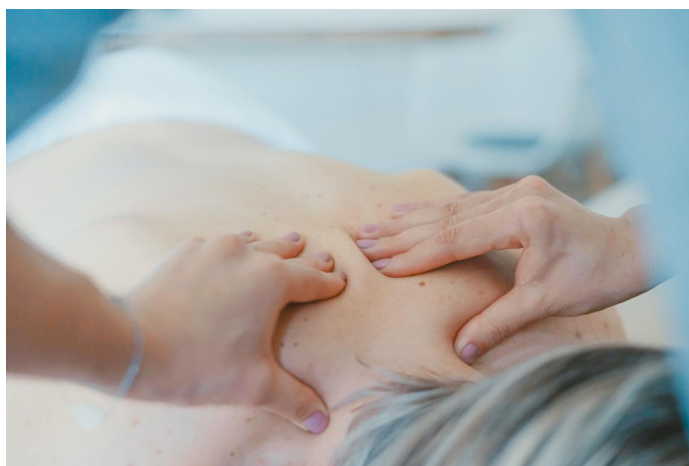


NEWS & UPDATES

Back, Neck and Spinal Injuries Following an Accident



One of the most common auto accident injuries you've likely heard of is whiplash, also known as cervical sprain or strain. Even if a crash is low impact, passengers can still walk away with severe whiplash. Even fender-benders and parking lot accidents can leave a person aching with whiplash symptoms, impacting their daily life.

Whiplash is sometimes difficult to diagnose right away, as it could take hours (or even days) for symptoms to appear. A few common whiplash symptoms to be on the lookout for include:

- Neck pain and stiffness
- Worsening of pain with neck movement
- Insomnia or sleep disturbances
- Muscle spasms
- Headaches
- Dizziness
- Vertigo
- Blurred vision
- Loss of range of motion in the neck
- Tenderness or pain in the shoulder, upper back, or arms
- Tingling or numbness in the arms
- Fatigue
- Ringing in the ears
- Irritability
- Difficulty concentrating
- Memory problems
- Depression

While it may seem like you could overcome a few of these symptoms on your own, it's important to consider how they affect your daily life, especially your ability to work. If your job requires much physical activity, a high level of concentration, or even just being

on your feet for the majority of the day, imagine how terrible neck pain, headaches, or blurred vision could affect you. If you sit at a desk at work, consider the discomfort of severe neck pain while trying to focus on a computer screen.

As you can see, the effects of whiplash can greatly diminish your quality of life.

If you have been diagnosed with whiplash or believe you may be suffering from some of the symptoms mentioned above after a car or truck accident, don't try to "just deal with it." Your health is important to your quality of life—[contact](#) the Law Offices Of Dianne Sawaya to get the help you need.

Car Accident Facts



According to DriverKnowledge.com, there are about 6 million car accidents every year in the United States, with 90 people dying in car accidents each day. As a result of those 6 million car accidents, there are an estimated 3 million injuries, with a staggering 2 million of those injured victims suffering permanent injuries. Even though seat belt use decreases the risk of death by 45 percent, one in seven people does not buckle up when they drive or are a passenger in a vehicle. And despite the level of education regarding impaired driving, alcohol remains a factor in 40 percent of all car accidents.

Excessive speed is responsible for about 30 percent of all auto accidents, and reckless driving is responsible for about 33 percent of all auto accidents. While experts believe distracted driving is a major factor in auto accidents, distraction is more difficult to prove, as few drivers want to admit they were talking on a phone, texting, eating, turning around to see what the children were doing in the back seat or simply not paying attention. Despite this, it is estimated that distracted driving is a factor in at least one in every five auto accidents and that at least nine people are killed in auto accidents each day as a direct result of distracted driving.

Following a car accident, most adults know they need to contact the insurance company and make arrangements to have the vehicle repaired. When an auto accident is serious, handling things on your own can become significantly more difficult—sometimes even overwhelming. Unless you have experienced a serious injury, you may not be aware of just how much this level of injury can alter your day-to-day life, your physical abilities, and even your emotional and mental status. You need and deserve a Denver auto accident attorney who is both a highly skilled negotiator, as well as an aggressive litigator to get you the settlement you deserve. [Contact](#) the Law Offices Of Dianne Sawaya to get the help you need.

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The Famous Chocolate Easter Bunny!



Have you ever wondered why we celebrate Easter with Chocolate bunnies? Chocolate bunnies were initially created in Germany in the mid-19th century. They became popular in 1890 when American shop owner Robert Strohecker created a five-foot-tall chocolate bunny as an Easter promotion in his drug store.

Bunnies traditionally became a popular item for Easter because in medieval Europe the rabbit was a well-known symbol for spring. A German legend said that after a long winter, an Easter bunny would lay bright-colored eggs in the grass for well-behaved children to find.

And have you wondered why Chocolate bunnies are hollow? Well, when a piece of

chocolate is over ½ inch thick it becomes very difficult to bite into and enjoy. Making bunnies hollow allowed chocolate makers to produce larger bunnies for visual impact but were still enjoyable to eat. In America during WWII cocoa was a rationed product, so making bunnies hollow gained popularity. Hollow bunnies could be produced using a lot less chocolate than solid bunnies.

Chocolate bunnies are made by pouring molten chocolate into a bunny-shaped mold. The mold is shaken to remove air bubbles and rotated so that the chocolate forms a thin, even shell on the inside of the mold. After the chocolate cools it can be removed from the mold and packaged. Large factories do this all by machine, small shops do it all by hand. Estimates say that about ninety million chocolate Easter bunnies are produced worldwide every year.

Everyone at the Law Offices Of Dianne Sawaya wishes you and your family a very Happy Easter!

Easter Bunny Fun Facts

87% of parents will buy or make Easter baskets for their children—and 81% will then proceed to steal candy from them!

89% of Americans think chocolate bunnies should be eaten ears first. 5% prefer to begin with the tail.

The largest chocolate bunny ever made was made in 2014 for Chocofest in Brazil. It weighed over 8,000 pounds and was over 13 feet tall!

Lemon Garlic Butter Baked Fish

Ingredients

- 4 tablespoons butter
- 3 cloves garlic, minced
- 1 lemon
- 1 ½ lb white fish fillets, see notes below
- ½ teaspoon EACH: sea salt and pepper
- Minced parsley, to serve



Directions

1. Preheat your oven to 425 degrees Fahrenheit.
2. Melt the butter in a small frying pan over medium heat. Add the garlic and let it cook for 1 minute. Zest the lemon (preferably with a Microplane) and add it to the butter.
3. Thinly slice the zested lemon and place the slices in the bottom of a baking dish. If there are extras, save them for the top of the fish.

4. Dry the fish with paper towels, season both sides with salt and pepper, then lay the fish on top of the lemon slices. Spoon or brush the garlic butter over the fish.
5. Bake the fish for 10-12 minutes, or until it flakes easily with a fork. Serve with a little parsley sprinkled over the top for color.

NOTES

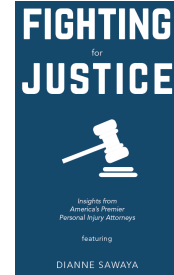
White fish is the generic term for many different kinds of fish. A few to look for are cod, lingcod, grouper, snapper, whitefish, haddock, rockfish, or sole.

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