

In This Issue...

- Rear-End Car Collisions – Not Just Fender-Benders
- How to Get Your Child Back to Sleep for Back to School Routines
- Recipe of the Month: Summer Shrimp Ceviche
- What's Happening In & Around Mobile

Rear-End Car Collisions – Not Just Fender-Benders



Rear-end collisions are the most common kind of U.S. vehicle accidents. According to the National Highway Traffic Safety Administration, these crashes account for 28% of all accidents. Although many are minor fender-benders, a rear-end accident may also cause death as well as severe, life-altering injuries.

What Are the Major Causes of Rear-End Collisions?

No surprise – most rear-end accidents are caused by driver distraction and inattention. Distracted driving, whether from cellphones, music, passengers or GPS is increasing rapidly and causing all types of accidents.

In addition to driver distraction, other causes of rear-end crashes are:

- Speeding
- Aggressive driving
- Tailgating
- Drowsy driving and driver fatigue
- Driving under the influence of drugs or alcohol

Typical Rear-End Crash Injuries

- Whiplash. Whiplash encompasses damaged neck muscles, nerves and ligaments and occurs when the head and neck snap back and whip forward when hit from behind.
- Traumatic brain injury (TBI). The brain may be traumatically injured when it strikes the inside of the skull. TBIs can cause paralysis and permanent brain damage.
- Spinal cord damage
- Soft tissue injuries
- Fractures
- Lacerations

Even if you don't feel injured after a rear-end collision or any vehicle accident, it's important to get medical attention from an urgent care center or your doctor right away. Some symptoms may take some time to appear, and an insurance company may try to minimize your injuries if you don't seek medical care.

Preventing Rear-End Crashes with New Technology

New features on recent car models like automatic braking and collision warning and avoidance systems can reduce the risk of a rear-end accident.

But the human factor is critical! Be an alert and distraction-free driver. Although for drivers aged 18 and over it is legal at this time in Alabama to use a hand-held cellphone for talking, it is a distracting activity. Texting while driving is prohibited for all drivers.

To avoid a rear-end collision, don't use your hand-held cellphone. Maintain a safe following distance and increase that distance when road conditions or visibility is poor.

How to Get Your Child Back to Sleep for Back to School Routines



If your family is like most, your children have enjoyed somewhat lax bedtimes during the fun summer months. Well, school is starting, and it may be a struggle to get them back into a school day routine. Teenagers especially may find it hard to wake up earlier in the morning.

How Much Sleep Do Children Need?

In general, experts agree that kids do not get enough sleep. WebMD has the following recommendations:

- Toddlers ages 1 to 3: 12-14 hours at night; at 18 months, decrease the number of naps to one per day
- Preschoolers ages 3 to 5: 11-13 hours; eliminate nap by age 5
- School-age 5 to 12: 10-11 hours
- Teens: 9-10 hours

How do your bedtime routines match up? Probably not very well, but sleep deprivation, especially for teenagers, is a real issue. Studies prove that lack of sleep can lead to increased substance use and abuse as well as behavioral and learning problems. Other health problems caused by sleep deprivation include increased rates of obesity and diabetes and more dependence on anxiety and sleep medications.

Start Now to Get Kids on a Good School Sleep Schedule

- Before school begins, start putting your child to bed 15 minutes earlier per night for about a week.
- Get them used to an early start to their day by gradually waking them up earlier in the morning.
- No caffeine after mid-day. Caution – some vitamin waters may have hidden caffeine.
- Physical activity is always good for tiring out children.
- Keep bedrooms dark.
- No electronics at least one hour before bedtime.
- Start a relaxing bedtime tradition of reading to your children, or let them read books in bed.

If you or a family member has been harmed by a car accident, pedestrian accident, motorcycle accident, slip and fall or any other type of personal injury, please contact Dean Waite & Associates, LLC at our Mobile County office immediately. Please call us for a free consultation. Attorney Dean Waite, personal injury attorney in Mobile, will fight to secure justice for you and your family. You can reach us at 866-434-5840 or contact us via the website.

Recipe of the Month Summer Shrimp Ceviche



Here's a healthy appetizer recipe for your next party. It may seem like it makes a lot, but it goes fast! Serve with tortilla chips or a healthy alternative.

Ingredients

- 1 pound peeled and deveined medium shrimp
- 1 cup fresh lime juice
- 10 plum tomatoes, diced
- 1 large yellow onion, diced
- 1 jalapeno pepper, seeded and minced, or to taste
- 2 avocados, diced
- 2 ribs celery, diced
- chopped fresh cilantro to taste
- salt and pepper to taste

Directions

1. Place shrimp in a glass bowl and cover with lime juice to marinate (or 'cook') for about 10 minutes, or until they turn pink and opaque. Meanwhile, place the plum tomatoes, onion, jalapeno, avocados and celery in a large, non-reactive bowl (stainless steel, glass or plastic).
2. Remove shrimp from lime juice, reserving juice. Dice shrimp and add to the bowl of vegetables. Pour in the remaining lime juice marinade. Add cilantro and salt and pepper to taste. Toss gently to mix.

Recipe courtesy of Allrecipes.com

What's Happening In & Around Mobile

Sep 7

Voices of Gospel Music Awards
Arthur R. Outlaw Mobile Convention Center
Mobile, AL

Sep 13

The Black Jacket Symphony
The Eagles Hotel California
Saenger Theatre
Mobile, AL

Oct 4

Chad Prather
Mobile Civic Center
Mobile, AL

Oct 7

Jenny Lewis
Soul Kitchen Music Hall
Mobile, AL

Oct 31 - Nov 1

Halloween Pumpkin Run 3.1/10k/5k/1k
Airport Boulevard
Mobile, AL

Nov 8 - 9

Gulf Coast Blues Festival
Pensacola Interstate Fairgrounds
Pensacola, FL

Nov 14

The Lacs
Soul Kitchen Music Hall
Mobile, AL

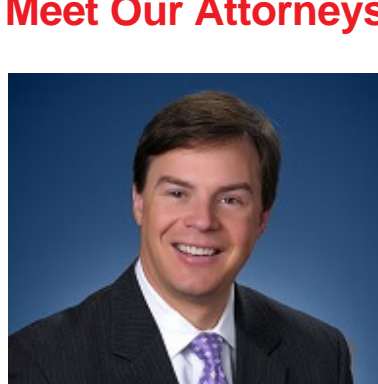
Nov 21 - 26

Turkey Trot 13.1/10k/5k/1k
Airport Boulevard
Mobile, AL

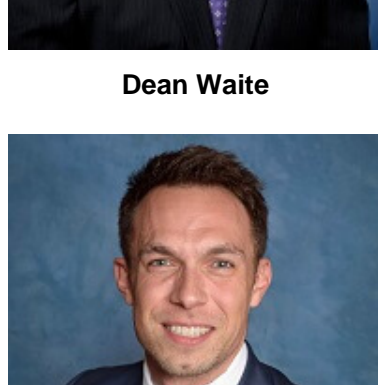
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