

NEWS YOU CAN USE

PERSONAL INJURY

THE
JAN DILS
FOUNDATION

OCTOBER 2026

Hydroplaning and Fall Weather Dangers

October brings cooler mornings, earlier sunsets, and some of the most beautiful drives of the year. It also brings a combination of rain, fallen leaves, morning frost, and lower visibility that can make familiar roads behave very differently. A driver may feel fully in control one moment and lose traction the next.

How Hydroplaning Happens

Hydroplaning occurs when a vehicle's tires ride on a layer of water instead of maintaining solid contact with the pavement. Steering may suddenly feel light, the vehicle may drift, and braking can become less effective. Deep standing water can cause trouble, but even a thin film of water may reduce traction when tires are worn, speed is too high for the

conditions, or rain mixes with oil and debris on the road.

Prepare Before the Drive

A few simple checks can reduce the chance that a rainy October drive turns into an emergency:

- Check the tires. Look for adequate tread, visible damage, and proper inflation. Tires cannot move water away effectively when they are badly worn or underinflated.
- Clear the view. Replace streaking wiper blades, clean the inside and outside of the windshield, and make sure the defroster works before the weather turns.
- Leave room. Increase following distance and plan extra travel time so there is no pressure to speed or make an abrupt maneuver.
- Use headlights. Turn them on whenever rain, fog, or dusk makes it harder

to see or be seen, and confirm that all exterior lights are working.

Drive for the Conditions

Posted speed limits are designed for favorable conditions. When rain begins, slow down, avoid cruise control, and make steering and braking inputs smooth. Try to follow the tracks of the vehicle ahead where water has already been displaced, but keep a generous gap. Never drive into water when you cannot judge its depth or see the road surface beneath it.

If the Vehicle Begins to Hydroplane

The safest response is calm and gradual. Ease off the accelerator, keep both hands on the wheel, and steer gently in the direction you want to travel. Avoid slamming on the brakes or jerking the wheel, which can make the loss of control worse. Once the tires regain contact with the pavement,

Continues on back page >>>

IN THIS
ISSUE

**HYDROPLANING
AND FALL WEATHER
DANGERS**

**FOOTBALL, CAR
ACCIDENTS, AND
HEAD INJURIES**

**WHAT'S COOKING: CIDER
BRAISED POT ROAST WITH
CRISPY SAGE POTATOES**



Letter From Jan

One thing I value about October is the way it asks us to pay attention. The days get shorter,

the roads change with the weather, and the routines we know so well can suddenly require a little more care.

That idea runs through this month's personal injury newsletter. We look at the way rain, leaves, and early frost can affect a drive, and we also talk about head injuries—an important topic whether the impact happens on a football field or in a collision. Knowing what to watch for can help you protect yourself

and the people you love.

You will also meet Julie Carter, our newest MVP of the Month, and see another example of our team's service through the Mountaineer Food Bank's Veterans Table. Both stories reflect the compassion and steady commitment I am fortunate to see every day.

And because October should include something warm from the kitchen, Patrick DeMoss has shared a cider-braised pot roast recipe that is made for a cool evening.

Thank you for the trust you place in our team. Wherever you are reading this, I hope the month ahead brings you safe travels, good health, and time with the people who matter most.

Warmly,

Jan Dils

Jan Dils brings her expertise to issues that affect you and millions of other Americans every day. While her knowledge spans the critical areas pertaining to Personal Injury, Veterans benefits, Social Security disability benefits and related appeals and claims, her practice remains focused on people, making sure you get the right answers and results.



Community CORNER

Community Corner: Mountaineer Food Bank Veterans Table

We were excited to be back helping distribute food boxes for Mountaineer Food Bank's Veterans Table! This is one of our favorite programs of the year and we're thankful to play a small part in giving back to our Veterans.



MVP OF THE MONTH Julie Carter



If you've ever worked with her, this probably comes as no surprise. Whether she's guiding a client through one of the hardest moments of their life, or staying after hours to help a new hire feel confident and supported, Julie brings genuine heart to every single thing she does, and it shows in the way team members and clients talk about her.

Helping others isn't just part of Julie's job - it's who she is. We're so lucky to have her, and she has absolutely earned this recognition.

Congratulations, Julie!



Football, Car Accidents, and Head Injuries

Football season puts hard hits in the spotlight, but head injuries are not limited to athletes. A sudden stop in a car crash can force the brain to move inside the skull, even when

a person's head never strikes the steering wheel, window, or dashboard. In both settings, a concussion can be easy to underestimate because there may be no visible wound and symptoms may develop over time.

