

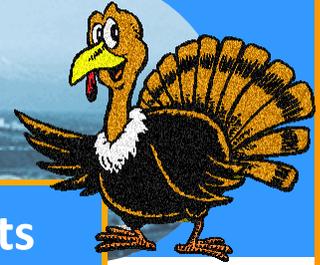
# The Straight Talk

STRAIGHT TALK

LAW

## Happy Thanksgiving

From Premier Law Group & Straight Talk Law



## Top Causes for Auto Accidents

November  
2010

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### August Calendar:

- 11/7: **Day Light Savings Ends**
- 11/11: **Veterans Day**
- 11/15: **America Recycles Day**
- 11/25: **Thanksgiving Day**
- 11/26: **Black Friday**

## Win a Starbucks Gift Card!!!

Answer our Trivia Question on the Back

With 6 million auto accidents every single year in the United States the roads are a frightening place. With these high numbers of accidents drivers get apprehensive about hitting the streets at all, but all studies indicate that most of these accidents can be easily prevented.

The reasons behind the majority of these accidents is simply driver error or irresponsibility.

### Top Causes for Auto Accidents:

**Driver Distraction:** Roughly 30% of auto accidents are the result of distracted driving. Distracted driving accident also occur from; changing the radio station, looking at the scenery, adjusting the radio, applying makeup, talking on a cell phone, text messaging, fiddling with a GPS system, and driving with a pet or child in the car.

#### Distraction Breakdown

Cell phone use: **25%**  
Rubbernecking: **16%**  
Looking at the scenery: **10%**  
Passengers, Children, Pets: **9%**  
Adjusting the radio or CD player: **7%**  
Reading the newspaper, books, maps or other documents: less than **2%**

**Intoxicated Driving:** In Washington State about 29% of accidents were the result of driver impairment in the form of alcohol or drugs. Drunk driving alone, is the root cause of 40% of all auto accident fatalities.

### Speeding:

Excessive speed is not only the reason for most moving traffic violations, but also is a leading contributor to auto accidents and fatalities. 25% of auto accidents involve speeding and among younger drivers (ages 16-25) this number skyrockets to 41%. According to the Insurance Institute for Highway Safety (IIHS), when a vehicles speed increases from 40 mph to 60 mph, the energy released in the crash more than doubles.

**Aggressive Driving:** Aggressive driving consists of any selfish, bold or pushy behavior a driver exhibits on the road. As you can see, this is a very broad category and easily makes up 18% of auto accidents.

#### Aggressive Breakdown:

Failure to Yield: 8.2%  
Failure to Obey: 4.6 %  
Improper Passing: 2.2%  
Following too Closely: 0.9%  
Driving the Wrong Way: 1.7%  
Reckless Driving: 1.0%

**Weather Conditions:** Inclement weather often leads to auto accidents that can be easily prevented through a simple combination of speed moderation and caution. Heavy rain, hail, snowstorms, ice, high winds and fog can make life on



the roads more difficult. Stopping time is increased and visibility is worsened.

**All of these incidents can easily be avoided by:**

**Paying attention** to the road rather to the navigation system or cell phone.

**Not drinking and driving** or use prescription medications or other drugs while operating a vehicle.

**Obeying speed limit signs:** shedding a few minutes off your trip is not worth an auto accident.

**Obeying traffic signs** and drive calmly.

**Drive to fit the different weather conditions.** Slow down and increase your following distance.

## Ask a Doc with Dr. Chinn



**What are the common injuries in an auto accident and how do you treat them?**

The first part of this question covers a wide range of possibilities. As we all know, an auto accident can be severe enough to cause fatal injuries, or it might be as mild as a rather firm bump in the supermarket parking lot. The most common injury, which also happens to be the most often over-

looked, is the soft tissue injury, or injuries to the supporting tendons, muscles and ligaments of the spine. While deep cuts and broken bones are best left to the skilled care of the emergency room doctors and nurses, soft tissue injury needs special attention as well. This is where the skills of the doctor of chiropractic and massage therapist come in. It is virtually impossible to receive broken bones and lacerations in an automobile accident without also creating injuries to the muscles, ligaments and other soft tissue structures.

The most important ligament in the spine, in my opinion, is the intervertebral disc or IVD. The IVD can be injured in a cumulative manner, or gradually over the years from stress and smaller insults....OR it can be injured suddenly when your mass of steel meets your neighbor's bucket of bolts on the highway. The sudden ac-

celeration and deceleration experienced in the impact transfers from the mass and weight of the car through your less robust and rigid spinal tissues. The result is microscopic tearing and weakening of the IVD and other supporting structures.

