

# Shannon Law Group, P.C.

## Where Compassion Meets Justice

### Bicycling Injuries

More and more people in Chicagoland are saving time in traffic and gas money by riding their bikes to work. Chicago currently has over 200 miles of street bike lanes and many more miles of bicycle and walking trails throughout the city. The city has plans to expand its bicycle trail network to nearly 650 miles by 2020.

As many stretches of bike lanes are unprotected or unbuffered, a huge number of cyclists are sharing the roads with cars, trucks and city buses. With more cyclists sharing the road with drivers, more people are getting hurt riding bikes on their city streets. According to the CDC, over 900 bicyclists were killed in the U.S. in 2013 and there were an estimated 494,000 emergency department visits due to bicycle-related injuries.

Obviously, not all bicycle-related injuries can be prevented. That's the unfortunate reality when an exposed cyclist meets a several thousand pound vehicle. However, there are ways that cyclists can reduce potential injuries.

Wearing a properly fitted helmet every time you ride is one of the most effective ways to reduce the risk of head and brain injuries in the event of a crash. Whether the rider is an adult or child, a bicycle helmet should always be worn – especially if you are not riding on a designated bike trail.

Another effective way to reduce the risk injuries in bike crashes is to take proactive steps to avoid collisions altogether. It is important that riders can be seen. Wearing fluorescent clothes and active lighting (rear red lights, reflectors, etc.) can make you more noticeable to automobile drivers. Just as if you were driving a vehicle, it is also important to practice defensive driving while riding. Anticipate dangerous situations by identifying hazardous conditions and preparing for vehicle drivers making mistakes on the road.

Shannon Law Group, P.C. handles bicycle-related injury cases in Illinois courts and in other courts throughout the country. •



# Benjamin Cascarano – Walking The Walk



We like to highlight people who are making a difference in our community and the world. A St. Joan of Arc parishioner and Lisle High School graduate, Ben has made a difference in serving our country and the world:

“Upon completing my first semester of college, I felt a call to serve my country and enlisted in the U.S. Army. My first duty station was at Camp Casey, South Korea, for one year. I then moved stateside to train fellow soldiers, Marines, Sailors and Airmen for combat operations in the Middle East. In 2009, I was deployed to Afghanistan; at that time, the bloodiest and most violent year the U.S. had experienced since the onset of the war in 2001. My faith came into focus. I used to worry all the time about where I was going in life and how I’d be able to make things work. Over the years, and after a great deal of praying, I’ve learned that God takes care of me, no matter what the circumstance. It’s really amazing to me how He smooths things out and makes everything work—it’s testament to the fact that He is always in control and knows what we really need in our lives, regardless of what it is we think we want or need.”

“There were several highlights from my time in the military, but one that stands out to me above all the others was meeting an eighteen-year-old Afghan boy in the mountains who called himself John. He asked me, in broken English, how he could go to America to attend college and get an education. I was caught off guard by his question. Here was this young man, living amongst a small community of shepherds high in the barren mountains of Afghanistan, asking me how he could experience the “American dream.” I had everything waiting for me back home. John didn’t have that luxury, but it’s because of John that I went back to school immediately upon returning from Afghanistan. If John couldn’t go to school, I would do it for him, and eventually try to earn a career that would somehow enable me to help people like him in the future or, at the very least, share their stories with the rest of the world.”

“I graduated from Southern Illinois University in December of 2015, and now I’m seeking my next career. My passion lies in photography and videography. I love traveling and being out of my comfort zone; it’s times like these in which I feel I’m truly in my element. I just want to find a good job and get my life started.”

I believe a big part of our American culture is to help young people find their vocation. Can you help Ben on his journey? After all, Ben has not sought to be served, but to serve others in his young life. If any of you would like to talk with or meet with Ben to network, he can be reached at (760) 267-2563.

Do you know someone who is making a difference in our community? Let us know, we would like to let our readers know about them. •



## March 2016 Important Dates

**March 3** – NCC Invite Indoor Track Meet for Huskies

**March 13** – Daylight Saving Time Begins    **March 15** – NCAA basketball tournament begins

**March 17** – St. Patrick’s Day    **March 19** – St. Joseph’s Day

**March 20** – Palm Sunday, Spring Begins    **March 24** – Holy Thursday

**March 25** – Good Friday    **March 27** – Easter

# Creamy Cajun Chicken Pasta

Prep: 10 minutes Cook: 15 minutes Serves: 2

## Ingredients:

2 boneless skinless chicken breast halves, cut into thin strips  
4 ounces linguine, cooked al dente  
2 teaspoons Cajun seasoning (your recipe, Cajun Seasoning Mix or store-bought)  
2 tablespoons butter  
1 thinly sliced green onion  
1-2 cups heavy whipping cream  
2 tablespoons chopped sun-dried tomatoes  
1/4 teaspoon salt  
1/4 teaspoon dried basil  
1/8 teaspoon ground black pepper  
1/8 teaspoon garlic powder

## Garnish:

1/4 cup grated parmesan cheese



## Directions:

Place chicken and Cajun seasoning in a bowl and toss to coat. In a large skillet over medium heat, sauté chicken in butter or margarine until chicken is tender, about 5 to 7 minutes. Reduce heat; add green onion, heavy cream, tomatoes, basil, salt, garlic powder, black pepper and heat through. Pour over hot linguine and toss with Parmesan cheese. ●

Source: Food.com, by Lorac



## Owner Liability for Injuries Caused by Dogs

Approximately 4.5 million people are bitten by dogs each year (per the CDC), over 800,000 of whom require medical attention. Dogs may be the source of other injuries as well—for instance, a dog may jump up on someone and knock them down, or cause a bike rider to fall off their bike.

Owners may be liable under one of the following categories:

**The “one-bite” law.** A dog owner is liable for injuries their dog causes if they had reason to know their dog might cause that type of injury. A misinformed understanding of the law is that every dog gets a “free” bite, which isn’t necessarily true. While the first bite puts the owner on notice that the dog may be a danger, so does growling threateningly, snapping, or jumping on someone, among other behaviors. Owners may escape liability if the injured party provoked the dog or knowingly risked being injured by the dog.

**Strict liability statute.** Under this statute, the owner is liable if their dog bites/harms someone who was legally allowed to be where they were when the bite/harm occurred and they did not provoke the dog—even if the owner had no reason to believe their dog would behave as it did.

**Unreasonable carelessness.** If negligence was shown in controlling a dog, the owner shall be held liable. For instance, an aggressive dog was in their pen, but the gate was left unlatched and the dog escaped and caused injury to someone.

If injured by a dog, contact a personal injury attorney to safeguard your rights. ●

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## Renaissance Maintenance

A very talented group of people right here in the western suburbs of Chicago are handling integrated maintenance needs such as paving, parking lot maintenance, snow and ice removal, cleaning, roofing, landscaping, and trade related services nationwide. In now their fifth year of business, the experienced, professional leadership team of Joe Jacksa, Ronda Johnson, John Askwith and Raul Saleme have built and maintained long term business relationships with their customers. Built on the premise that Renaissance Maintenance would be the one point of contact for a business with many maintenance needs, the team has delivered quality and ethical service in Illinois as well as over 23 states. To learn more about Renaissance Maintenance, please contact them at (630) 352-3282. •



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