

The Road To Justice Starts Here

Exclusively Representing Women in Divorce, Custody and Support Matters and the Injured through No Fault of Their Own.

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SOMETIMES FLIES UNDER THE RADAR

There is no shortage of causes for auto accidents, but one culprit that sometimes doesn't receive the spotlight it should is drowsy driving.

According to a National Sleep Foundation (NSF) poll, 60 percent of drivers admitted to having driven while drowsy; 37 percent said they had nodded off while driving. The actual numbers are likely higher. The Centers for Disease Control and Prevention also reports that roughly 6,000 fatal vehicular accidents each year can be attributed to drowsy driving.

The NSF states that driving after having been awake for 18 straight hours produces effects equivalent to someone with a .05 blood-alcohol concentration. After 24 hours, it equates to

a .10 BAC (legal intoxication is .08 in most instances). The results are slower reaction time, lack of awareness of one's surroundings, impaired judgment, and skewed decision making. It's a recipe for disaster.

Frequent yawning, no clear memory of the last few miles driven, and being snapped to attention by the rumble strip are clear signs of drowsy driving. The only antidote to drowsiness is sleep. If you're drowsy, don't get behind the wheel. If drowsiness creeps up on you as you drive, pull over at a safe place and take a 20-minute catnap.

For DUI cases, there are tests that can determine alcohol/drug impairment. Cell phone records can help prove distracted driving.

However, there isn't a clear-cut standard of measure to quantify drowsy driving, which makes these cases more complex.

If you or a loved one has been injured by a negligent driver, contact an auto accident attorney, who can help you attain rightful compensation. ■



spicy apricot glazed chicken

Looking for a spicy *and* sweet dish to match your love for another? Try bringing this chicken to the table!

Ingredients

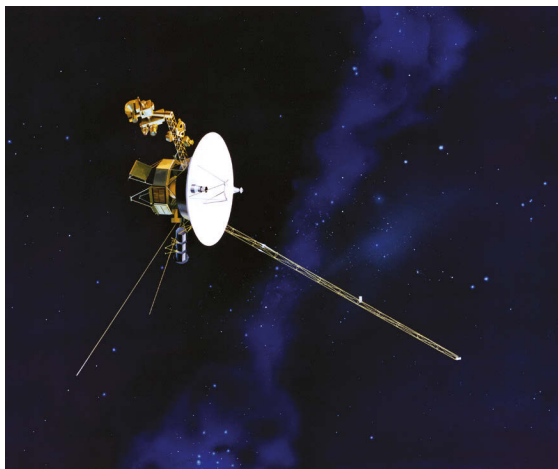
- 4 boneless, skinless chicken breast halves (about 4 oz. each)
- 1/3 c. apricot preserves
- 1/4 c. chili sauce
- 1 Tbs. hot mustard
- 1/4 tsp. salt
- 1/8 tsp. pepper

Preparation

- Preheat broiler.
- In a small saucepan, combine the preserves, chili sauce, hot mustard, salt, and pepper. Cook and stir over medium heat until heated through.
- Place chicken in a 15x10 baking pan coated with cooking spray. Broil 3-4 inches from heat for 6-8 minutes on each side, or until a food thermometer reads 165 degrees. Brush occasionally with the preserves mixture during the last 5 minutes of cooking. ■



space . . . THE FINAL FRONTIER



For only the second time in human history, a man-made object has left the heliosphere, the protective bubble of particles and magnetic fields created by our sun. NASA announced in December 2018 that Voyager 2, a space probe launched in 1977, had exited the heliosphere and is now over 11 billion miles from Earth.

The mission of the Voyagers 1 and 2 spacecraft was to study Jupiter and Saturn. They had an estimated lifespan of five years. Their mission was then extended to investigate Uranus and Neptune. Over 40 years later, they are both still actively transmitting information back to Earth from interstellar space.

Although technically in interstellar space, they haven't officially exited our solar system, since they are still within range of the sun's gravitational pull. And they will be for quite some time—roughly 30,000 years. Information from Voyager

2 currently takes over 16 hours to reach Earth, even at the speed of light. For some context, light traveling from the sun takes eight minutes to reach Earth.

