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### Drunk Driving



While drunk driving accidents are preventable, they are never avoidable. Driving under the influence (DUI) is dangerous and a criminal offense with serious criminal and civil penalties. However, there are always people willing to risk not only their own lives but the lives of others when they decide to get behind the wheel in a drunken state.

Here are ways in which accidents happen due to drunk driving:

- The drunk driver is speeding.
- The driver may lose control of the car and strike passers or nearby vehicles.
- They may be driving on the wrong side of the road as they lose their sense of direction.
- They may miscalculate the distance from other cars and ram into one, especially at crossings and traffic signals.

Victims of drunk driving accidents can suffer from minor scratches and wounds, life-changing injuries, and even death. The road to recovery from serious life-impacting injuries can be challenging and demanding for both victims and caregivers.

Treatments for long-term injuries take time and are usually costly. Additionally, the physical and mental stress can be draining. In times like these, hiring a legal expert, especially one experienced in handling cases related to injuries caused by drunk driving is recommended. They will bring the perpetrator to justice, negotiate with insurance companies, protect your interests under the law, and help get you financial compensation.

By getting expert opinions on medical treatments, financial costs, lost wages, and the length of the period required for recovery, lawyers build cases to help their clients get the maximum possible benefit. Let your lawyer fight and win the case for you.

If you or a loved one was hurt in a car accident due to impaired driving (or driving under the influence), speak to an experienced Alabama attorney at Dean Waite & Associates, LLC. Our expert legal team can help you fight for your rights, navigate you through the often-complicated claim process and get you the best outcome for you and your family. Call us today at 866-434-5840 for a free case review, either in your office or in the comfort of your home.

### Truck Accidents and Traumatic Brain Injuries



A Traumatic Brain Injury (TBI) caused by a truck accident can be devastating for both the victim and the caretaker. Dealing with the injury, medical treatments, financial instability, and emotional and psychological strain can become a source of great distress. On top of that, getting the trucking company to compensate for your injury can be a nerve-racking process.

However, seeking aid from a truck accident lawyer can take the load off your shoulders so that you can get time to heal and get better. Or, if you are looking after a loved one who has suffered a TBI, you can focus on their recovery.

While some brain injuries can be permanent, others might get better over time. Nevertheless, the process is slow and long. If the neuro pathways of an individual become damaged because of a truck accident, they may suffer from any of the following conditions:

- Loss of speech
- Sensory loss (smell, sound, and even sight)
- Paralysis
- Seizures
- Fluid buildup in the brain
- Concussions
- Coma

Those suffering from a TBI may also suffer from loss of their ability to perform basic daily functions like eating and drinking, thereby increasing their dependency on another person.

Meanwhile, the trucking and insurance companies will be trying to get your claims reduced or rejected altogether. In such a situation, a lawyer can build your case and provide you with resources to mitigate your trouble. To get the maximum possible and rightful compensation, make sure that you hire an experienced truck accident lawyer who can fight your case properly.

Truck accident lawyers can engage with medical experts to gather evidence regarding brain injuries, financial experts to provide a fair estimate of the cost of treatment, and even accident reconstruction experts to support your claims. Don't delay, contact your lawyer today!



### Recipe of the Month

#### Savory Stuffed Squash



Potato lovers rejoice! As the name suggests, the baked potato squash is less sweet and seemingly more starchy than typical squash varieties. Carbs without guilt!

#### Ingredients:

- 1 Baked Potato or Acorn Squash
- 2 Tbsp Extra Virgin Olive Oil
- 1 Bunch Tuscan Kale
- 1 Sweet Onion
- 1/3 Cup Blue Cheese
- 1/3 Cup Chopped Pecans
- Salt
- Black Pepper

#### Instructions:

1. Preheat your oven to 400 degrees.
2. Wash and dry the squash. Using a sharp knife, cut each squash in half length-wise. Scoop out the seeds with a metal spoon and place the squash cut side up on a baking sheet.
3. Drizzle 1 tablespoon of olive oil over the two halves and use clean hands or a basting brush to distribute the oil evenly. Season with salt and pepper and bake for 45 minutes to an hour, until the flesh can be easily pierced with a fork
4. Peel the onion and cut it in half. Lay the cut side of each half down and slice the onion into 1/8 inch or so pieces. Heat the remaining 1 tablespoon of olive oil in a saucepan over medium heat and add the onion. Season with salt a pinch of salt and some black pepper and stir to coat. Allow the onion to cook, stirring occasionally until it becomes soft and translucent, about 10 minutes.
5. While the onion is cooking, wash your kale and peel or cut the leaves away from the hard stem, discarding the stem (or save it for stock).
6. Stack the leaves on your cutting board horizontally and begin to slice them vertically creating short little ribbons. Add the kale to the cooked-down onions and stir. Allow the kale to cook for 5 minutes or until it has wilted and is soft. Turn the heat off and stir in the pecans and blue cheese.
7. Divide the filling equally amongst the squash halves and place in the 400-degree oven to bake for 10 minutes.
8. Remove the squash and cut each half in half again before serving.

Recipe courtesy of a wellbasedlife.com

### What's Happening in & Around Mobile

Nov 20

[Cirque Dreams Holiday](#)  
Mobile Civic Center

Nov 20

[The Fab Four](#)  
Saenger Theatre

Dec 3

[The Prophecy Show](#)  
Saenger Theatre

Dec 3

[Forever Motown](#)  
Mobile Civic Center

Dec 11 – 12

[The Mobile Symphony Presents Joy to the World](#)  
Saenger Theatre

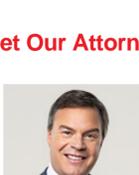
Dec 18

[The Charlie Brown 12th Annual Jazz Christmas Concert](#)  
Saenger Theatre

### Follow us...



### Meet Our Attorneys



Dean Waite



Chase Davis

### Our Office:

Dean Waite & Associates, LLC  
412 Dauphin Street,  
Suite BB Mobile, AL, 36602

Toll free: (866) 434-5840  
Local: (251) 265-1000

[www.DeanWaite.com](http://www.DeanWaite.com)

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