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Truck Accidents Cause Death and Severe Injuries



Our country runs on truck transportation, whether moving raw materials or semi-finished and finished products and goods. There are more than 11 million registered large trucks that together travel more than 270 billion miles each year!

All this heavy transport traffic is found to result in accidents. More than 4,000 people are killed in truck accidents each year, including almost 90 in our state.

The danger of sharing the road with large trucks was tragically demonstrated last month in Chilton County when four people, including two children, were killed in a collision with a logging truck. Appallingly, none of the people in the SUV were either wearing a seat belt or in a proper child restraint. At this time, the accident is still under investigation.

Common Causes of Truck Accidents

Most truck crashes are caused by driver error. Drivers are under tremendous pressure from the trucking companies for fast deliveries, and so they may speed, drive recklessly or while fatigued. Some accidents are the result of driving under the influence of alcohol or drugs as well as driving while distracted.

Other common causes include

- Equipment failure – negligence may have been involved resulting in defective components or by a mechanic who made repairs.
- Some equipment failure may be caused by poor or inadequate maintenance, for example for tires and brake pads.
- Improper loading may cause the truck to be off-balance and the load may even slide off into the path of other vehicles.
- Factors out of driver control like poor weather can cause skidding, jackknifing or hydroplaning.

Truck Accident Victims May Suffer Severe Injuries

In part because of the sheer size and weight difference between semi-trucks and other vehicles, truck accidents can cause severe and traumatic injuries for those who survive a crash. Victims may require extensive medical care both current and future, rehabilitation, physical therapy, home and vehicle modifications and assistive devices like a wheelchair.

Typical truck accident injuries include:

- Back and neck injuries
- Head injuries including traumatic brain injury
- Fractures
- Lacerations
- Burns
- Internal organ damage
- Spinal cord injuries

Depending on the severity of the injuries, full or partial paralysis may result as well as cognitive issues and motor skill impairment.

If you or a family member has been injured in a truck accident, let our experienced attorneys go to work to help with what will be a complicated truck accident claim. We have the right expertise to get you and your family the compensation that you deserve.

Enjoy Thanksgiving Safely



It's been 398 years since the Pilgrims and Wampanoag Indians shared their humble food at the first Thanksgiving feast in 1621. Thanksgiving is our home-grown American holiday complete with family, friends and football.

Amid all the revelry, put safety first! Here are our best Thanksgiving safety tips:

- Think fire safety – test your fire alarms and place a fire extinguisher in the kitchen and near your turkey fryer.
- Turkey fryers should be used only outside and placed away from any structure. Review fryer instructions carefully, such as completely dry the turkey before adding it to the hot oil. Keep children and pets far away.
- Keep kids away from the kitchen when using the oven and stove and use your back burners first. Never leave any cooking food unattended.
- Refrigerate your leftovers right away to avoid food contamination.
- If you are traveling to your celebration, be patient in Thanksgiving weekend traffic. Allow plenty of time and consider heading out early on Thanksgiving morning and returning on Friday or Saturday to beat some of the traffic.
- Wednesday night, Thanksgiving Eve, has become a big party night. Don't drink and drive! Call a rideshare or taxi or recruit a designated driver who stays away from all alcohol.

Prep yourself before you prep the bird by visiting Butterball.com How-To to learn all about turkey safety.

Caution for Would-Be Football Heroes

Does your family enjoy a quick game of football while waiting for dinner time? Be very careful – more than 1,000 people, excluding any high school football players, visit emergency rooms every Thanksgiving with injuries sustained at a backyard game. Take time to do a few gentle stretches before beginning and go easy to prevent sprains and broken fingers.

If you or a family member has been harmed by a truck accident, 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 Slow Cooker Mexican Chicken Soup



This Mexican chicken soup is fresh, tangy, and comforting. Place all the ingredients in a slow cooker and walk away! You'll come back home to a wonderful healthy homemade soup!

Ingredients

- 3 boneless, skinless whole chicken breasts
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- Kosher salt and freshly ground black pepper
- One 28-ounce can whole or diced tomatoes, with juice
- 3 cups low-sodium chicken broth (more if you like the soup more liquid)
- One 15-ounce can black beans, drained and rinsed
- One 10-ounce can diced tomatoes with green chiles, such as Ro*tel
- 4 ounces tomato paste
- 1 medium onion, chopped
- 1 red bell pepper, seeded and chopped
- 1 yellow bell pepper, seeded and chopped
- 1 canned chipotle pepper in adobo (you may add 2 to 3 if you like)
- 1/2 lime, juiced
- Fixings: avocado, sour cream, grated cheese, crushed tortilla chips and fresh cilantro leaves

Directions

1. Put the chicken in a slow cooker. Sprinkle on the chili powder, cumin and some salt and pepper. Add the tomatoes, chicken broth, black beans, tomatoes with chiles, tomato paste, onion, chipotle pepper and red and yellow peppers. Stir, place the lid on the slow cooker and cook for 5 hours on high or 8 hours on low.
2. Stir in the lime juice. Remove the chicken to a plate and use 2 forks to break it into chunks (or shred it finely). Return the chicken to the pot, taste and add more seasoning if necessary.
3. Serve piping hot in a bowl with avocado, sour cream, grated cheese, crushed tortilla chips and cilantro leaves on top!

Recipe courtesy of Ree Drummond

What's Happening In & Around Mobile

Nov 8
Gulf Coast Blues Festival
Pensacola Interstate Fairgrounds
Pensacola, FL

Nov 16
Scott Ward Memorial
Fit for Duty 5K Run/Walk
Daphne, AL

Nov 19 - 30
Christmas Nights of Lights
Hank Aaron Stadium
Mobile, AL

Dec 1 - 31
First City Lights Festival
Pensacola, FL

Dec 10 - 12
Everblue Arts Festival: The Toy Shoppe
Lilipad Hall
Fairhope, AL

Dec 14 - 15
The Nutcracker
Mobile Civic Center
Mobile, AL

Dec 17
Gino Rosaria's 5th Annual Christmas Jazz Concert
Seville Quarter
Pensacola, FL

Dec 29
Mannheim Steamroller
Mobile Civic Center
Mobile, AL

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