



# Corradino & Papa, LLC

*A Personal Injury Law Firm*

**973-574-1200 • CorradinoandPapa.com**

**CHAMPIONS OF JUSTICE**

## page 2

Making it safely to the other side  
of the tracks

April is distracted driving  
awareness month

## page 3

Spotlight of the month

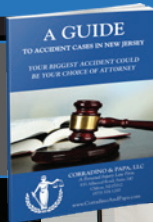
Getting dogged while running

## page 4

Slow-cooker vegetable  
minestrone soup



[CorradinoAndPapa.com](http://CorradinoAndPapa.com)



Request a copy of our FREE Book  
at [www.corradinoandpapa.com](http://www.corradinoandpapa.com)



### **CORRADINO & PAPA**

Sponsors the Clifton Boys & Girls Club,  
"Youth of the Year Scholarship Award" in the amount of \$2,000

### **Congratulations Rawan Awadalla!**

Once meeting the required criteria Ms. Awadalla was selected as a potential candidate for this scholarship. She then moved forward with the interviewing process and was selected as the 2021 recipient winner of the Youth of the Year Award.

Rawan is a well-rounded student attending Clifton High School. She has an outstanding GPA of 4.7 with several honors and she has been involved in many extracurricular activities. Rawan is currently President of the Boys & Girls Club of Clifton's Keystone Club. She also co-founded the Diversity and Inclusion Committee in the Board of Education and held an internship with Zina Spezakakis for Congress NJ-19. Furthermore, she is tutoring elementary students and helping to raise money for shelters in low-income communities. After her graduation in June 2022, Rawan intends to attend the University of Pennsylvania to major in Business/ Pre-Law.

**Personal Quote:** "The Boys & Girls Club is a place where I can truly discover important life skills and lessons that cannot be taught within a classroom. Being chosen as my Club's Youth of the Year is a great honor and has driven me to make sure the students of NJ and America are able to thrive in an environment that supports their diversity and success." ■

*Your Biggest Accident Could Be Your Choice of Attorney*

# making it safely

## TO THE OTHER SIDE OF THE TRACKS



According to the Federal Railroad Administration, our nation's railroad crossings were the scenes for 2,216 collisions, 293 fatalities, and 807 injuries (many catastrophic) in 2019. A motorist is 20 times more likely to lose their life in a train collision as they are with another motor vehicle.

A single, empty boxcar weighs roughly 80,000 pounds (equal to a big rig packed to the gills); one diesel locomotive tips the scales at 200,000 to 400,000 pounds. At 55 mph, a 100-car train needs at least a mile to stop completely — with full emergency braking. The physics doesn't bode well for a car driver.

In 2018, over one-third of railroad-crossing fatalities resulted from drivers attempting to outrun a train or drive around the drop-arm crossing gates. However, a train owner/operator, track owner, train designer or manufacturer, and/or municipality are sometimes at fault, too.

Approximately 80 percent of railroad crossings **lack warning signals** outside of a simple sign, frequently due to budgetary considerations in rural areas. **Defective warning signals** defeat their purpose.

**Operator error** covers the same ground as motor vehicle driver error: speeding, operating the train while impaired by alcohol or drugs, and distracted driving.

**Track defects** can lead to derailment and other dangerous situations. Obstructed views caused by debris or trees and other plant growth need to be dealt with so lines of sight are clear.

**Mechanical defects**, faulty brakes in particular, are a menace. **Lack of proper roadway maintenance** leading up to the crossing sometimes plays a role, too.

If you or a loved one is injured (or killed) at a railroad crossing due to another party's negligence, contact [\*\*Corradino & Papa\*\*](#) to protect your rights. ■

## APRIL IS

# distracted driving awareness month



According to 2018 Centers for Disease Control and Prevention statistics, over 2,800 Americans were killed in crashes involving distracted drivers, and approximately 400,000 were injured. Nearly 500 fatalities involved pedestrians and bicyclists.

Distracted driving has become a national epidemic. The three types of distractions include **visual** (taking your eyes off the road); **manual** (taking your hands off the wheel); and **cognitive** (letting your mind wander).

Texting while driving receives the lion's share of attention, as it involves all three distractions simultaneously. Its dangers can't be overstated. At 55 mph, a texting driver will travel the length of a football field in just four seconds. A lot can go tragically wrong.

But people can be distracted in numerous ways apart from their cell phones. Eating and drinking; applying makeup; adjusting the stereo, temperature, or GPS; interacting with passengers (talk to but don't look at them); gawking at something or someone outside the car; and being in deep thought are among the possibilities.

In most states, the banning of texting while driving is a primary law, which means a driver can be cited without any other traffic offense being involved. It's a mixed bag when it comes to handheld phone calls.

Tips to avoid distracted driving:

- If you need to use your cell phone, pull off the road at a safe place.
- Set your radio and GPS prior to hitting the road.
- Finish grooming, dressing, and eating before you leave home.
- If you're a passenger driving with a distracted driver, speak up! Kindly remind them to focus on their driving.

