshop  
April 30, 2026 | Thief River Falls, MN

## Vehicle Safety Recalls Week

Every vehicle recall is serious and affects your safety. NHTSA data states that in 2024, there were 1,073 recalls for vehicles, car seats, tires, RVs and other equipment. More than 29 million vehicles were recalled in the United States. Yet, millions of vehicle recalls go unrepaired or unaddressed every year. That's why Vehicle Safety Recalls Week, which begins March 2, focuses on the importance of checking for recalls and getting any unrepaired recalls fixed immediately for free.

Vehicle owners can check for recalls by license plate on NHTSA's recall lookup tool. Below are easy steps to check your vehicle for recalls.

### Search for recalls by license plate

- Visit [NHTSA.gov/recalls](https://www.nhtsa.gov/recalls).
- Select your state.
- Enter your vehicle's license plate number.
- Search to find out if your vehicle is subject to an open safety recall.



[CheckToProtect.org](https://www.CheckToProtect.org) for auto recalls

### Or Search for Recalls by VIN

- Look for the 17-character VIN on the lower left of your car's windshield, or on the label inside your driver side doorjamb. You might also find your VIN on your vehicle's registration or your insurance documents.
- Visit [NHTSA.gov/Recalls](https://www.nhtsa.gov/Recalls) and enter your VIN.
- Search to find out if your vehicle is subject to an open safety recall.

If you have an open recall, immediately get your vehicle repaired for FREE.

## Check Car Seats, Tires, and Vehicle-Related Equipment, Too

Recalls are also issued for child car seats, tires and vehicle-related equipment — like trailers. If any of these items are recalled, manufacturers are required to fix the problem by repairing it, replacing it or offering a refund. You can check for these safety recalls at [NHTSA.gov/Recalls](https://www.nhtsa.gov/Recalls).

## Mark your 2026 Calendars

- Tribal Traffic Safety Summit March 23-25, 2026
- April—National Distracted Driving Awareness Month
- Apr 29, 2026—Teen TZD Conference—Evangelical Free Church in TRF
- April 30, 2026—NW Regional Workshop—Thief River Falls Legacy Center

Toward Zero Deaths Northwest Regional Newsletter

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