



CHRISTENSEN & HYMAS



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RUSS HYMAS FEATURED ON KSL NEWS

When we talk about cyclists, we often focus on the fact that riders out there have the same protection on the road as vehicles. The flip side of this, however, is that cyclists also have the same responsibilities. KSL featured a story where reporter Mike Headrick caught several cyclists cruising through school bus' stop signs, often at high speeds.

With the weather warming up, people are dusting off their bikes for a summer of riding, and it's vital that cyclists understand the rules of the road for their safety and the safety of those around them. I'm confident most cyclists are not purposefully breaking the law; they simply are uneducated about what is required of them.

The general rule is that cyclists must follow all the same laws that apply to motorists. There are a few notable exceptions, including the ability to cross in crosswalks, pass traffic on the right, enter an intersection on a red light when they are unable to trigger the light to change, and ride on a sidewalk (in many cities). If there is a bike lane available, use it! It sounds simple, but is often overlooked. If you are going slower than the flow of traffic, and there is no bike lane, stay as close to the right side of the roadway as possible.

Similarly, motorists need to remember to "share the road" with cyclists. Drivers must give cyclists at least three feet when passing them. Motorists are also required to yield the right-of-way to cyclists in an intersection just as they would another vehicle.

In Utah alone, there are over 900 accidents and 6 deaths a year from bicycle accidents. Many of these could have been prevented if everyone on the road—both



KSL news contacted me to provide some insight on laws pertaining to cy-

motorists and cyclists alike—knew and followed the rules.

—Russ Hymas

A Crash Course in Accident Reporting

You've gotten into a car accident. What now? What would you do if the at-fault driver claims they were not at fault? Getting correct, accurate information can be the difference between paying out thousands of dollars from your own pocket, and having your damage paid by the responsible party.

There are nine areas of information vital to accident reporting. They are as follows:

Location: Note the city or town in which the accident took place. Be sure to record street names and addresses.

You and Your Vehicle: Record names and personal information of the persons traveling in your car at the time of the accident. Include names, ages, phone numbers, home addresses, insurance information, and any injuries incurred. Include the year, make, and model of your vehicle.

Other Vehicle/Driver: Repeat the above step for each vehicle involved. Be sure to write down any statements they make, especially their version of what happened.

Non-Motorists Involved: Pedestrians or cyclists may have been involved in the accident. Gather their personal information as well.

Witnesses: By-standers may become your greatest ally if the fault of the accident is disputed. Be sure to obtain all personal contact information and official statements of what they witnessed.

