



Insider.

Auto • Commercial • Home • Boat • Motorcycle • Health



Got Road Rage? This Can Help.

These days, it seems like everyone is in a hurry and fighting to reach their destination a little more quickly. Many of us experience some level of road rage regularly, but that makes for dangerous driving. If you find yourself feeling road rage, even if it's just road frustration, this handy acronym may help you keep your peace intact—and more importantly—keep you and those around you, safe.

Slow, deep breaths. When someone cuts you off or does something to irritate you, take deep breaths. This practice has been proven to decrease blood pressure.

Take time to prepare, so you don't leave home in a hurry. If that means waking up an extra 15 minutes early, start with that. It will make you feel less stressed on the road.

Avoid responding to aggression with more aggression. In other words, take the high road when someone is acting aggressively. It's not easy, but it will be worth it.

Yield when someone has the right of way. Failing to yield is one of the highest causes of road accidents.

Count for an entire minute. If you notice yourself waiting at a light and getting worked up, start counting. You'll notice that most lights last less than a minute. And it'll distract your mind.

Awareness is key. Don't get distracted by texting and driving, so you're not caught off guard by another driver's

action.

Leave the left lane for passing. Avoid slowing down traffic by hovering in the left lane. This may cause the driver behind you to get frustrated and emotions to escalate.

Music, audiobooks or podcasts? Remember when you were a kid and a teacher would read to you? You can recreate that same soothing feeling by listening to interesting audiobooks, or some calm music!



5 Tips for Driving Safely with Kids

Most kids love riding in the car, and if you're a parent, having your children as your passengers is just a regular part of everyday life. It's easy to get on "autopilot" while we're leading our busy lives, and always on the go from here to there. That's why it's important to be extra intentional about safety measures when kids are riding in the car with us. Here are 5 simple car-safety steps you can take to ensure their security at all times.

1. **Buckle up.** Did you know seat belts are responsible for saving 329,715 lives in the last 50 years? Don't put your child or teen in harm's way by allowing them to ride without a seat belt!
2. **Make sure your car seat is installed properly.** A study showed that 73% of car seats are not properly installed (usually they're not secured to the car tightly enough). Carefully follow the instructions that came with the car seat, or search for them online if you no longer have the original copy.
3. **Don't leave loose items around.** Objects tend to go flying when the car even hits the brakes abruptly. Don't leave anything remotely heavy on the shelf behind the rear seat. Place items in the trunk or on the floor, as far forward as possible.
4. **Don't text and drive.** To reduce the temptation to look at your phone when it buzzes or beeps, put your phone on airplane or silent mode while you're driving. Or, put it away where it's out of sight. Not only is distracted driving dangerous, it sets a bad example for children, who are learning to do as their parents do.
5. **Don't leave your child alone in or around cars.** This might sound obvious, but it's important to never leave your child alone in the car, as they could suffer a heat stroke or another injury. Also, make sure no children are playing behind or around your car before you back up. Stay cautious and always keep children's safety top of mind.

Speed Awareness Courses More Effective Than Fines

A new [study](#) in England and Wales found that speed awareness courses have a larger effect in reducing high-speed reoffenses than issuing fines. For people who completed a course, reoffending rates dropped by up to 23% in the six months after participating in the course. After three years, reoffending rates had reduced to 18%.

Findings from the study also found that people who don't comply with speed limits after an offense are more likely to be involved in an injury caused by a motor vehicle collision. Therefore, the authors concluded that the courses, which promote safer driving and reduce speeding-related reoffenses, also indirectly reduce the risk of injuries resulting from a car accident.



FAQ: Someone Else Crashed My Car. Does



Insurance Cover It?

In general, the rule is: Auto insurance follows the car, not the driver. So if you let someone drive or borrow your car, you're also loaning them your auto insurance. Letting someone else get behind the wheel of your car has implications. But sometimes it's the best option, such as in case of an emergency or if the driver has been drinking. Check with your insurance agent today, to learn if your policy specifies exceptions to this rule!



- EASY, CONVENIENT & HASSLE FREE
- EXPERIENCED ATTORNEYS



UPCOMING

— ESTRELLA AGENCIES —

Olivia Santana & Carlos Zamora
1615 N. Hiatus Rd.
Pembroke Pines, FL 33026
954.861.4343

Gladys Lazo
1626 E. Sample Rd.
Pompano Beach, FL 33064
954.487.1660

Thiago Silveira
718 S.W. 10th St.
Deerfield Beach, FL 33441
954.999.9991

Arnoldo Arguello
1291 S. State Rd. 7
N. Lauderdale, FL 33068
954.970.5367

QUESTIONS ABOUT IMMIGRATION?

Come see us at Estrella Immigration Law

Legal guidance with immigration cases.

**ESTRELLA
IMMIGRATION**
Guiando al Inmigrante

305.503.4124

EstrellaImmigration.com

FOR MORE INFORMATION CONTACT YOUR AGENT AT ESTRELLA INSURANCE

Don't forget, we work with over 30 insurance companies to give you the best rate.

Call or go online for a **FREE** quote!

1.888.511.7722

www.EstrellaInsurance.com

STAY CONNECTED

