

## The Power of Just One Notification

By Sarah Sanborn

**11:26 am.**

Buzz! Buzz! The phone resting on the passenger side floor shook with vibrations from the incoming call from my mom; my mom must have received the notification from our Life360. Paralyzed in my seat from the impact, all I can manage is the shift of my eyes. The incident that has only ever taken place while reading, thinking, or discussing, just became my reality. Disregarding what I have been warned about being distracted while driving, and brushing it off I chose to go on my phone. Making it a higher priority than my road safety. Also made me at fault and the reason for this crash.

**11:18 am.**

I shuffle my way to the frozen car due to the black ice hiding itself on my driveway, and not wanting to slip. Seating myself in the driver's seat I quickly turned the heat on, it was like I had sat in a snowbank, the leather seats so cold from the low temperature outside. I wait for a few moments, going through my phone until I am not shivering anymore, and then drive off.

**11:20 am.**

I turn onto the main road after making it through my neighborhood, knowing the notification my mom received. "Gabby left her house." Thanks to Life360 it alerts her phone each time, which annoys me greatly. Thoughts traveled through my mind quickly realizing I forgot to connect my phone to

the car so I could play my music, the silence of the car was overpowering. Picking up my phone that was sitting in the cupholder I opened the Spotify app, and started scrolling through making the hard decision of what I wanted to listen to.

**11:22 am.**

Scrolling for about two minutes now I finally decide on a song and put my phone back down. Looking back up I notice my car is steering towards the middle of the road and grasp the steering wheel to correct it, not thinking too much about the incident. I was only on my phone for two minutes, no big deal I thought.

**11:24 am.**

I'm approaching my work, which is just a little further down the road, but a song started playing that I loathed. So many bad memories attached to it and I did not want that attitude going into work. Picking up my phone once again, I start scrolling... and scrolling... and scrolling through Spotify. Again, my car veers towards the middle of the road. This time it was a big deal. Another car on the other side of the road was coming my way, unlike last time. The black ice on the road took control when I tried to correct it and the cars collided...

**11:26 am.**

My world spins, all I can do is close my eyes and hold on. When the car is back upright I manage to open my eyes. Now realizing the excruciating pain

that jolted through my body. Not being able to move, I was stuck. Longing for my mom at that moment, but could not move to reach for my phone. As I look down I see it, and also see the letters spelling out mom as I am receiving a call. All I want is to pick it up and hear her voice, but I can't. Sitting there waiting for anybody to come help me, I realize she got the notification. "Life360 detected Gabby was in a collision." For once I was so grateful for Life360, always finding it annoying before, always letting my mom know when I left or where I was. At this moment, Life360 was the best thing I could ever have. Not being able to imagine the fear I put her through and the guilt that rushed over me. To think this all could have been avoided if I just left my phone alone.

### **The Next Day**

"You have a concussion, and nothing more than a few cuts and bruises, and some soreness." That was what the doctor told me the next day. Feeling relieved, knowing it could have been so much worse. Looking at my mom she kissed me on my forehead and took my face in her hands, "Don't ever be distracted while driving again." Nodding at her and making a promise to both her and me that it would never happen again. I promised to arrive alive.