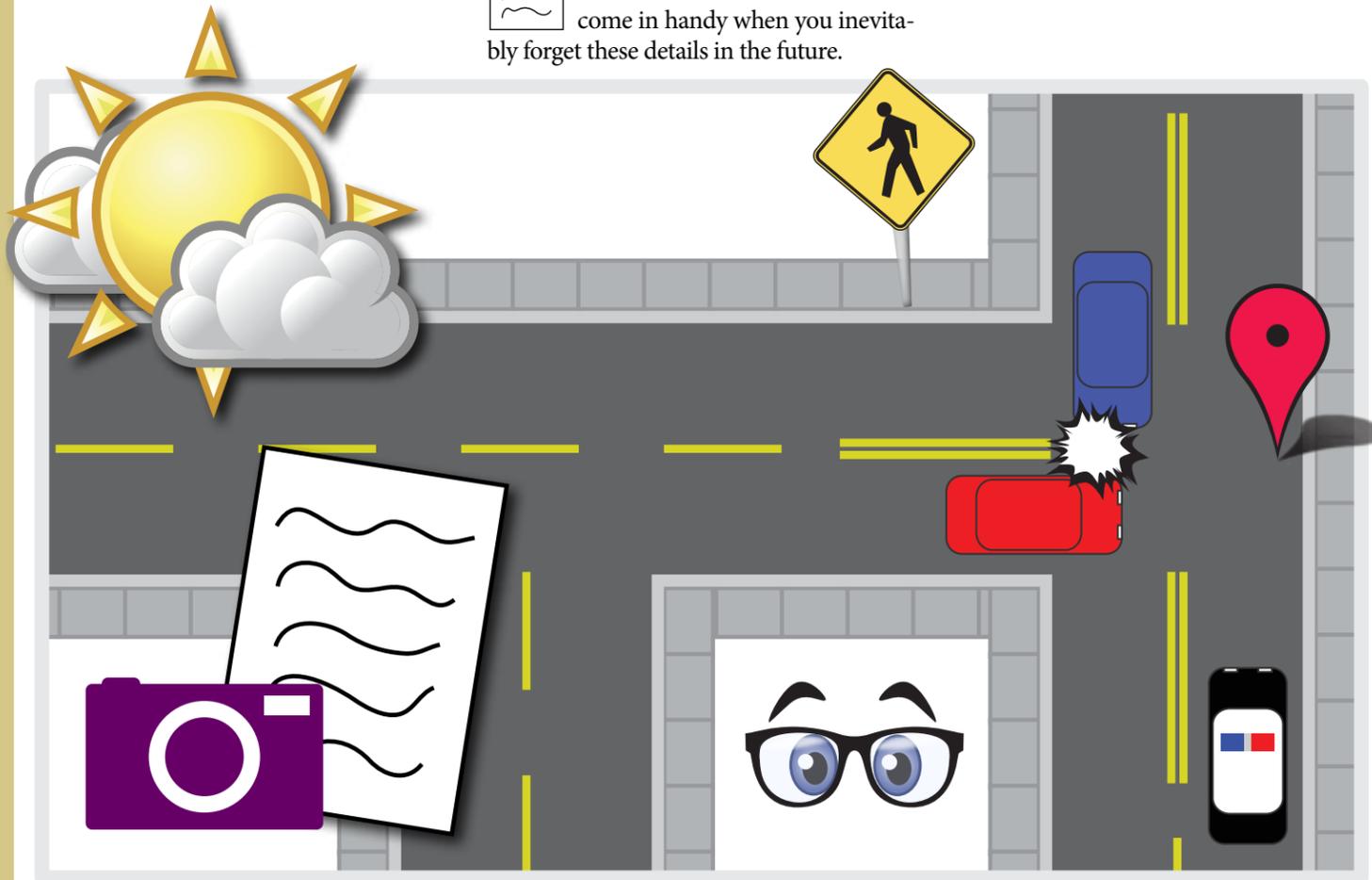
Police Officer: Record the officer's name, department, and the police report number.

Description: With as much detail as possible, describe what you experienced. Writing down details at the time of the accident will come in handy when you inevitably forget these details in the future.

Conditions: Note weather conditions, such as rain, snow, fog, dusk, dawn, standing water on the road, black ice, etc.

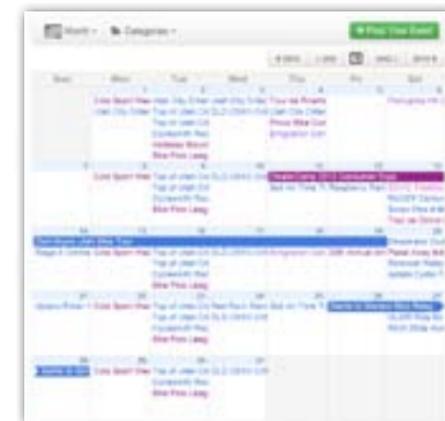
Take Photographs: Nothing says, "this is what happened," like pictures. Document every angle of the accident, with close-ups of any damage. Photograph skid marks, shattered glass, injuries, spilled oil or gas, flat tires, road signs, license plates, VIN numbers, deflated air bags, etc.

Gathering all the Information stated in the steps above will supply you—and if need be, your attorney—with pertinent evidence of what actually happened, rather than someone's opinion of what happened. With mounting medical bills, lost wages, ambulance fees, and property damage costs, this detailed preparation may prove to be the difference between financial ruin and financial freedom.



Cycling Event Calendar

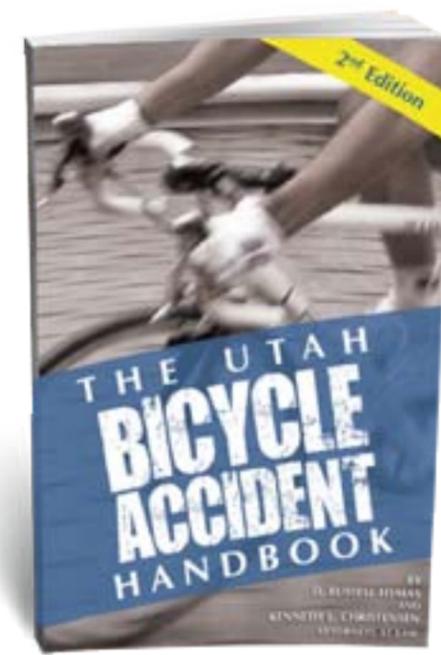
Hey cycling enthusiasts! If you need a place to keep track of all the great bike events here in Utah, we've compiled one of the most comprehensive calendars in the state. Find new events to join or post your own for others to see! Visit: UtahBicycleLawyers.com/2013-utah-bicycle-events



