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Welcome to the Dean Waite & Associates, LLC Spring Newsletter. We are excited to introduce you to our 1st Quarterly Newsletter! We have created this with articles and features we think will be of interest to you. Please take a moment to check it out and let us know what you think. We welcome your comments and feedback.

Beware of Summer's "100 Deadliest Days" for Teen Accidents



Memorial Day, the unofficial start to summer, is right around the corner with its parades, parties and barbecues. The summer season also means that there will be plenty of teen drivers on the road.

Memorial Day starts what AAA has coined the "100 deadliest days" of the year for teenage driver fatalities. Between this holiday and the start of the next school year, vehicle accidents for drivers ages 16 to 19 increase dramatically. More than 1,050 people are killed in crashes involving teens in the 100 days – a hefty 16% increase over other periods in the year.

Distracted Driving Is a Major Factor in Teen Accidents

Although distracted driving is a growing phenomenon in all age groups, teenagers are particularly vulnerable to the lure of mobile phones. Texting, which takes the hands off the wheel, the eyes off the road and the mind from the important task of driving, is among the many distractions that are contributing causes in more than 58% of teen accidents.

Most teenagers text an average of 80 messages each day – they are truly connected to their cellphones! But too many are texting when they should be paying attention to their driving.

Establish Teen Driver Ground Rules Based on the Law and Your Expectations

Set up some dedicated one-on-one time with your teenager to discuss the following:

- A no-cellphone rule when driving. Although as of now in Alabama, unless the driver is under age 18, there are no restrictions on using a cellphone for talking – that may change if proposed legislation is passed to further restrict cellphone use – texting including emailing while behind the wheel is prohibited for all drivers. **The safest use of a mobile phone while driving is not to use it at all.**
- Reinforce that no one should drive after consuming any quantity of alcohol or drugs. Even if your teenager survives an alcohol-related crash, they have broken the law and also potentially jeopardized their scholarships and even college acceptances.
- Put a limit on the number of passengers that your teen is allowed to carry. Review Alabama's graduated license rules together.
- Reinforce safety procedures such as wearing a seat belt. Make sure that they insist that passengers buckle up too.

Above all, be a good role model! Children learn from and imitate their parents, so never text and drive, and limit your use of your handheld phone when behind the wheel.

You can learn more about setting teen driving limits and having this important conversation from this National Highway Traffic Safety Administration website.

Learn How to Share the Road during May: Motorcycle Safety Awareness Month



Thanks to Alabama's balmy weather, our roads are full of motorcycles virtually year-round. But riding a motorcycle comes with risks, and motorcyclists and their passengers are vulnerable to injury and even death in collisions with other vehicles, a stationary object or when riding on slippery or damaged roads.

Consider this fact – motorcyclist deaths represent 14% of traffic fatalities but the number of motorcycles in the U.S. is only about 3% of all registered vehicles. Why? One reason clearly is the relative size of a motorcycle compared to larger vehicles. Another risk is that motorcyclists are virtually unprotected from other vehicles and the road itself.

"Get Up to Speed on Motorcycles"

The National Highway Traffic Safety Administration (NHTSA) urges you to "Get Up to Speed on Motorcycles" during Motorcycle Safety Awareness Month.

How many of these motorcycle facts do you know?

- Motorcyclists don't always use the brake to slow down. Instead, they can downshift or ease off the throttle. So the motorcycle that you are following may not display brake lights even though he is slowing. Keep a safe distance behind – about 3-4 seconds.
- A motorcycle may be closer than you think because of a visual distortion caused by its small size, or because it may be traveling faster than you expect.
- In slippery, sandy or gravelly conditions, a bike will need more braking distance, so don't follow too closely.
- Your car may reveal more blind spots as a motorcycle can hide behind your roof pillars or even the doors.

One last point that is puzzling but has been proven by research: **Many of us don't visually recognize a motorcycle!** Although this behavior is unconscious, it is very dangerous for motorcyclists.

Read more about safely sharing the road with motorcycles at DriveSafeAlabama.

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
Blueberry-Strawberry Smoothie Bowl**



This smoothie, thick enough to eat with a spoon, is bound to keep you feeling fuller longer. This one gets its richness and creaminess from avocado, which also provides fiber and heart-healthy fats.

Ingredients

- 1/3 cup unsweetened blueberry or pomegranate juice
- 1/3 cup 2% plain Greek yogurt
- 3/4 cup fresh blueberries, divided
- 1/2 ripe peeled avocado
- 1 cup ice cubes
- 1/2 cup sliced fresh strawberries
- 1 tablespoon sliced almonds, toasted

How to Make It

Step 1

Place juice, yogurt, half of blueberries, and avocado in a blender; process until well combined, about 15 seconds. Add ice; process until smooth, about 30 seconds.

Step 2

Pour smoothie mixture into a bowl; top with remaining half of blueberries, strawberries, and almonds.

Recipe courtesy of CookingLight

What's Happening In & Around Mobile

June 1 - 10
The Everblue Arts Festival
Ever Blue Arts
Point Clear, AL

June 14
The Fab Four
Saenger Theatre
Mobile, AL

June 21
The Lee Boys
Vinyl Music Hall
Pensacola, FL

July 3
Leela James
Soul Kitchen Music Hall
Mobile, AL

July 4 - 9
Freedom Race
American Eagle-13.1 /10k/5k/1k
Mobile, AL

July 19 - 20
Christmas In July Boutique Bash
The Grounds
Mobile, AL

Aug 1
Corey Smith
Vinyl Music Hall
Pensacola, FL

Aug 10
Sabotage: NOLA Tribute to The Beastie Boys
Vinyl Music Hall
Pensacola, FL

Aug 31
Gulf Coast Summer Fest
Vince J. Whibbs Sr. Community Maritime Park
Pensacola, FL

Aug 31
Fan Series Truck Show
Five Flags Speedway
Pensacola, FL

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