

# The Road To Justice Starts Here

Accidents | Social Security | Medical Malpractice

## truck driver error:

### THE MAIN CAUSE OF MOST TRUCKING ACCIDENTS

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While trucking accidents can occur for a variety of reasons, including bad weather, road conditions or vehicle performance, truck driver error is the leading cause



of accidents involving big trucks, according to a recent study by the Federal Motor Carrier Safety Administration (FMCSA).

One of the most common ways that truck drivers contribute to accidents occurs when they become very fatigued. “Highway hypnosis” can come out of nowhere on long drives – as the repetitive patterns of the road begin to lull the driver to sleep.

But, as common as driver fatigue is, another type of driver error accounts for the majority of truck accidents – drug use. Both illegal and prescription drug use, along with alcohol, can impair a truck driver’s ability to safely maneuver the roads. Truck drivers can’t take any controlled substances unless they have been prescribed by a doctor who is familiar with the driver’s medical history and job assignments.

Poor driving decisions by truck drivers can also lead to accidents, including:

- Driving too fast for road conditions
- Improperly distributing the truck’s load
- Failing to watch blind spots carefully
- Distractions
- Depowering the front brakes to reduce wear-and-tear on the truck
- Improperly securing any attachments to the truck

Each of these errors can lead to a truck rolling over, which greatly increases the likelihood of severe injuries or fatalities. Even the slightest reduction in reaction time on behalf of a truck driver can lead to devastating accidents.

If you or a family member has been injured in an accident caused by truck driver error, you may want to consult with an experienced truck accident attorney to discuss your situation. Trucking accidents tend to be much more complicated than auto accidents because there can be multiple trucking companies and insurance companies involved, plus it is extremely important to track down evidence regarding the accident scene, the truck and the truck driver. ■

# how to avoid diabetes

WITHOUT  
THE AID OF MEDICATION

Diabetes packs a devastating one-two punch. Not only does the disease cause serious problems on its own, but a person with diabetes is often more likely to develop other, more severe medical problems over time, such as cardiovascular disease and even cancer.

Fortunately, avoiding diabetes is a relatively easy process, especially in those without a family history of the condition. In some cases, drugs that are meant to treat diabetic patients are being prescribed and used as preventative measures against getting the disease. Though this method may work, the long-term benefits and consequences of this approach aren't yet known.

The good news, according to researchers at the National Heart, Lung and Blood Institute (NHLBI), is that there are other ways to ward off diabetes – without ever having to take medication. Early analysis of research has shown that adding these five simple steps to your daily life can dramatically reduce your risk of getting diabetes:

- Exercise more often
- Consume as little alcohol as possible
- Stop smoking
- Avoid obesity
- Eat a diet high in fiber and low in fat

Though it may seem like those are common, everyday recommendations, research shows that the cumulative effects of all five steps reduce one's risk of diabetes significantly. In fact, the NHLBI study showed that male subjects who adhered to all five steps at the same time had an approximately 72 percent lower risk of getting diabetes. In women who followed all the steps, an 84 percent drop in diabetes risk was found when compared to those who followed none of the steps.

In addition to avoiding diabetes, following these five key lifestyle changes can help keep a number of other serious diseases at bay as well. ■

# confronting dangerous toys

Let's face it, children love toys. Always have, always will.

But, despite all of the joy and fun that toys can provide, there have always been some that prove unsafe for children. Even today, with advanced technology and greater attention given to child safety than ever before, some toys are simply too dangerous for children.

According to a report by the American Association for Justice (AAJ), the top six dangers linked to children's toys are:

- Choking hazards
- Magnets
- Children's jewelry
- Scooters
- Lead
- Unforeseen problems



There are systems in place to help keep potentially dangerous toys from going onto the market. The Consumer Product Safety Commission (CPSC) is responsible for spotting defects and issuing toy recalls. In fact, the commission has issued over 850 toy recalls since 1974.

Unfortunately, the actions of the CPSC tend to be of the 'too little, too late' variety. In some instances, it can take several years from when the CPSC first spots a safety hazard to when the product is finally taken off the shelves. Additionally, the commission simply hasn't been equipped to sufficiently handle the sheer amount of products entering the U.S. market every year – it could be compared to squirting a water gun at a raging fire.

