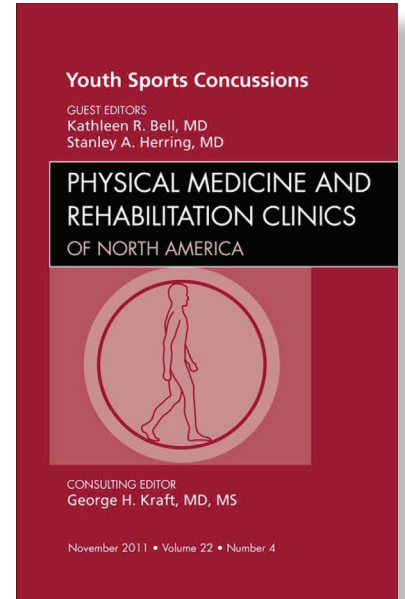


Driving in Winter Weather

Winter weather is upon us, whether we like it or not. While the Northwest often fares better than many parts of the country when it comes to harsh winter weather, there is no denying that winter driving can be both challenging and dangerous for automobile travel. Drivers should be cautious when driving in adverse weather conditions and be familiar with the rules for safely dealing with winter road emergencies.

HERE ARE SOME TIPS to keep you and your loved ones safe during the winter driving season:

- Avoid driving while you're fatigued.
- Be sure your tires are properly inflated, and never mix radial tires with other tire types.
- Keep your gas tank at least half full to avoid gas line freeze-up or running out of gas if inclement weather causes severe traffic snarls.
- Avoid using your parking brake in cold, rainy and snowy weather.
- Do not use cruise control when driving on any slippery surface (wet, ice, sand).
- Always look and steer where you want to go.
- Wear your seat belt **EVERY** time you get into your vehicle.
- Check local weather reports prior to a long-distance drive or before driving in isolated areas. Delay trips if bad weather is expected. If you must travel, inform others of your travel route, destination, and estimated time of arrival.
- Pack a basic emergency kit in your vehicle which should include: flashlight and batteries, blankets, gloves, hats, food, water and any needed medication.
- Stay with your vehicle if you become snow-bound. It provides temporary shelter and makes it easier for rescuers to locate you. Don't try to walk in a severe storm. It's easy to lose sight of your vehicle in blowing snow and become lost.
- Tie a brightly colored cloth to the antenna or place a cloth at the top of a rolled up window to signal distress.
- Keep the dome light on at night, if possible. It only uses a small amount of electricity and will make it easier for rescuers to find you.
- Make sure the exhaust pipe isn't clogged with snow, ice or mud. A blocked exhaust could cause deadly carbon monoxide gas to fill the passenger compartment of your car if the engine is running.
- Use whatever is available to insulate your body from the cold. This could include floor mats, newspapers or paper maps.
- **DRIVE SLOWLY.** Everything takes longer on snow and ice-covered roads; accelerating, stopping, turning, nothing happens as quickly as on dry pavement. Slowly applying the gas is the best method for regaining traction and avoiding skids. Allow extra time and distance to slow down for a stop sign or traffic light. Remember: it takes longer to slow down on snowy or icy roads. Give yourself time to maneuver by driving slowly.
- Allow greater following distance between your vehicle and the vehicle ahead of you. The normal dry pavement following distance of 3-4 seconds. This should be increased to 8-10 seconds to provide an increased margin of safety for emergency stops.
- Know your brakes. Whether you have antilock brakes or not, the best way to stop is threshold breaking. Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- Don't stop if you can avoid it. It is harder to start moving from a full stop on snow or ice than it is if your vehicle is still rolling.
- Don't power up hills. Accelerating on snow-covered roads often causes your wheels to spin and lose traction. Try to get some inertia going before you reach the hill and let that inertia carry you to the top. When cresting a hill, reduce your speed and proceed down the hill as slowly as possible.
- Don't stop going up a hill. There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.



Mr. Adler Serves as Author in Medical Science Journal for Rehabilitation Doctors

Doctors and lawyers, though cooperative in their care for injury victims, rarely cross the lines into the other's professional discourse. Richard Adler has crossed those lines, being invited to co-author an article in the scientific journal of the American Academy of Physical Medicine and Rehabilitation.

The article, *Changing the Culture of Concussion: Education Meets Legislation* (Vol. 3, S468-S470, October 2011), was co-authored with Stanley Herring, MD. It describes the educational and legislative process behind passage of the Zackery Lystedt Law in Washington in 2009. The law is not one that serves just a select few, but strikes a chord for a broad range of people interested in keeping youth athletes' safe and preventing preventable brain injury.

