



Legal Matters

Vehicle Accidents

Medical Malpractice

Daycare Abuse

Nursing Home Negligence

Birth Injury

Product Liability

Drive Now, TXT L8R!

Get your gift and help us put an end to texting while driving

It's more than a safe bet that most people reading this are guilty of using their cell phone behind the wheel. Whether answering or making calls, checking email, or texting someone – using a cell while driving has become all too common.

The fact of the matter is using a phone while driving is wildly dangerous. Some studies have even found texting while driving to be MORE dangerous than drunk driving. National campaigns against texting while driving have risen exponentially and spurred hundreds of studies on the subject. Some statistics from these studies found:

- Virginia Tech Driving Institute found that drivers who text are 23 times more likely to have an accident
- According to the National Highway Traffic Safety Association 5,870 people died in text related crashes in 2008 alone, and another 515,000 were injured
- National Safety Council found 28 percent of traffic accidents are cell phone related, 200,000 because of texting

A common belief is that the majority of this cell phone use, especially texting, is being done by teenagers. WRONG. A Pew Research Center study recently revealed 41 percent of adults text in the driver's seat as opposed to 34 percent of teens. Furthermore, they found that a shocking 75 percent of adults talk on their phone while driving. Teens talk 52 percent of the time.



With the holiday travel season almost upon us, driving will only become more dangerous. The urge to text while driving will only get worse as well. Extended travel times, last minute grocery and present requests, family members asking for directions and many other needs may urge you to use your phone. DON'T.

If you absolutely must use your phone, pull over and do it safely. Driving is dangerous enough as it is. There is no need to compound it, especially during such a busy time of year. Give it your full attention.

Help us put an end to texting while driving. See the back of this newsletter to find out how to get your FREE "Drive Now, TXT L8R" Digiclean. This ingenious screen cleaner attaches to your cell phone and will not only clean your touch screen, but will also serve as a cool reminder to abstain from cell phone use while driving. Happy Holidays!

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Learn how you can help us put a stop to texting and driving AND get a free gift!



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Avoid Road Rage!

Anger, frustration, impatience and inattentive driving kick the concerns about road rage into overdrive.

A national survey questioned drivers about their own acts of tailgating, cutting off other drivers, talking on the phone and texting. The DFW area ranked second in the nation, behind only New York. While DFW and NYC may lead the rankings, it's no secret that road rage is an issue all across America.

In most urban areas, drivers often spend more time sitting stuck in traffic than they do sitting at the dinner table each night. That time on the road brings a decreasing amount of courteous consideration for others who are along for the ride.

Here are some tips to avoid road rage and stay safe behind the wheel:

1. Get plenty of rest.
2. Plan ahead. If you take a high traffic route make extra time.
3. Know that your car is not an extension of self. Don't use your car to display your bad mood.
4. Know that aggressive music tends to make people aggressive. So turn to calming music if possible.
5. Loosen up and breathe. If you are tense take a break, and also remember that every three hours of driving you should have a break.
6. Don't take things personal on the road. If a driver is breaking frequently in front of you maybe they are not paying attention, or trying to multitask - they are not trying to necessarily make you mad.
7. Hostility is toxic. Being angry and tense is not good for your body.
8. Use proper social etiquette. While in the car people feel protected and safe from others, allowing them to act in ways they normally wouldn't if they were in a different setting. So while in your car act as if people could hear or see everything you are doing.
9. Check yourself. Make sure you are always practicing safe driving. Drive the speed limit. Don't tailgate. Etc.
10. BE COURTEOUS.

It's That Time of Year

Tips for smoother holiday travel

There are undoubtedly several things running through your mind when you travel during the holidays – the safety of your children, the well-being of your pets, and the little annoyances of driving on the road or even in the air (lost luggage anyone?). However, there are little tips you can follow that will help ease your stress and help you enjoy your holidays.

Here are a couple things to keep in mind when shopping and traveling this holiday season.

