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Newsletter: 4th Quarter 2015



*The Schafer Law Office*

## Schafer Law News

### You Are Getting Sleepy, But Hopefully Not Behind The Wheel

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According to the Centers for Disease Control and Prevention (CDC), 4% of nearly 150,000 adults ages 18 and older in 19 states and the District of Columbia admitted to falling asleep while driving at least once in the previous 30 days. These individuals had only six hours of sleep or fewer.

#### Statistics

The National Highway Traffic Safety Administration (NHTSA) reported that drowsy driving caused 72,000 crashes in 2013 alone. Of these incidents, 800 people were killed and 44,000 were injured. The NHTSA added that drowsy driving often goes underreported, similar to other crash reports that involve driver inattention.

#### What are some warning signs of drowsy driving?

People who are more likely to drive drowsy include those who do not get enough sleep such as shift workers, drivers taking medications that induce drowsiness and commercial truck and bus drivers. Sometimes it's hard to tell when you're feeling sleepy. More often than not, you just fall into it and wake up a few seconds later. However, this is extremely dangerous. As per the CDC, some warning signs include: yawning or blinking frequently, missing exits, drifting from your lane and difficulty remembering the past few miles.

#### Drowsy driving prevention

Drowsy driving can be prevented. You can protect yourself as well as others you're sharing the road with by taking the necessary precautions. Here are a few tips for staying awake and alert while driving:

- Start a sleep schedule (going to bed and waking up around the same time every day) and stick to it.
- Get enough sleep. According to the National Institute of Health, teens need at least nine to 10 hours of sleep while adults need at least seven to eight hours of sleep each night.
- If you feel sleepy while driving, pull over in a safe area and take a nap. You could also stop at the nearest hotel for the night.
- Don't assume you can drive through the night, especially if you're driving alone. Falling asleep for even a few seconds can be fatal.

#### Recognized By:



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Our dog Quinsey in her Christmas sweater.

## Keeping Our Pets Safe This Holiday Season

The holiday season is a fun time for both people and their pets alike. However, not all holiday food and decorations are safe for our pets. I can remember when my dog Quinsey ate tinsel and a plate full of brownies in the same night. It was scary for all of us! Fortunately, she was alright, and it taught us to be more careful about where we place decorations and food. Here are a few things to keep in mind to help keep our pets safe:

- If you have a Christmas tree, make sure it's anchored and secure so it won't fall and potentially injure your pet.
- Avoid mistletoe, holly and tinsel. If your pet ingests any of these, they could get very sick and have to be taken to the vet.
- Don't share any sweet treats with your pets.
- Store any leftovers in a place where your pets can't get to them.
- Make sure all trash cans have secure lids on them.
- Keep any medications in a secure place that animals can't reach or get to.
- If you're thinking about getting a gift for your pet, make sure to stick with toys like Kongs for dogs and interactive cat dancers for cats.

## FAQs

Q: What Questions Should I Ask My Agent When Buying Insurance?

A: The most important questions you can ask your insurance agent are:

- What does this coverage mean?
- How much does it cost?
- How much more will it cost if I raise my limits?
- Is there another company that will give me a better rate?

## Getting A Ride Home After Drinking Can Save Lives

App driven, ride-sharing services help reduce drunk driving incidents, according to a recent study conducted by Mothers Against Drunk Driving (MADD) and Uber. Nearly four out of five respondents said that because of ride-sharing apps, they were less likely to drive themselves home after drinking. Also, 57% said that they would have ended up driving, even after they'd been drinking, if ride-sharing apps did not exist.

A total of 807 adults participated in this study, and it was conducted in 19 Uber-operating cities in December 2014. The study also emphasized the 6.5% decrease or 60 fewer drunk driving-related crashes in California after Uber began offering its service in 2012.

If you're going to a party or gathering where there is going to be alcohol, please consider the following tips:

- Never drink and drive! Even if you think you are able to drive, don't.
- Know your limits and drink responsibly.
- Assign a designated driver before the event or plan on calling a taxi to take you home.



*"Never drink and drive! Even if you think you are able to drive, don't."*



Photo by: racheyrach5 from allrecipes.com

My dad, Ron, went to The Ohio State University. This recipe is for him.

## How to make Buckeye Balls

(Recipe by: Allison O'Brien from allrecipes.com)

### What you'll need:

- 1 1/2 cups creamy peanut butter
- 1/2 cup butter, softened
- 1 teaspoon vanilla extract
- 4 cups sifted confectioners' sugar
- 6 ounces semi-sweet chocolate chips
- 2 tablespoons shortening

### Directions

1. Line a baking sheet with waxed paper; set aside.
2. In a medium bowl, mix peanut butter, butter, vanilla and confectioners' sugar with hands to form a smooth, stiff dough. Shape into balls using 2 teaspoons of dough for each ball. Place on prepared pan and refrigerate.
3. Melt shortening and chocolate together in a metal bowl over a pan of lightly simmering water. Stir occasionally until smooth and remove from heat.
4. Remove balls from refrigerator. Insert a wooden toothpick into a ball and dip into melted chocolate. Return to wax paper, chocolate side down, and remove toothpick. Repeat with remaining balls. Refrigerate for 30 minutes to set.

## Game

Can you find the ten holiday words?

C R C K J U P S D A O Y E V S D Q E Y S  
 D B T H F T L I T C L Y N I J D T S F E  
 A L K T R E C I Q I T H P L P I W U S I  
 U Y V X D I L U M D N E Z L F L M O Q K  
 Y P A D H M S A V D O Y Y P B Y L H V O  
 I R I B V B F T K F H C G B V J Z D P O  
 Q N E G Y G S Q M F D E R P A Y R A L C  
 G Y A L P K F N I A T V O K W D A E E I  
 S N O W F L A K E A S C A H A C J R O N  
 Z N A M W O N S L T U Z I O F U J B O J  
 F I B A E G G O Q T T F G B N H G R U O  
 S U B C H R C T G G O I U B D P I E T S  
 V I P C J O B U O G D R M V R R H G B L  
 R W Y F H L L Q Y F T E J C R E T N Q J  
 W S S C U D L Z M O X Q T M B S N I J B  
 R A T X P Q O P W X S G W N N E H G K A  
 Y O M S U Q J I J Z L E W I D N D Z N O  
 H L W Q V S T C L D E W B T E T X I C Z  
 B H F S Y P Q S J L Y K S H F S O S I C  
 H P O V Y F A R V P F O E S R Z Q N E C

### Did you know?

"The U.S. Postal Service delivers 20 billion cards and packages between Thanksgiving and Christmas Eve."

**CHRISTMAS \* COOKIES \* FAMILY \* GINGERBREAD HOUSE \* HOT CHOCOLATE**

**MITTENS \* PRESENTS \* SLEDDING \* SNOWFLAKE \* SNOWMAN**



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## About The Schafer Law Office

The Schafer Law Office has been serving Louisville, Kentucky and the surrounding counties for more than 25 years. The Schafer Law Office concentrates in personal injury cases including: automobile, fatal, truck, motorcycle, bicycle, dog bite, premises liability, pedestrian and child accident cases. If you've been hurt through no fault of your own, contact The Schafer Law Office. Our office number is (502) 584-9511. We will guide you through your case and help you know your legal rights.

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