TIPS FOR DRIVING SAFELY IN THE SNOW

Winter has had its heyday in Virginia! With snow on top of snow on top of ice, we thought it would be important to review some safety tips for traveling in the snow if you need to.

- 1. Drive smoothly. Avoid jerking movements or quick accelerations and breaking. Be deliberate and gradual.
- 2. Look ahead. Anticipate what is coming up and plan. Slow down for turns and look out for ice. Triple your stopping distance and increase your following distance to six seconds.
- 3. Heed the lights on your dashboard. How much traction you have on the road is an important factor to driving safely. If you see an amber colored icon of a car with squiggly lines behind it flashing, that is the stability-control system. It will flash if the wheels don't have enough traction and are slipping on the road. When it blinks, ease up on the accelerator so the wheels can regain grip. Then ease back into the accelerator when the light stops flashing.
- 4. Don't stop if you can avoid it. If you can slow down enough to keep rolling until a traffic light changes, do so.
- 5. For a front-wheel skid, just let off the gas and steer



in the direction you want your car to go. If your car starts fishtailing because of a rear-wheel skid, turn the wheel in the direction the rear wheels are going. And if you're still sliding or spinning, and your car has ABS, press down firmly on the brake pedal, and keep steering. Always be looking at your "target" — where you want the car to go.

- 6. Make sure your tires are equipped to handle the snow. Most tire shops will check the tread and wear on your tires for free and give you their advice/opinions.
- 7. Be sure to keep a bundle of cold-weather gear in your car, such as extra food and water, warm clothing, a flashlight, a window scraper, blankets, medications, and more.

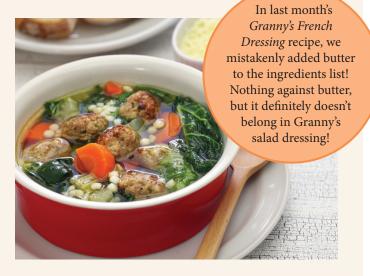
Be safe out there!

Slow Cooker Sausage & Spinach Soup

Tis the season for soups and this one is delicious! Spoiler alert: For this recipe, all you have to do is brown the sausage and add all ingredients to the slow cooker!

Ingredients

- 1 tablespoon olive oil
- 1 (12.8-ounce) package smoked andouille sausage, thinly sliced
- 3 cloves garlic, minced
- 1 onion, diced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 2 (15-ounce) cans Great Northern beans, drained and rinsed
- 1/2 teaspoon dried oregano
- 2 bay leaves
- 4 cups chicken broth
- Salt and pepper to taste
- 3 cups baby spinach



Directions

Heat olive oil in a large skillet over medium high heat. Add sausage, and cook, stirring frequently, until lightly browned, about 3-4 minutes.

Place sausage, garlic, onion, carrots, celery, beans, oregano and bay leaves into a 6-qt slow cooker. Stir in chicken broth and 2 cups water until well combined; season with salt and pepper, to taste.

Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours. Stir in spinach until wilted.

Serve immediately.



Notes on Ski Cases

When a skier is injured on the slopes in Virginia, there is a comprehensive legal framework that will determine whether they can be compensated for their injuries. The Winter Sports Safety Act is a detailed Virginia state statute that outlines winter sports area operators' responsibilities and liabilities as well as the responsibilities of those participating in winter sports.

Skiers have several duties such as exercising reasonable care while skiing, obtaining assistance for an injured skier when he or she is involved in the accident, paying attention to posted signage, and otherwise acting in a safe manner. Failure to uphold these duties could make skiers liable to each other if they collide. Further, people who choose to ski are presumed to assume a certain level of inherent risk, however, this does not mean that they assume the risk of negligence on the part of a winter sports area operator. However, most cases we see are against other skiers/snowboarders.

\$300,000 Ski Accident Settlement

Our client was injured while she was skiing on a slope at Wintergreen. A snowboarder was boarding down the mountain, very fast according to one witness. By his own admission, he was looking down at the terrain, and when he looked up, he was right on our client. He had little time to react and hit her with his board, throwing her into the air. The defense claimed that our client failed to exercise reasonable care; however, she was following all posted signs and was exercising

Type of case: Ski accident

Place of incident: Wintergreen, VA

Injuries sustained: Traumatic deep leg, nerve, and artery lacerations

Verdict or settlement: Settlement

Amount: \$300,000

reasonable care, specifically in keeping control of her speed and maintaining a proper lookout so as to avoid other skiers. The universal ski rule is that the downhill skier has the right of way. We retained an expert who would testify about the rule, which is made clear all over the resort.

Our client was treated on the side of the mountain by the ski patrol and transported to the University of Virginia, where doctors identified traumatic leg and nerve lacerations. Surgery was performed and doctors found that she had permanent nerve damage leading to permanent weakness and an inability to extend her big toe. Doctors further indicated that the condition was chronic and our client would need to be seen every six months.

Our case was made against the snowboarder and not Wintergreen Resort. We were able to make a recovery from the defendant's homeowners insurance policy for all of their coverage.

SCHOLARSHIP UPDATE

We received a lot of submissions for our second annual Survivor Scholarship and are currently going through all of the applications. We look forward to announcing the winner soon! STAY TUNED for our next scholarship opportunity which will be available to graduating high school seniors in the Central Virginia area from the following counties: Appomattox, Charlotte, Lunenburg, Nottoway, Amelia, Cumberland, Buckingham, and Prince Edward.



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