Bicycle Accident Handbook Gets New Edition

Always on the lookout for our cycling friends, we are excited to release our 2nd edition of *The Utah Bicycle Accident Handbook*. Cycling is growing in popularity in Utah, and it's important for everyone out there to be safe and informed. The revision includes:

- Brand new cycling laws and how they affect you.
 - Important information about what to do at the scene of, and immediately after, an accident.
 - How to defend your rights from being diminished by insurance companies.
 - The importance of educating children on the rules of cycling.
- Get your free copy today by calling 1-800-LAW-BOOK or visit UtahBicycleLawyers.com!



CHRISTENSEN & HYMAS

Service With Integrity And Compassion When You've Been Injured

School Supplies Gift Program

DRAPER, UT, April 25, 2013 – The School Supplies Gift Program, sponsored by Utah personal injury attorneys at Christensen & Hymas, is pleased to announce that Mrs. Leslie Edwards, a 3rd grade teacher at Hawthorne Elementary, is the next recipient of the Golden Apple Award.

Mrs. Leslie Edwards is fairly new to teaching, having lived in Saudi Arabia for 22 years where her husband was an engineer with Saudi Aramco. She worked for NBC Network News as well as the Saudi Arabian television and radio networks. In

1999, Mrs. Edwards moved to Salt Lake to organize the NBC news bureau for the 2002 Olympics. While doing all that, a teacher friend asked her to speak to her class about the Middle East. Another teacher asked her to speak to his journalism students about the journalistic process in reporting news and just like that, she was "bitten by the teaching bug."

Mrs. Edwards has remained close to her students from her first years of teaching, even though most of them are already in college.

We applaud Mrs. Edwards for her expertise and continued devotion to teaching and her students.

We Represent The Injured Across 3 States

Utah lawyers Ken Christensen and Russ Hymas assist many people who have suffered due to personal injury, but their practice doesn't stop in Utah. Ken is certified to practice law in both Utah and Idaho; and Russ in Utah and California. Personal injury laws can vary from state to state, but both Ken and Russ have experience with the laws across state lines.

Referrals are a great compliment to us. If you or someone you know is in need of assistance regarding personal injury, Christensen & Hymas is qualified and able to handle the case. Whether in Utah, California, or Idaho, we can help. Please give us a call today.



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RETURN SERVICE REQUESTED

Creamy Chicken Alfredo Lasagna

Ingredients:

- 2 ½ to 3 cups shredded cooked chicken breasts
- 1 can (14 oz.) artichoke hearts, drained, chopped
- 2 cups mozzarella cheese
- ¾ cup grated parmesan cheese
- ½ cup chopped drained oil-packed sun-dried tomatoes
- 16 oz. cream cheese, softened
- 1 cup milk
- 1 tsp. garlic powder
- ¼ tsp. white pepper
- 1 tsp. onion powder
- ½ tsp. oregano
- ¼ cup tightly packed fresh basil, chopped, divided (or 2 tablespoons dried basil)
- parsley to taste
- salt to taste
- 12 lasagna noodles, cooked
- Optional: spinach or steamed broccoli

Directions:

HEAT oven to 350°F.

COMBINE chicken, artichokes, 1 cup mozzarella, ½ cup parmesan and tomatoes. Beat cream cheese, milk, and all spices (set aside ½ t. basil & some parsley) with mixer until well blended; stir in basil. Mix half with the chicken mixture.



SPREAD half the remaining cream cheese mixture onto bottom of 13x9-inch baking dish; cover with 3 noodles and 1/3 of the chicken mixture. Repeat layers of noodles and chicken mixture twice. Top with remaining noodles, cream cheese mixture, mozzarella, and parmesan; cover.

BAKE 20 min. covered then 5 min. uncovered, until heated through (cheese should be very lightly browned). Sprinkle with remaining basil and parsley. Let stand 5 Min. before serving.

*Recipe courtesy of Dustin Nay
45 Minutes from start to finish*