Mr. Adler, as then-President of the Brain Injury Association of Washington, developed and led the coalition among community, business, sports and health care leaders in making the Lystedt law a reality in Washington State. Born out of the tragic circumstances of one family, represented by Mr. Adler, the law was the first in the nation that requires any youth athlete suspected of concussion to be immediately removed from play and the athlete cannot return to play until cleared by a medical examination. Today similar laws have been passed in 31

(Continued on page two)

Mr. Adler Serves as Author in Medical Science Journal for Rehabilitation Doctors

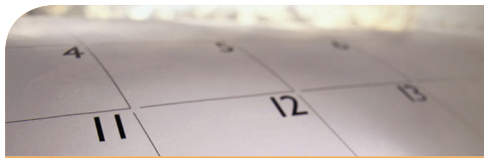
(continued from page one)

states and the District of Columbia. And plans are in motion to have the remaining 19 states to adopt it as well.

“I am truly honored and humbled to be asked to author this article. It is an extremely rare event, so I am told, to have an attorney published in a medical journal and I am grateful for the opportunity,” said Mr. Adler.

Mr. Adler was also invited to contribute to a special edition of *Physical Medicine and Rehabilitation Clinics of North America: Youth Sports Concussion* published in November 2011 (Volume 22 Number 4). The article, *Youth Sports and Concussions: Preventing Preventable Brain Injuries. One Client, One Cause, and a New Law*, is a detailed account of the passage of the Zackery Lystedt Law. This special volume focuses on cutting-edge research and education in the realm of youth and sports concussion.

If you wish to receive a copy of either article for educational purposes, simply contact Adler Giersch PS at 206.682.0300 or email kcruse@adlergiersch.com.



Calendar

October 20, 2011 Arthur D. Leritz was an invited presenter at the Washington State Association of Justice continuing legal education seminar, “Medicine for Lawyers: Connective Tissue Injuries.” The seminar was held at the Washington State Convention Center in Seattle.



Arthur D. Leritz with Medical Panel at “Medicine for Lawyers: Connective Tissue Injuries.”

October 29, 2011 Richard H. Adler presented at a Continuing Medical Education course, “Concussion Education Summit,” for health care professionals that was sponsored by the Yakima Medical Society. Supporting partners included the Brain Injury Association of Washington, Pacific Northwest University of Health Sciences, Washington State Youth Soccer Association, and Washington State Athletic Trainer’s Association. Mr. Adler joined other featured speakers including Yakima State Senator Curtis King; Stanley Herring, MD (UW Medicine); Eddie Meirelles, MD (Northwest Neurosciences, Yakima); Raymond P. Snyder, MD (Orthopedics Northwest, Yakima); and Jane Kucera Thompson, PhD (East Slope Neuropsychology, Yakima). Health care professionals and interested members of the community learned the latest medical

evaluation and assessment tools for diagnosing and treating concussions in youth athletes.



Richard H. Adler; Ray Snyder, MD (Orthopedics Northwest - Yakima); Senator Curtis King; Stanley Herring, MD (UW Medicine); Eddie Meirelles, MD (Northwest Neurosciences - Yakima); Jane Thomas Kucera PhD (Yakima).

November 17, 2011 Richard H. Adler traveled to Orlando, Florida at the invitation of the American Association of Physical Medicine and Rehabilitation and spoke at their Annual Convention in Orlando, FL. This is the second year Mr. Adler has been asked to present to this national organization of rehabilitation doctors.

January 24-26, 2011 Jacob W. Gent will serve a Moot Court Judge for the In-House Appellate Competition conducted by the Moot Court Board at Seattle University School of Law.

February 24, 2011 Jacob W. Gent will present “Tales From the Dark Side: Inside the Mind of a (Former) Claims Adjuster” at Washington State Association for Justice’s *Taking the Mystery out of Medicine* seminar at the Washington State Convention Center.

March 2, 2011 Richard H. Adler is an invited speaker at the 10th Annual Pacific Northwest Brain Injury Conference Sponsored by the Brain Injury Alliance of Oregon (formerly the Brain Injury Association of Oregon). Mr. Adler will serve on a panel to discuss “*Legal Issues Following Brain & Spinal Cord Injury.*”

Purpose:
To promote public awareness of
insurance issues, victims’ rights, health
care treatment of choice and safety on
the roadway.

Seattle Office: 206.682.0300
Everett Office: 425.338.7700
Belleve Office: 425.643.0700
Kent Office: 253.854.4500
www.adlergiersch.com

Your referral provides us with the highest
commitment possible. We appreciate the
trust and confidence your referrals imply.

We Appreciate Referrals


ADLER • GIERSCH
PERSONAL INJURY LAW
PS
compassionate counsel. tough advocacy.®

Seattle • Bellevue • Everett • Kent
333 Taylor Avenue North
Seattle, WA 98109

Address Service Requested

Presorted Standard
U.S. Postage
PAID
Seattle, WA 98104
Permit No. 17413