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LAW FIRM

The Road to Justice Starts Here

Pain and Suffering Takes Many Forms



In some situations, a person who has been injured by someone else's negligence or carelessness may be compensated for "pain and suffering." Pain and suffering refers to the physical *and* emotional/mental distress caused by their injury. It is a completely separate issue from compensation received for lost wages and/or a mountain of medical bills.

Pain and suffering covers not only physical injuries a victim has experienced to date, but what they will have to endure in the future — whether that spans weeks, months, years, or a lifetime. Chronic pain, future surgeries and invasive procedures, lengthy recovery periods, or lifelong disabilities may be in a person's future. Types of physical injuries that might warrant pain-and-suffering compensation include fractures, sprains, dislocations, headaches, internal organ damage, nerve damage, traumatic brain injuries, and spinal cord injuries, among others.

A victim can also be haunted emotionally/mentally by the incident and experience severe anxiety, flashbacks, and nightmares. The realization that their life might never return to its preinjury state may be difficult to accept. Clinical depression, sleep disturbances, anger, worry, and frustration can set in. Long-term counseling and other therapies may be necessary.

Severe scarring, disfigurement, and amputation can also produce emotional/mental trauma. A victim may be embarrassed by their disfigurement and withdraw socially. Having to undergo numerous painful procedures and seemingly endless therapy doesn't help matters.

Bottom line, negligence frequently causes long-lasting consequences for victims and impairs quality of life. Pain-and-suffering compensation won't make everything all right, but it can help. If you are injured by another party's negligent actions, contact our office. Our knowledgeable attorneys and staff will fight for you every step of the way. ●



December 2021 News



Chickpea, Sausage, and Kale Pasta

Yield: 4 servings

Protein-packed and so versatile, canned chickpeas are a pantry must-have that can make a meal in minutes. Try serving up these super staples in a perfect go-to pasta dish for a quick and healthy weeknight dinner during the busy holiday season (or anytime).

INGREDIENTS

- 1/2 lb. short pasta
- 3/4 lb. Italian sausage meat
- 1 tablespoon olive oil, with more for drizzling
- 2 tablespoons minced garlic
- 1 can (15.5 oz.) rinsed and drained chickpeas
- 5 cups ribbed and shredded kale
- 1/2 cup grated Parmesan
- Salt and pepper
- Lemon juice, for drizzling

DIRECTIONS

Cook pasta, then drain. In a skillet, cook sausage meat in 1 tablespoon olive oil until opaque, breaking up with a spoon. Add garlic and cook 30 seconds. Add chickpeas and cook 3 minutes. Add kale and wilt. Add pasta and Parmesan; season. Drizzle with olive oil and lemon juice. Enjoy!

Recipe courtesy of www.marthastewart.com. •



The Evolution of Santa Claus



In the fourth century A.D., a man from Myra (located in modern-day Turkey) named Nicholas became a Catholic bishop renowned for his generosity, gift-giving, and strong faith. Children held a special place in his heart due to the struggles he endured as a child after his parents died from a plague.

Nicholas was canonized in the ninth century and bestowed the title of saint — Saint Nicholas. Eventually, the Feast of Saint Nicholas was celebrated on December 6, the anniversary of his passing. In the Netherlands, this celebration took major turns toward familiar Christmas customs.

The Dutch name for Saint Nicholas was Sinterklaas (sound familiar?). On the eve of December 6, Dutch children anticipated his arrival by setting straw-filled clogs outside to feed the donkeys who pulled his gift-laden wagon. When the kids awoke next morning, an exciting straw-for-gifts exchange awaited them. The Dutch Santa was tall, thin, wore a red cape over a bishop's garment, and donned a pointed hat.

With the 16th-century Protestant Reformation, Martin Luther strongly discouraged the veneration of saints to prevent cult-like followings. Clergy urged parents to give gifts on Christmas Eve instead of December 6 to align gift-giving with the celebration of Christ, the greatest gift of all. German parents were urged to teach their children that the Christ Child (Kris Kringle) was the gift-giver.