If you are injured by a negligent driver, contact [\*\*Corradino & Papa\*\*](#) to protect your rights. ■



# spotlight of the month

Angel has a dog named Jax. He is a 2 year old pitbull/beagle mix. When he isn't napping or acting like a small lab dog, he loves to go hiking, play fetch, and go for long walks. Interesting fact, he was the runt of the litter, but now he is 100 pounds and is bigger than his brothers and sisters. Jax was a housewarming gift from a dear friend. ■

## getting dogged while running

Many runners have canine tales of woe. A runner may trigger a dog's hunting instinct, be perceived as a territorial challenger, or a dog might simply be ill-tempered.

Runners can lower their odds of joining over 4.5 million dog-bite victims in the U.S. each year, 20 percent of whom require ER visits. Scout new road routes via car prior to running. Note off-leash dogs, dog signage, open gates, etc.

To improve awareness, ditch your headphones or earbuds (at least lower the volume). If you see an untended dog in the distance, cross the street or take a detour.

Carry a small air horn for emergencies. It unleashes a high-decibel sound that jolts a dog's sensitive hearing and may send it scurrying. Pepper spray can be beneficial, but a miss might escalate the situation; wind can make things tricky, too.

If you encounter an aggressive dog — some combination of bared fangs, growling, tense body, erect ears, stiff tail (or held high, wagging faster than normal):

- Stop running; stand still with arms folded across your chest; stay calm.
- Avoid direct eye contact.
- Turn sideways and utilize peripheral vision.
- Vocalize firm commands such as "Go home!"

Most dogs will eventually get bored or befuddled — or sometimes obey! — and retreat. However, if the dog attacks:

- Unleash the air horn or pepper spray.
- Place something between you and the dog: water bottle, cap/visor, towel, etc.
- In a sustained attack, punch, kick, knee, and yell for help.
- Getting knocked down can be life-threatening. Curl up in a ball, chin and knees tucked, and cover your ears and neck with your arms (clench your hands).

Following an attack, seek medical attention, call animal control and/or the police, and contact our office. Unless you provoked the dog or were trespassing, the dog's owner will likely be responsible for your injuries and damages. ■



### April 2021 – Mark Your Calendars

April 2 – Reconciliation Day    April 11 – Eight-Track Tape Day

April 12 – Grilled Cheese Sandwich Day    April 14 – National Dolphin Day

April 19 – National Garlic Day    April 22 – Jelly Bean Day    April 27 – Babe Ruth Day





## FREE BOOK

Get Jack Corradino and Robert Papa's *New Ultimate Guide to Accident Cases in NJ*, written by Jack and RC. It will explain "Why your biggest accident could be your choice of attorney", and what to do in the event you are injured.

**Quote of the Month:** "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." —Mark Twain

This publication is intended to educate the general public about personal injury, medical malpractice, and other issues. It is for information purposes only and is not intended to be legal advice. Prior to acting on any information contained here, you should seek and retain competent counsel. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

## SLOW-COOKER

# vegetable minestrone soup

Servings: 8; prep time: 30 mins.; cooking time: 6 to 8 hrs.

*This crock-pot version of minestrone is heavy on the vegetables and light on the pasta, keeping carbs in check while providing plenty of flavor.*

### Ingredients (makes 16)

- 4 large carrots, peeled and chopped
- 3 stalks celery, chopped
- 1 small red onion, chopped
- 3 cloves garlic, minced
- 2 cups fresh green beans, trimmed and cut into 2-inch pieces
- 2 cans (15-ounce) no-sodium-added red kidney beans, rinsed
- 2 cans (15-ounce) no-sodium-added diced tomatoes, undrained
- 6 cups no-sodium-added vegetable broth
- 2 tablespoons Italian seasoning
- 1 teaspoon crushed red pepper
- 3/4 teaspoon salt, divided
- 1/2 teaspoon ground pepper
- 1 large zucchini, chopped
- 4 ounces whole-wheat pasta elbows or other small pasta (about 1 cup)
- 1/2 cup freshly grated Parmesan cheese

### Directions

**Step 1.** Combine carrots, celery, onion, garlic, green beans, kidney beans, tomatoes, broth, Italian seasoning, crushed red pepper, 1/4 teaspoon salt, and pepper in a 6- to 8-qt. slow cooker. Cover and cook on low for 6 to 8 hours.

**Step 2.** Stir in zucchini, pasta, and the remaining 1/2 teaspoon salt. Cover and cook on low until the pasta is tender, 15 to 20 minutes more. Serve immediately, topping each serving with about 1 1/2 tablespoons Parmesan.

### Equipment

6- to 8-qt. slow cooker

Recipe courtesy of the EatingWell website, [www.eatingwell.com](http://www.eatingwell.com). ■