What a Concussion Can Look Like

A concussion is a type of traumatic brain injury. After a blow or jolt to the head or body, watch for symptoms such as:

- Headache or a feeling of pressure in the head

- Dizziness, balance problems, or unusual clumsiness
- Nausea, vomiting, or sensitivity to light or noise
- Blurred or double vision
- Feeling slowed down, foggy, confused, or unusually tired
- Problems with concentration or memory
- Mood, sleep, or behavior changes noticed by family members

Because symptoms may not appear immediately, continue watching the injured person and note any changes. Children, teens, and older adults may describe symptoms differently or have difficulty recognizing them.

When It Is an Emergency

Call 911 or seek emergency care for danger

signs such as a worsening headache, repeated vomiting, a seizure, slurred speech, increasing confusion or agitation, weakness or numbness, unequal pupils, double vision, loss of consciousness, or an inability to wake or stay awake. When in doubt, it is safer to have a possible brain injury evaluated.

Why the Mechanics of the Injury Matter

In some impacts, the brain may be injured at the point of impact and again on the opposite side as it moves within the skull. Doctors may refer to this as a coup-concussion injury. The speed and direction of the force, a person's medical history, and prior concussions can all affect the injury. That is why two people in similar crashes may have very different symptoms and recovery times.

Recovery Is Not a Race

An athlete with a suspected concussion should be removed from play and should not return until a healthcare professional approves a gradual return. The same patience matters after a motor vehicle crash. Follow medical instructions, keep appointments, and avoid activities that make symptoms worse. Returning too quickly to sports, work, driving, or strenuous activity can interfere with recovery and create additional risk.

Protect Your Health and Your Record

After a crash, tell medical providers about every symptom—even if it seems minor—and explain when it began. Keep copies of discharge instructions, appointment notes, prescriptions, work restrictions, and out-of-pocket expenses. A simple daily symptom log can help show how headaches, sleep problems, concentration issues, or dizziness affect ordinary life. Do not minimize symptoms, but do not exaggerate them either; clear, consistent information helps both your healthcare team and any later claim review.

If you or a loved one suffered a head injury in a car crash and need help understanding the next steps, call Jan Dils Attorneys at Law at **833.534.3577** or email us at contact@JanDilsFoundation.org.

What's Cooking? Cider Braised Pot Roast with Crispy Sage Potatoes

From the Kitchen of **Patrick DeMoss**, Digital Marketing Specialist & Team Leader



INGREDIENTS

1 3-4lb beef chuck roast
kosher salt and black pepper
2 tablespoons flour
6 tablespoons salted butter
3 yellow onions, thinly sliced
4 shallots, halved
2 cups apple cider

2 cups chicken broth or dry white wine
2 tablespoons chopped fresh thyme
2 tablespoons apple butter
1 pound small to medium potatoes
1/4 cup fresh sage leaves
1 teaspoon garlic powder
flaky sea salt

DIRECTIONS: **1. Prepare the roast.** Season the roast with salt and pepper, then rub with flour to coat. Arrange 1 tablespoon of butter, then onions, then shallots in the bowl of your crockpot. Season with salt and pepper. Snuggle the roast into the onions and slather the top of the roast with apple butter. Add the thyme, apple cider, and wine. **2. Add the potatoes and cook.** Arrange the potatoes around the roast. Cover and cook on low for 5-6 hours or on high for 3-4 hours. **3. Crisp the potatoes.** Crank the heat on the oven to 425° F. Remove the potatoes, placing them on a baking sheet. Using the back of a fork or a potato masher, smash each potato. Arrange 5 tablespoons of butter on top of the potatoes. Sprinkle each with garlic powder, then add the sage. Roast until the potatoes are crispy, 20-25 minutes. Spoon the butter and sage over the potatoes. Season with sea salt. **4. Serve.** Serve the pot roast topped with sea salt, gravy, and onions. Serve the potatoes on the side.

PERSONAL INJURY • VETERANS DISABILITY • SOCIAL SECURITY DISABILITY

Want to keep up with all the latest news or get to know us better? Like us on Facebook!



Connect with us on our social networks!



Continued from cover story

reduce speed and find a safe place to stop if you need a moment to recover.

Other Fall Road Hazards

Water is only part of the October picture. Wet leaves can be as slick as ice and may hide lane markings, potholes, or the edge of the pavement. Bridges and shaded areas can frost before the rest of the road. Low-angle sun can cause glare during morning and evening commutes, while earlier darkness makes pedestrians, bicyclists, motorcycles, and wildlife harder to see. Slow down, scan farther ahead, and expect conditions to change from one stretch of road to the next.

After a Crash

Move to a safe location if you can, call for emergency help when anyone may be injured, and seek prompt medical care. Exchange contact and insurance information, take photographs of the

vehicles and road conditions when it is safe to do so, and preserve any dashcam footage. Avoid guessing about fault at the scene; a careful investigation may be needed to understand what happened.

If you were injured in a fall-weather crash and have questions about your rights, call Jan Dils Attorneys at Law at **833.534.3577** or email us at **contact@JanDilsFoundation.org**.