Voyager 2 was actually launched 16 days *prior* to Voyager 1. However, Voyager 2 was programmed to take a more circuitous route through the solar system. Though Voyager 1 was launched later, it would reach Jupiter first, hence the “1” designation.

Each Voyager carries a Golden Record, which consists of a phonograph record and a 12-inch gold-plated copper disk containing select sounds and images to portray the diversity of life and culture on Earth—a cosmic time capsule. If extraterrestrials are out there and stumble upon it, it's a sneak peek at who we are (or were) . . . minus the bad stuff. ■

the poetry of Groundhog Day



Each year on February 2, Groundhog Day is celebrated throughout much of the United States and Canada. The fates of winter and spring hang in the balance. If the designated groundhog (or acceptable substitute) emerges from his hole and casts a shadow ... six more weeks of winter. Otherwise, spring will arrive early.

The first “official” Groundhog Day took place in 1887 in Punxsutawney, Pennsylvania, with Punxsutawney Phil the center of attention. Other towns and regions have their own groundhog weather prognosticators. In areas bereft of groundhogs, yellow-bellied marmots and prairie dogs do the honors—including a few in robotic or stuffed-animal form.

Groundhog Day, however, piggybacked off an ancient Christian tradition called Candlemas, which honors the day on which Mary and Joseph presented the baby Jesus at the Temple. According to Old Testament law, 40 days was the period of purification following the birth of a child. Forty days from the church-sanctioned date for Christmas, December 25 (including the 25th), is ... February 2.

An old English poem linked Candlemas to weather and seasonal change:

*If Candlemas be fair and bright,
Come winter, have another flight.
If Candlemas bring clouds and rain,
Go winter, and come not again.*

In Germany, once the meteorological connection with Candlemas was established, animals were eventually incorporated into the weather-forecasting business—the hedgehog was the popular choice. When German immigrants arrived in the United States, this tradition came along. Since the groundhog was native to North America, it replaced the hedgehog.

For the record, Punxsutawney Phil’s forecasting success rate is abysmal (39 percent). Flipping a coin would be more accurate, but where’s the fun in that? ■

February 2019 – Mark Your Calendars

February 1 – National Get Up Day February 4 – National Thank a Mail Carrier Day February 8 – National Kite Flying Day February 14 – National Ferris Wheel Day
February 17 – National Random Acts of Kindness Day February 23 – National Dog Biscuit Day February 24 – National Tortilla Chip Day
February 28 – National Floral Design Day



540 Pacific Ave., San Francisco, CA 94133
72A Main St., Tiburon, CA 94920
Telephone: 415.341.1144
Facsimile: 415.341.1155
www.NathanLawOffices.com

drowsy driving SOMETIMES FLIES UNDER THE RADAR



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foodborne illnesses CAN BE TOUGH TO STOMACH

The Centers for Disease Control and Prevention estimates that over 48 million Americans per year suffer the effects of foodborne illnesses, one example being the romaine lettuce *E. coli* outbreaks over the past year. Thankfully, most people recover within a day or two without need of medical attention, although enduring the symptoms is no picnic.

However, food poisoning can sometimes be severe and even life-threatening. *E. coli*, salmonella, listeria, and numerous other bacteria and viruses send over 125,000 people to the hospital annually; nearly 3,000 don't survive. Those who do eventually recover may face sky-high medical bills and substantial lost wages. If a restaurant, grocery store, farm, slaughterhouse, or factory is responsible, a claim can be brought against them.

A person filing a claim must establish that a specific food they ate was contaminated—sometimes a tricky venture. Symptoms of foodborne illnesses don't strike immediately. For instance, if you eat contaminated food for breakfast, symptoms might only become evident after you've already had lunch, which muddies the waters considerably. A health authority can confirm if a food is contaminated or not, but they'll need a sample. When others experience the same problem as you, from the same source, it simplifies things.

Next, you must show that the contaminated food is linked to your illness. Having a stool sample tested is the best way to do that. If the sample shows the same harmful microbes as those found in the contaminated food, it significantly bolsters your case.

If you suffer severe consequences from food poisoning, the sooner you contact a personal injury attorney, the better your chances of garnering fair compensation. ■



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