When traveling with your children:

- Have a designated spot to meet up in case you get separated (in the back left corner of the store, in the cereal aisle, at the cash registers, etc.)
- Teach your children how to recognize which people to look for help (salesperson, uniformed officer, etc.)
- When making arrangements for your child to travel alone, make sure that the airline knows and try to book a direct or non-stop route.
- In the case of a delay, remain at the gate or stop until the plane or train departs.

When traveling with your pets:

- Be sure your pet ID tags list a mobile phone number.
- If traveling on the road, make sure you have plenty of food and water in the car, especially if your pet requires a specific type of food. It might not be available on the road.
- If you are traveling by air and your pet is larger than 15 pounds, then you will be required to get an IATA compliant pet crate.

Here are a few extra tips for the travel season:

- Some airlines have restrictions on baggage during the holidays so it is always a good idea to send your gifts ahead of time.
- Give your house a "lived-in" look while you're gone by having a neighbor pick up your mail, setting timers for your light, and by not leaving details of your trip on your answering machine. This will discourage any burglars from attempting to rob your house while you're away.

You Can't Always Predict an Accident, But You Can Prepare for One

Proper education can prepare you for an accident and even help prevent one

I speak with people everyday who never thought "it" would happen to them. This is a normal feeling amongst people of all walks of life. Young or old, rich or poor – we all want to believe that we are invincible – that nothing bad will ever happen. Whether that be an illness, an accident at work or a car wreck on the way to school in the morning.

Unfortunately, the truth is that we don't get to choose when an accident happens. In reality, at the end of the day, our well being and safety isn't just in our hands. A somber thought for sure.

Every time you get behind the wheel of a car, your safety is in the hands of other drivers you share the road with. Every time you step into a hospital, clinic or pharmacy, you're no longer solely in control of your well being.

I firmly believe that while you cannot avoid accidents altogether, you CAN be prepared for one. Proper education can oftentimes help you avoid a terrible situation altogether. This is why our firm goes to great lengths to educate people on accident prevention and safety.

Much of the content and information we publish on our sites, in our newsletters and on Facebook and Twitter is geared toward accident prevention. Whether it is about safe driving, choosing the correct nursing home, or recognizing the early signs of daycare abuse, it's about prevention.

Unfortunately, education can't always prevent all accidents from happening. If something does happen, it's important to be educated on how to react and protect yourself from manipulative insurance adjusters.

Insurance companies bank on the premise you won't be educated or prepared in the event something happens. They want you to be in the dark. It is their job to cloud the picture and talk you into foregoing what you deserve in order for them to keep money in their pockets. You beat them by knowing your rights before they even have a chance to take

advantage of the situation.

Our main site, www.jrlawfirm.com, is packed with videos, blogs and articles about the many different accidents, how to avoid them, and what to do if you have been in one. In addition, we have several other specialized sites to address specific issues, such as dallascarcrash.com and daycareabuse.com.

On top of our sites, I have published four different books (with more to come) and numerous reports – all with the aim of hopefully educating people on what to do if something does happen.

This is all provided for free to anybody who is proactive and wants to educate themselves about their rights.

In the end, I sincerely hope that anybody who is reading this newsletter never needs an attorney. The individuals and families that we represent come to us because something awful or tragic has happened and I would never wish that upon anyone. In the event something does happen, myself and the rest of Rasansky Law Firm will always be here to help.

Hopefully, you'll take the opportunity to utilize all of the information that we have made and will make available. Visit one of our many sites:

- ▣ www.jrlawfirm.com
- ▣ www.texasinjuryattorney.com
- ▣ www.insiderslegalguide.com
- ▣ www.cerebral-palsy-informations.com
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You never know what article, blog or video will give you the insight to avoid a bad accident or situation. Of course you are also encouraged to contact our firm anytime you cannot find the information you are looking for on any of our websites.

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1-800-ATTORNEY jrlawfirm.com

*Free Digiclean shown above is not actual size



*example

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