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NEWSLETTER

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Putting Bicycle Safety First

If warm summer weather calls you to dust off your bicycle and hit the road, you're not alone! Bicycling for pleasure, health and even commuting to work have seen tremendous increases in recent years.

But don't let a biking outing turn into a tragedy. The National Highway Traffic Safety Administration (NHTSA) reports that 743 cyclists were killed in bicycle accidents in motor vehicle traffic during 2013, including 14 in Indiana.



Drivers: Share the Road

Just think for a moment of the relative size of a bicycle to a car or truck **and** its reduced visibility. Drivers of motorized vehicles must: *....continued on page 2*

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....continued from page 1 **Putting Bicycle Safety First**

- Pass bicycles carefully. Aim for 3-foot clearance or wait for a safe opportunity to pass.
- Treat bicycles just like other vehicles, especially when making turns.
- Don't honk your horn to avoid startling the bicyclist.
- Regard bicyclists respectfully just as you want your vehicle to be treated.

Bicyclists: Obey the Rules of the Road

In Indiana, bicycles have all the rights and duties as other vehicles on the roads. In other words, obey the same rules of the road! Ride in the same direction as traffic, use hand signals appropriately and stop at all stop signs and signals.

Follow these additional tips for a safe ride:

- Bike defensively! Never assume that drivers of other vehicles can see you.
- Be cautious of the blind spots of other vehicles. Don't stop to the right of a car - instead, pull in front or behind the car so you'll be spotted in the motorist's mirrors.
- Use extra caution when moving into an intersection - 45% of bicycle/car accidents occur at intersections.
- Watch out for doors opening when you are riding alongside parked cars.

Gear Up for Safety

- Always wear a helmet! Helmet use can reduce the odds of a head injury in an accident by 50% (Insurance Institute for Highway Safety).
- Dress in bright colors or add reflecting tape to clothing for increased visibility.
- Add front and rear reflectors and lights to your bicycle.
- Do a pre-ride bike check before each trip, including tire inflation and wear.
- Invest in a rear-view mirror to attach to your helmet, sunglasses or handlebar.

Put bicycle safety first to make sure your summer ride is a happy experience.

Recommended Resources

The League of American Bicyclists

The Central Indiana Bicycling Association

BicycleIndiana

Indianapolis Bicycle Advocacy

Put the Safety of our Kids First this Summer

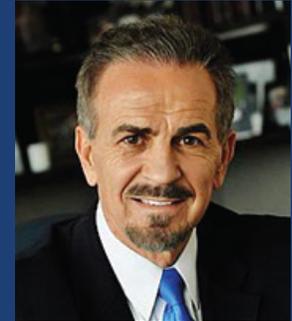
Whether you live in a city, the suburbs or a more rural area, you'll see more children on the streets during the summer for impromptu games of catch, bicycle races or just crossing the street to catch the ice cream truck. Our kids are active and impetuous and probably not as cautious as adults when it comes to running out into the street.



Drivers, now more than ever it's vital to watch out for little ones on or near the roadways.

Indiana's School Is Out: Watch for Kids! initiative has some good advice to help prevent children's serious injuries or - even worse - fatalities: ..continued on page 3

Our Attorneys and Staff



**Attorney
Randall Sevenish**



**Attorney
Matthew Forsythe**



**Business Administrator
Regina Sevenish**



**Office Manager
Shannon Majors**

....continued from page 2 **Put the Safety of our Kids First this Summer**

Drivers: Watch Out for Kids

- Don't just look straight ahead at your route - scan the entire area for children playing.
- Slow down whenever you see children near the road - they are likely paying more attention to their game and friends than your car.
- Always stop for anyone entering a crosswalk and those stepping off the curb.

Parents and Caregivers: Keep Your Children Safe

- Teach your child about the dangers of street traffic. Show them the safe way to cross any street and what to do if a ball or other toy rolls into the roadway.
- Don't let your kids play outside unsupervised. Take turns with a neighbor to watch them and put your cellphone away!
- Make sure that children riding bicycles or skateboarding take a friend along.
- Never allow your child to walk alone even to a friend's house.
- Always report any suspicious vehicles, strangers or activities to the police.

Wishing you and your family a happy and safe summer!

If you or a loved one has been injured in any type of accident or 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 2nd Birthday to
Wyatt Campbell**



He is Mr. & Mrs. Sevenish's Grandson and son of their daughter Abby Campbell.

**Happy 3rd Birthday
to Brody Majors**



**Happy Birthday to
Regina Sevenish**



Honoring our hero's medal- Greenwood Freedom Fest 2016



Recipe of the Month

Classic Potato Salad

Ingredients

Servings 8 Units Us

- 8 medium potatoes, cooked and diced
 - 1 1/2 cups mayonnaise
 - 2 tablespoons cider vinegar
 - 2 tablespoons sugar
 - 1 tablespoon yellow mustard
 - 1 teaspoon salt
 - 1 teaspoon garlic powder
 - 1/2 teaspoon pepper
 - 2 celery ribs, sliced
-continued on bottom



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- 1 cup onion, minced
- 5 hard-boiled eggs
- paprika

Directions

1. Boil peeled potatoes in salted water until done. Cool to room temperature.
2. Place diced potatoes in large bowl.
3. Mix mayonnaise, cider vinegar, sugar, mustard, salt, garlic powder, and pepper in another bowl.
4. Add to potatoes.
5. Add celery and onions and mix well.
6. Stir in eggs.
7. Sprinkle a little paprika on top.

Courtesy of Food.com

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