

The Straight Talk



From Straight Talk Law



Teens Against Distracted Driving Campaign

March 2010

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Notable March Calendar Dates:

- Sunday, March 14: Daylight Saving Time Begins
- Wednesday, March 17: St. Patrick's Day
- Saturday, March 20: First Day of Spring

TADD

TEENS AGAINST DISTRACTED DRIVING

PLEASE VISIT

TeensAgainstDistractedDriving.com

It almost goes without saying that driving while distracted is a huge problem. When I first started driving, the only in-car distraction was listening to the radio. Then came the added distraction of talking on cell phones while driving. **But now the biggest distraction—and also the biggest danger to ALL of us—is the phenomenon of texting while driving.** Studies have shown that drivers who are texting are six times more likely to crash, and this kind of distracted driving is frequently causing more fatal crashes as well. As the cause of fatal crashes, texting has increased from 8% in 2004 to 11% in 2008, according to the National Highway Traffic Safety Administration. Handheld phone use while driving is illegal in most European countries and already 19 states have banned texting while driving. **Texting while driving is a problem, but unfortunately, many people ignore this fact.**

So I am trying to do something about it. My focus is going to be on teens. Why teens? Well, they just love to text and they just happen to be our most inexperienced drivers. Those of you who have kids (or grandkids) that are old enough to have a cell phone know exactly what I mean. Kids love to text. And when they start driving, it is tempting for them to try to text and drive at the same time. The NHTSA 2008 nationwide survey shows use of hand held devices by teens is up considerably. This age group also has the highest statistics for fatal crashes: 16% of fatal crashes caused by distracted driving in 2008 were by drivers under the age of 20. So how bad are drivers who text? The magazine Car and Driver recently conducted a small study comparing texting while driving with drunk driving, and their results were surprising. **The participants were given a series of driving tests to perform while texting and then while intoxicated, and they actually did worse while texting!** **HERE IS MY PLAN:**

I recently got a ton of rubber bracelets made up (think the yellow LIVESTRONG bracelets that are very popular). My plan is work with local schools, possibly an organization within each school, to provide the bracelets and pledge cards. If a student signs the pledge to not text and drive, then the kid gets the cool looking bracelet. **Each orange bracelet will be imprinted with the following: I PLDG 2 NT TXT N DRV**



If the school organization wants to sell the bracelets as a fund raiser, then that is great. The bracelets and the signed pledge cards will hopefully raise awareness among teens of the dangers of texting and driving. And just with drunk driving, raising awareness is the best way to attack this problem. **I want this project to work, but I need your help.** I need suggestions on who to talk to at the school level. If any of you have a high school aged child who wants to bring this project to his or her school OR if you know someone at your local school who you think may be interested in taking on this project, then PLEASE contact me. I really need your help! I can be contacted by email at Jason@plg-pllc.com or by calling 206-285-1743. Or visit, www.TeensAgainstDistractedDriving.com

Guest Feature: Dr. Chinn

Ask A Doc'

With Dr. Perry Chinn



Dr. Perry Chinn, D.C. is a chiropractor currently practicing in Tukwila, WA. He is a 1986 graduate of Life Chiropractic College in Marietta, GA. Dr. Chinn is recognized as a Diplomat of the Gonstead Clinical Studies Society, teaching the Gonstead technique of chiropractic adjusting nationwide. He is also the author of the book, *Soaring Beyond Fear, How to Overcome Your Self-Imposed Limits*.

Ouch! You have just been involved in a motor vehicle accident and now you are feeling the pain. What you are likely noticing, in addition to feeling terrible overall, is a significant amount of neck weakness and body discomfort.

When your car comes to a sudden stop, or even if your car gets some help moving forward, the result is a sudden acceleration or deceleration. The laws of physics, just like the indifferent effects of gravity, come in to play. Your head becomes an object similar to a bowling ball at the end of a bunch of rubber bands.

As you and your car experience the different levels and forces of sudden movement, the mass of your head can stretch, pull and tear the fibers in the supporting ligaments and tendons of your neck.

Bottom line, something has got to give and the soft tissue of your neck is the weakest link. There are many contributing factors which can affect the severity of injury, but the bottom line is....the steel and plastic in your car can be replaced. Your body must have time and the correct care in order to heal properly.

Chiropractic care places your body in a supportive environment of healing that enables the soft tissue of the neck and spine to repair with high quality tissue.

Your body will heal regardless of the environment you provide. The question is.... will it heal with scar tissue or nice, elastic connective tissue?