Your doctor of chiropractic and massage therapist provide proper movement, circulation and alignment of these structures to make sure that they heal with integrity, proper motion and MOST IMPORTANTLY strength and resilience to serve you well as your age gracefully and PAIN FREE! I like to remind my patients that the body will do its best to heal, with or without the appropriate care. It is our job to do our best to make sure that you heal quickly and correctly and return to the flexible and pain-free person you were before you decided to play bumper cars....

For more information please visit:  
[www.interurbanchiropractic.com](http://www.interurbanchiropractic.com)



## Homemade Pumpkin Pie

### Ingredients:

3 Cups Pumpkin (cooked and pureed)	1/2 tsp vanilla extract
1 Cup Sugar	1/2 tsp salt
1 1/2 tsp ground cinnamon	4 large eggs
1 tsp ground cloves	1 1/2 cans (12 oz each) evaporated milk
1 tsp allspice	
1/2 tsp ground ginger	

### Preparing the Pumpkin:

- Preheat the oven temperature to 400 degrees
- Cut a sugar pumpkin into 8ths and place pieces into a 13x9" caesural dish, meat-side down, and fill caesural dish with 1 inch of water.
- Place in oven for half an hour or until the pumpkin is soft and easily scraped from outer shell.

### Making the Pie:

- Preheat the oven to 425 degrees
- In medium sized bowl mix 3 cups of the pureed pumpkin with all other pie ingredients (sugar, spices, vanilla, salt, eggs and milk) with electric mixer.
- Pour mixture into pie crust\* and cook for 15 minutes at 425 then reduce oven temperature to 350 degrees and bake 40-60 minutes or until knife inserted in center comes out clean

\*You can buy a pre-done crust or make it easily by combining 1 1/2 cups flour, 2 tbsl sugar, 1/2 tsp salt, 1/6 cup vegetable shortening, 1/3 cup butter, and 14 cup water. Simply mix all ingredients with a fork until it has the consistency of sand and then role out with a rolling pin. This will make one pie crust for the bottom layer.

# 2010 Essay Contest Winner

## Making Driving Safer By Clayton Ness

In the United States of America 115 people die every day in car accidents, that is one death every 13 minutes. If I became the President of the United States of America, I would make driving safer by putting dividers between the front and back seats, installing a mechanism that causes electronic devices to stop working, and making it impossible to have a car engine running, unless all of the seat belts are buckled.

The first way to make driving safer would be to install a glass or Plexiglas divider between the front seats, and the back seats. For example, this would prevent the driver from reaching into the back seats for something, and taking their eyes off the road. If the driver has their eyes on the road at all times, they are far less likely to cause an accident. Clearly, this will cut down on distractions, and make accidents less frequent. In conclusion, installing a barrier between the front and back seats will make driving safer.

Another way to make driving safer is to

put a piece of equipment in cars that causes electronic devices to turn off, so that drivers cannot use them. For instance, according to The Washington Post talking or texting on a cell phone causes 28% of all traffic accidents. Electronic devices cause a large portion of traffic accidents, and clearly, ensuring that they cannot be used will decrease the amount of traffic accidents. In summary, installing a contraption in cars that prevents people from using electronic devices will make driving safer.

My third and final way to make driving safer is to make it impossible for a car engine to be on unless the people in the car have buckled all of the seatbelts. If at any time a seatbelt is unbuckled, then the car's ignition will turn off, the brake lights will flash, and the car will come to a gradual halt. An example of how this will make driving safer is that according to Car-Accidents.com, 63% of the people that car accidents kill are

not wearing seat belts. Over half of all deaths in car accidents are those of people that were not wearing seat belts, obviously, making certain that people must be seat belted in order for a car to be driven will lower the number of deaths in traffic accidents. Therefore, designing cars so that the people must buckle all of the seat belts in order for the ignition to be on will make driving safer.



Many people die in car accidents every day in the United States of America, and driving needs to be safer for drivers, passengers, and pedestrians. If I were the President of the United States of America, then I would change driving for the safety of everyone.

Clayton is a 13 year old from Bellevue, Washington. As winner Clayton's essay is published in this issue of the Straight Talk Law newsletter and Clayton received a \$50.00 Target gift card. Congratulations Clayton!

## Costume Contest!!



This year, my 6-year-old son Quinn, dressed as the Hulk for Halloween. The green super hero could be seen storming our hallways for weeks, growling and stomping throughout the house.

Send in your best Halloween pictures for a chance to win a Starbucks Gift Card. Best costume wins!!!

Email your pictures to [bailie@plg-llc.com](mailto:bailie@plg-llc.com)

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**TRIVIA QUESTION OF THE MONTH**

Who was the Captain of the Mayflower, which the pilgrims sailed on?

First person to email the correct answer to **Bailie@plg-pllc.com** will win a Starbucks gift card!!



**Happy Thanksgiving!**

**LOOK INSIDE for a Homemade Pumpkin Pie Recipe!**



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