When Dutch settlers arrived in America in the 1660s, their Sinterklaas traditions accompanied them. In 1823, Clement Clark Moore tweaked a few of them in his "The Night Before Christmas" poem. His version of Santa Claus became the standard: a plump, jolly, short, grandfatherly, rosy-cheeked, red-garbed, nightcap-wearing, secular figure. (And let's face it, reindeer flying across the face of a full moon is a tad more enchanting than donkeys pulling a wagon.) •

Dec. 7

Pearl Harbor
Remembrance Day

Dec. 21

Winter Solstice

Dec. 25

Christmas Day

Jan. 1

New Year's Day

Jan. 17

Martin Luther
King, Jr. Day

Holiday Shopping Can Be a Pain in the Parking Lot

According to the Independent Insurance Agents and Brokers Association, roughly 40 percent of holiday car and pedestrian accidents occur in parking lots, compared to 20 percent the rest of the year.

Many collisions are a result of backing out of a parking space; there are blind spots galore. If you can back into a parking space, exiting will be a lot safer. (Pull-throughs are treasures!)

Settle for a parking space that's farther from the building. The dream, close-to-the-door space might mean driving the length of the lot several times or more ... increasing your risk of getting struck.

Keep your speed at around 10 mph (or less) in a crowded parking lot, and stay alert to your surroundings. Reduced speeds never give drivers a green light to text or fiddle with the GPS.

Some people are under the mistaken notion that since most stores/malls are on private property, the typical rules of the road and insurance regulations are out the window. Keep the following in mind:

- Right-of-way rules are in full effect in parking lots. For instance, drivers in feeder lanes must yield to those in a main thoroughway. Drivers backing out of parking spots are generally liable in collisions.
- Insurance rules still apply, too. Report your accident to your insurance company. Exchange information with the other driver. If they refuse, take down their license number and other useful information. Immediately report the incident to the police, and ask for an incident report.
- The property owner may be on the hook if inadequate traffic control or poor parking lot design factored into your accident/injuries/losses.

If you are injured in a parking-lot accident due to someone's negligence, contact our office to protect your rights. ●



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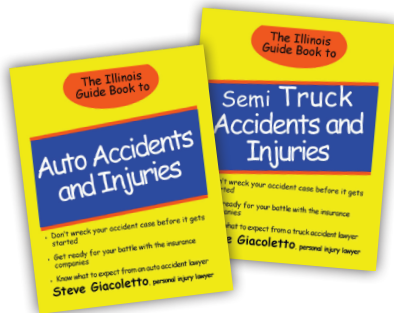


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"Honey, our lawyer wishes us,
but in no way guarantees,
a Merry Christmas."

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When Exercise Moves Indoors

When winter's chill sends outdoor exercise enthusiasts scurrying indoors, treadmills are a popular, convenient option to stay fit, whether at home or at the gym. They are generally safe when used correctly. However, according to the Consumer Product Safety Commission (CPSC), in 2019 roughly 22,500 emergency-room visits were attributed to treadmill use (tops among indoor gym equipment). Some injuries are relatively minor; others are serious, such as degloving injuries, fractures, and traumatic brain injuries.

Treadmill injuries commonly result from user inattentiveness or improper use. A device with a powerful, fast-moving belt shouldn't be taken lightly. For instance, don't turn your head to the side or look up or down while working out (e.g., talking to a friend, viewing a wall-mounted television). Untied shoelaces, boarding an already activated treadmill, messing with your phone, and attempting slick moves are recipes for disaster. Keep young children and pets clear of the device.

Other injuries, however, may be the result of negligence. For example, a gym owner might not follow instructions for proper spacing between pieces of workout equipment. Someone who tumbles off a treadmill might hit their head on a nearby apparatus. A stray exercise ball might get sucked under the belt and cause a fall.

A manufacturer defect may also come into play. The Peloton Tread+ treadmill (model number TR01) was recalled in May 2021 following over 70 reports of injury, including the death of a 6-year-old child who was pulled under the belt. The CPSC's concern is the extra height of the treadmill from the floor, which puts small children and pets at greater risk.

If you are injured due to someone's negligence, contact our office to discuss your options. ●