***That may be one of the reasons why toy-related injuries have skyrocketed approximately 54 percent over the last ten years.***

To learn more about dangerous toys, what you can do to protect your children and to understand the important role our civil justice system plays in holding manufacturers of dangerous toys responsible for harm they cause, please visit the AAJ website ([www.justice.org](http://www.justice.org)) to read their detailed report on child safety and toys. ■

# on the market:

## SEVEN TIPS FOR FIRST-TIME HOME SELLERS



Owning your first home is a monumental milestone. Though not quite as exciting, selling your first home is also a pretty big deal. In today's market, though, the process can be challenging, confusing, and altogether frustrating.

Here are seven tips from Bankrate.com that you can use to give yourself the best chance at selling your first home.

**1 For starters, price realistically.** Many buyers are searching electronically with specific price ranges – if your home shows up in their searches and meets the criteria they have in mind, you are apt to get showings.

**2 Understand that you may lose money.** Today, your home is worth no more than what buyers are willing to pay for it – leaving most sales short of what the seller aimed for.

**3 Utilize smart, targeted promotions.** Make sure you reach out to your target market – if you think your home is a great “first” home, you should target buyers in their 20s by making it

easy for them to find your home via their smartphones.

**4 Sweeten the deal.** Consider throwing in pricy items that may be difficult to move, anyway – like washer/dryer sets or wall-mounted TVs.

**5 Get rid of the clutter.** By simply cleaning up unnecessary clutter, you can keep rooms from feeling cramped.

**6 Make it as move-in ready as possible.** Buyers don't want extra work after they move in, so fix anything you'd want fixed if you were purchasing the home – before you put it up for sale.

**7 Be smart when upgrading.** Painting and replacing carpets can do the most for your home at a relatively cheap price.

Selling a home nowadays is already difficult enough, but it can be especially tough for first-timers who don't know what to expect. A little planning and preparation can go a long way. ■

## Did You Know?

In October of 1863, during the Civil War, President Abraham Lincoln proclaimed that the *last* Thursday in November would be a nationwide Thanksgiving Day.

It wasn't until November of 1941 -- when Franklin Delano Roosevelt signed a bill into law – that Thanksgiving was established as the fourth Thursday in November every year. Despite the new law, it would be another 15 years until every state was on board with observing Thanksgiving on the *fourth* Thursday in November, but it has been that way ever since.. ■

Important Dates – November 2011

Nov 11 – Veterans Day

Nov 6 – Daylight Saving Time Ends (Set clocks back one hour)

Nov 24 – Thanksgiving

Nov 1 – All Saints' Day

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## on the market



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# Thanksgiving by the numbers

As we move further into autumn, the telltale signs of the season have mostly come and gone. The leaves have changed into their new colors and fallen from the trees, the pumpkins have long since been carved, and another Halloween is in the books. And now, amazingly, Thanksgiving is already upon us.

*Everyone at our firm would like to wish you and your family a very happy and safe holiday, great memories with your loved ones, and of course, lots of delicious food.*

Speaking of Thanksgiving food, there may be no other holiday that has more distinct dining traditions. The lineup in many households will include the usual suspects: cranberry, sweet potatoes, stuffing, pumpkin pie – and the main event – turkey.

According to estimates from the National Turkey Federation, approximately 46 million turkeys were laid out on dinner

tables across the country on Thanksgiving in 2010. That's the equivalent of 736 million pounds of turkey meat. Though turkeys are raised in many parts of the U.S., there are six states that produce the majority of turkeys in the United States: Minnesota, North Carolina, Virginia, Arkansas, Missouri, and Indiana. Similar to the turkey, the cranberry is also native to the Americas – and U.S. farmers produced approximately 735 million pounds of them in 2010.

One more Turkey Day factoid – if you overeat this Thanksgiving and feel fatigued afterward, scientists say you have only yourself to blame, not the tryptophan that is found in turkey. In reality, that sort of post-feast weariness typically is due to a combination of a large caloric intake, alcohol consumption, and the general relaxation that the holiday brings. ■

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