Highly specific chiropractic care, such as the Gonstead technique utilized by the doctors at Interurban Chiropractic, provides just that quality of healing environment. Specificity and accuracy in correction are the keys to optimal results.

For more information on Dr. Perry Chinn, please visit

www.interurbanchiropractic.com

Time Flies !



Quinn and Little Pup—2005

It seems like just yesterday that my first child, Quinn, was born. My how time flies! Quinn is 5 and from time to time I will share some funny stories or quotes from my precocious 5 year old. — Jason

"Mommy you're not a person, you're a mom." - Quinn

Check out the back page for a contest to win a Starbucks Gift Card!



Quinn in 2010

We've all experienced it. In fact, many of us have done it. Of course, I'm talking about rubbernecking. When you are driving home from work and there are emergency vehicles surrounding a traffic accident scene, you become curious and take a peek. Whether the scene is a fender bender, a large-wreckage filled accident, or even simply just a broken down car or a flat tire, people want to check out what is going on. This problem is a cause of thousands of annual car accidents in the United States and is known as "rubbernecking."

By definition, rubbernecking "describes the act of gawking at something of interest." It happens all the time. You are driving somewhere, usually on the freeway, and you find yourself moving at a snail's pace, inching down the road. You know that the reason for the delay is most likely some form of traffic accident up ahead. After spending an hour on the road for a trip that usually takes ten minutes, you'd think everyone would be anxious to get out of the mess and move along on their way as quickly as possible. But no, like the cars ahead of us have been doing, we all want to slow down, take our attention off of the road, and take a look for ourselves at what has been causing this frustrating delay. The real frustration will come when you get rear ended or you hit the car in front of you because you are not paying attention to the road.

The rubbernecking phenomenon is a major problem. As we know from a past Straight Talk Law report, there are many driver distractions that we must avoid. That article discussed things we can do to prevent dangerous situations. When someone else is involved in an accident miles up the road from you, there is nothing that you can do to prevent it. However, you can prevent further accidents from happening by refraining from rubbernecking. A 2005 study examined the types of distractions most likely to cause accidents and found rubbernecking was the greatest hazard, responsible for 16% of all distractions.

So what can we do about this problem? All humans are just curious by nature, right? In Great Britain, they seem to have come up with a solution that they think will help. They have

developed a plan for national use of giant safety, vision-blocking screens to put around auto accidents. These screens can be put up around accident scenes in only minutes, and experts hope that the screens will reduce congestion by making sure that the drivers continue at their normal speed because there is nothing to see, even if someone looks.

Of course there are opponents of this method. Some wonder whether the extra staff needed to assemble and break down these screens, as well as the space that they take up on the side of the road, will make congestion even worse. Also, if drivers are that curious that they slow down just to check out someone with a flat tire, then how nosy and intrigued will they be by a 20 foot tall screen that stretches 150 feet down the freeway? If there was a clear solution to this troubling problem then I'm sure we would have found it by now.

We as humans won't ever stop being curious. But we must realize that rubbernecking can be very dangerous, and even cause more serious of accidents than the one that caused the delay in the first place. Are large, vision-blocking screens like the ones being tested in Great Britain the answer? Maybe, maybe not. Whatever the case may be, Straight Talk Law once again asks you to please drive distraction-free at all times in order to keep the roads safe for yourself and others around you.





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WIN A STARBUCKS GIFT CARD !!

"Mommy, you're not a person,
you're a mom," was the quote of
young Quinn Epstein.

I am sure that many of you have
similar funny quotes or stories of
your young children, grandchildren or
friends. Share the quotes or stories
with us, and even send a picture if
you'd like, and we will pick out our
favorite one and feature it in next
month's newsletter. Whoever we
choose will also WIN a Starbucks gift
card.

Email your entries to
Thomas@plg-pll.com



Hot Off the Presses: The NEW Straight Talk Law Book

We hope you will never need this book, but if someone you know may be interested, or you just want to be prepared or educated on the topic, Straight Talk Law has written a new free book for you.

[In Case of Death: Straight Talk on Washington Wrongful Death](#)

Again, we hope you never will need this book, and if you do, we are incredibly sorry for your loss. Wrongful death cases are very complicated, involving everything from probate matters to negligence issues. These types of cases are often made more difficult because insurance companies representing the wrongdoer often try to avoid liability or offer unfair or inadequate compensation. This book can help anyone get through a terribly difficult time.

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