

Hands-Free Devices Aren't As Safe As We Thought

Many people believe that using hands-free devices while driving is safe. This is not necessarily true.

In a poll conducted by the National Safety Council (NSC), it was revealed that eight in ten drivers mistakenly believe hands-free cell phones are safer than using a hand-held phone. About 70% of participates also admitted to using a hands-free device while driving. They believed it was a safer option.

Senior Director David Teater of Transportation Initiatives at the NSC said that many drivers honestly believe they are making a safe choice when they use a hands-free device. Unfortunately, it's just not true. He added that the brain does not truly multitask, and that one can't safely operate a vehicle and talk on the phone at the same time.

The hands-free myth was also debunked by scientists who concluded that using a hands-free device was no safer to use while driving. More than 30 scientific studies and reports have revealed that our brains cannot safely multitask. This means when we talk on a phone and drive, we aren't fully focused on either activity, which is dangerous.

Currently, 14 states and the District of Columbia have banned talking on a hand-held cell phone while driving. New drivers are restricted in 37 states and the District of Columbia. In Kentucky, drivers younger than 18 are subject to cell phone bans, and all drivers cannot text while driving.

Distracted driving is more than just cell phone use. AAA recently revealed in its new research that voice-activated in-car technologies may actually increase unsafe driver distractions. According to AAA's research, three out of four drivers believe that hands-free technology is safe to use. However, Peter Kissinger, President and CEO of the AAA Foundation for Traffic Safety, said that in-car technologies that use voice commands are more distracting than we think they are. That's why AAA is urging car manufacturers to focus on accuracy and usability of these produces to reduce distracted driving.

The leading factor in most crashes

Distracted driving is usually caused by: the use of electronic devices, eating, drinking, reading, reaching for an object, having a conversation with passengers or grooming. According to the National Highway Traffic Safety Administration (NHTSA), it's the leading factor in most crashes. You are 23 times more likely to have a car crash if you text and drive. In Kentucky, there were 9,000 injuries and 163 fatalities due to distracted driving in 2013.

Please don't use your cell phone while driving.

Hands-Free

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Our dog is ready for the holidays.

Holiday Pet Safety

The holiday season is here! This is one of my favorite times of the year. You get to eat great food with family and friends, decorate your house and give presents. It's a lot of fun for everyone, even our pets. We have a 14-year-old Lab that will eat anything that falls on the floor. Did you know some of the food, decorations and toys we have could be dangerous for our pets?

Here are some holiday safety tips to help keep our pets safe this holiday season:

- **Tinsel** Cats love tinsel. It's easy to play with and carry in their mouths. However, if they swallow tinsel, it could lead to vomiting, dehydration, obstructed digestive tract and possible surgery. So, try to avoid decorating with tinsel.
- Food Leftovers Make sure to put away or keep any leftover food out of your pet's reach. We don't want them eating any small bones or fatty meat that could make them sick.
- **Medicines** Put all medicines away. If you have guests over, tell them to keep their medicines in a place where your animals can't get them (like in a cabinet or in a zipped suitcase).
- **Candles** Blow out any candles you have lit before you leave a room. That way, pets won't burn themselves or cause a fire if they knock the candle over.

FAQs

Q: Should I take pictures at the scene of an accident?

A: Pictures are always helpful in the litigation of an automobile accident case. You should definitely take pictures of your car before it is repaired. It's also a good idea to take pictures of the accident scene and all vehicles involved. However, do not take pictures if it puts you in danger.

Watch Out For Deer On The Loose!

Deer season peaks from mid-October to mid-December. A couple of reasons for this is because it's hunting and mating season for them. This means they are very active, especially in Kentucky.

In 2012, Kentucky was ranked 16th out of 50 states for deer-vehicle crashes. This year, Kentucky ranked 13th out of 50. This means the number of deer-related accidents has increased. We need to be very careful when driving, especially at night. Please slow down and be extra cautious. It's also a good idea to look ahead and scan the road for deer silhouettes.

In case you are caught off guard, make sure to stay in your lane. Swerving may put other vehicles in danger, and it could cause you to lose control of your car. Remember that deer often travel in groups. If you see one deer that may mean that there are others nearby.

Please travel safe this holiday season and keep an eye out for deer.

"It's also a good idea to look ahead and scan the road for deer silhouettes."





Photo from: foodnetwork.com

How to make Roasted Baby Potatoes with Rosemary

(Recipe from foodnetwork.com)

What you'll need:

2 pounds small potatoes

6 cloves garlic, cracked away from skin

2 to 3 tablespoons extravirgin olive oil, enough to just coat potatoes

2 tablespoons fresh rosemary leaves, chopped

Salt and freshly ground black pepper

Directions

- Preheat oven to 450 degrees F.
- Halve potatoes and place on a cookie sheet. Combine with cracked cloves of garlic. Coat potatoes and garlic with extra-virgin oil and season with rosemary, salt and pepper.
- Place potatoes on center rack of oven and roast 20 minutes, until just tender.

Game

Can you find all of the holiday words?

S	F	Ε	Q	R	Н	Q	N	R	M	M	K	S	R	M
V	L	F	Т	Q	K	В	N	Q	Y	G	Т	Y	U	N
P	D	Ε	Т	В	S	Y	В	В	В	Ν	M	I	D	Z
K	G	Т	D	R	Q	V	М	G	Ε	R	K	M	0	J
В	Ν	M	М	D	L	Ι	Y	М	Χ	M	U	В	L	Ι
С	Η	V	M	S	I	М	Α	D	Ε	С	I	Χ	Р	F
В	L	В	K	Р	R	Ν	M	Р	Μ	Z	J	F	Н	R
K	D	Z	K	M	R	K	G	V	D	V	G	С	В	С
M	С	D	S	0	Р	R	Ε	S	Ε	N	Τ	S	0	Z
M	R	Χ	Y	F	Ε	V	G	J	S	K	Ε	0	A	R
Z	R	Α	Ε	\mathbf{E}	Y	V	J	D	S	Χ	K	J	Т	G
F	U	M	K	В	M	Α	Z	Χ	Ν	I	R	F	U	Ε
Q	R	Χ	Т	0	Н	D	Y	0	Ε	U	Н	Y	K	С
Н	Q	R	Η	0	В	R	Т	S	С	В	D	Н	Ε	Н
L	U	Т	J	Y	F	Z	K	S	M	0	N	S	K	А

Did you know...

The largest recorded snowflakes were 15" across and 8" thick? They fell at Fort Keogh, Montana in 1887.



COOKIES RUDOLPH SLEDDING PRESENTS ORNAMENTS SNOW



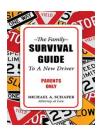
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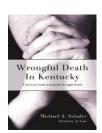
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