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NEWSLETTER

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Put Safety First When Sharing the Road with Motorcyclists and Bicyclists

If you are involved in a car accident, it's important to get medical help right away. Even if you don't need emergency care - for example, for severe head or spinal cord injuries or open bone fractures - some injuries aren't obvious and symptoms can worsen with time.



Common Injuries from Motor Vehicle Accidents

- **Neck injuries** including whiplash are probably the most common injury type. Whiplash, where the head suddenly "whips" back and forth or to the side causes neck sprains or strains because of excessive pressure on the neck ligaments.
- You may think more often of harm to the upper body during an accident, but accidents cause **leg and knee injuries** too ranging from bruises and cuts to fractures and dislocations.
- A **broken bone** always requires emergency care to prevent further damage. Severe breaks may require metal plates or screws to put the bones back in place.
- **Back and spine injuries** like strains may require only supportive care, but blunt force impact can cause serious injury to the spine. A severe back injury can result in lifelong pain and loss of mobility.

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...continued from page 1 **Put Safety First When Sharing....**

- When the brain is shaken severely, **traumatic brain injuries (TBIs)** including concussions can occur. Often during an accident the head will hit a window or the steering wheel, but a TBI can result even if the head doesn't hit any surface.

Motorcyclists and Bicyclists Are Vulnerable to Severe Injuries in a Traffic Accident

Although motorists and their passengers can suffer serious injuries in an accident even when protected by their steel vehicles, consider how little protection that motorcyclists and bicyclists have in a traffic accident. Cars have more weight and bulk and stability, not to mention seat belts and airbags, than motorcycles and bicycles.

According to the National Highway Traffic Safety Administration (NHTSA), more than 80% of motorcycle crashes cause injury or death to the motorcyclist. Wearing a helmet is the most important protective factor. Motorcycle helmets are specially made with a hard shell that protects the skull by distributing the force of an impact. In Indiana, motorcycle riders and passengers under age 18 must wear a helmet. But of course it's a good idea for everyone to wear one.

Bicyclists too come out poorly in an accident with a motor vehicle. Although Indiana currently has no law requiring helmets for bicyclists, there may be local regulations to consider. But it's a fact that helmet use while bicycle riding reduces your risk of head injury by 50%! You may enjoy reading more about this topic in our blog on Bicycle Accidents and Brain Injuries.

Drivers: Give Smaller Vehicles a Break!

With warmer weather here, there are many motorcycles and bicycles on the road, and drivers of larger motorized vehicles must remember:

- Motorcycles and bicycles have as much right to be on the roadways as cars.
- Yield to motorcycles and bicycles when appropriate just as you would yield to another car.
- Be aware of all your surroundings and recognize that smaller vehicles have reduced visibility.
- Give them plenty of room - when passing, leave at least 3 feet between your car and the smaller vehicle.
- Never pass and turn right as the motorcycle or bicycle may have caught up with you on your right side.
- Be patient - motorcycles and bicycles may slow down unexpectedly because of hazardous road conditions that may not affect your car.

Learn more about safe driving with motorcycles from DefensiveDriving.org and safe driving with bicycles from the NHTSA.

If you or a loved one has been injured in a car, motorcycle or bicycle accident or in any type of personal injury, it's important to get an attorney experienced in these types of cases involved immediately. Call **1-800-278-9200** for your initial free consultation. The Sevenish Law Firm, injury attorney in Indianapolis, can help you determine whether you need a lawyer for an accident or any personal injury case.

Happy Birthday to Randall Sevenish



Happy Birthday to Meghan



Our Attorneys and Staff



**Attorney
Randall Sevenish**



**Attorney
Matthew Forsythe**



**Business Administrator
Regina Sevenish**



**Office Manager
Shannon Majors**



**Legal Assistant
Meghan Morton**

From My Blog: Fine-Tune Your Riding Skills With a Motorcycle Safety Course

As you gear up for spring riding, you'll be busy inspecting your motorcycle as well as your riding gear and helmet. Whether you perform your own tune-up or ask your favorite mechanic, it's important to have your bike in tiptop shape before you venture out on the road. Read the rest>>

<http://www.sevenishlaw.com/blog/fine-tune-your-riding-skills-with-a-motorcycle-safety-course.cfm>



Recipe of the Month Mango-Pineapple Chicken Tacos

TOTAL TIME: Prep: 25 min. Cook: 5 hours

MAKES: 16 servings

Ingredients

- 2 medium mangoes, peeled and chopped
- 1-1/2 cups cubed fresh pineapple or canned pineapple chunks, drained
- 2 medium tomatoes, chopped
- 1 medium red onion, finely chopped
- 2 small Anaheim peppers, seeded and chopped
- 2 green onions, finely chopped
- 1 tablespoon lime juice
- 1 teaspoon sugar
- 4 pounds bone-in chicken breast halves, skin removed
- 3 teaspoons salt
- 1/4 cup packed brown sugar
- 32 taco shells, warmed
- 1/4 cup minced fresh cilantro



Directions

1. In a large bowl, combine the first eight ingredients. Place chicken in a 6-qt. slow cooker; sprinkle with salt and brown sugar. Top with mango mixture. Cover and cook on low for 5-6 hours or until chicken is tender.
2. Remove chicken; cool slightly. Strain cooking juices, reserving mango mixture and 1/2 cup juices. Discard remaining juices. When cool enough to handle, remove chicken from bones; discard bones.
3. Shred chicken with two forks. Return chicken and reserved mango mixture and cooking juices to slow cooker; heat through. Serve in taco shells; sprinkle with cilantro.

Freeze option: Freeze cooled meat mixture in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little broth if necessary. Yield: 16 servings.

Nutritional Facts

2 tacos: 246 calories, 7g fat (2g saturated fat), 51mg cholesterol, 582mg sodium, 25g carbohydrate (10g sugars, 2g fiber), 21g protein.

Diabetic Exchanges: 3 lean meat, 1-1/2 starch.

Recipe courtesy of tasteofhome.com

What's Happening in Indianapolis

June 3

Vintage Indiana Wine & Food Festival
Military Park
Indianapolis, IN
<https://goo.gl/sCSBTR>

Jun 10 - 11

43rd Eagle Creek Folk Festival
Eagle Creek Park
Indianapolis, IN
<https://goo.gl/57fClp>

June 18

New Kids on the Block with Paula Abdul and Boyz II Men
Bankers Life Fieldhouse
Indianapolis, IN
<https://goo.gl/P6JevI>

Jul 1

Lady Antebellum
Klipsch Music Center
Noblesville, IN
<https://goo.gl/THWRgt>

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Jul 8

2017 IU Health Indy Criterium Bicycle Festival
Monument Circle Downtown Indianapolis
Indianapolis, IN
<https://goo.gl/gJF9xj>

Jul 14

Chicago and the Doobie Brothers
Klipsch Music Center
Noblesville, IN
<https://goo.gl/ktSczx>

Jul 19 - 23

Adair County Fair
Adair County Fairgrounds
Greenfield, IN
<https://goo.gl/rQc87s>

Jul 27

United We Rock Tour: Styx, REO Speedwagon & Don Felder
Klipsch Music Center
Noblesville, IN
<https://goo.gl/MJiZ3N>



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