



The Road To Justice Starts Here

Exclusively Representing Women in Divorce, Custody and Support Matters and the Injured through No Fault of Their Own.

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THE BASICS OF contingent fees

In personal injury cases, most attorneys work on a “contingent fee” basis. In this scenario, you agree to pay your attorney a percentage of your award if you are victorious instead of an hourly rate. There are no up-front fees required to hire an attorney.

If your attorney wins your case, the contingent fee is typically in the range of 33-40 percent of the amount recovered. If you lose your case, your attorney does not get paid—no award, no contingent fee. The contingent fee frequently does not include charges for court filings, deposing witnesses, making copies of medical records, and so forth. Those costs will come out

of the recovery amount if you are successful. If you lose the case, you may be responsible for those charges.

There are differences in contingent-fee arrangements from attorney to attorney. One big one is whether your attorney deducts the costs and expenses from your recovery amount before or after he/she is paid the contingent-fee percentage. This point is often negotiable.

Some contingent-fee agreements will operate under a graduated percentage contract. Legal work that’s more involved (e.g., filing a lawsuit and prepping for trial) will garner a higher contingent-fee percentage. The contingent-fee percentage may be lower if a case is settled prior to filing a lawsuit.

Contingent-fee arrangements eliminate up-front charges for the client; there are no mounting legal bills as a case winds through the legal system; lower-income people are afforded greater access to the legal system to pursue compensation for injury; and attorneys are highly motivated to win their cases...they don’t get paid otherwise. ■



KEEP SWIMMING POOL SEASON fun and safe



A refreshing dip in the pool is a good antidote for hot summer weather. But potential hazards could be lurking, and pool owners may be liable.

According to the federal government, drowning is the second-leading cause of unintentional injury related death for children ages 1–14. And for every drowning, four other kids require ER care for nonfatal submersion injuries.

A pool owner has a duty to keep their pool well maintained to cut back on the chance of injuries, and to alert patrons or guests to potential dangers that might not be obvious to the average person.

Owners of public and private pools are responsible for properly securing drains, which can cause severe injuries; maintaining ladders, diving boards, and slides; and

mixing pool chemicals appropriately. Electrical defects, unsafe pool toys, and lack of supervision or safety equipment are potential liability issues as well.

Pool owners generally don't owe trespassers a duty of care, with one major exception: young children who don't understand the danger of drowning. In most states, owners are obligated to prevent access to their pools by means of proper fencing, locked gates, and pool safety covers, as a pool is considered "attractive" to young children ("attractive nuisance doctrine").

Manufacturers, sellers, or installers of pools or pool fixtures might also be liable for injuries caused by pool usage.

If you have a pool on your property, take the proper steps to avoid premises liability issues. If you or a family member has been injured at a pool due to negligence, contact a premises liability attorney to protect your rights. ■

juuling A GROWING TREND AMONG TEENS

E-cigarettes are intended for adult usage, but they are extremely appealing to teens. The cartridges' liquid nicotine comes in unique flavors, such as mint, mango, and cucumber, among others; the decal covers come in colorful designs; the device can be easily recharged on a laptop; and the e-cig supplies a "head rush" that many teens crave.

Recently, the Juul (manufactured by Juul Labs) has become the go-to vaping product among many teenage vapers, and its use is frustrating school teachers and administrators across the nation. Juuls look like USB flash drives, making them inconspicuous; the fruity, sweet odors they emit can pass as lotions or body sprays; and kids can easily exhale the vapor inside a shirt or sweater or into a backpack unnoticed... during class.

Juuling is more harmful to kids than adults. Kids' brains are still developing, making them more susceptible to addiction. And Juuls pack a punch; nicotine concentrations can be up to almost twice that of other vaping products. Juuling can affect teens' behavior, memory, concentration, and ability to learn. In addition, adolescents who juul are twice as likely to suffer respiratory ailments as those who don't, and are more predisposed to taking up traditional cigarette smoking.

Although there are age requirements for purchasing Juul products, underage teens are resourceful—where there's a will, there's a way.

Signs of juuling that parents can watch for include increased thirst (the vapors can cause dry mouth), a new sensitivity to caffeine, and nosebleeds. As with many situations, good parent-child communication is a major tool to warding off the ill effects of juuling. ■



bresse-style chicken –

TRIBUTE TO LA MÈRE BLANC

INGREDIENTS (4 people)

1 4 ½ pound Bresse chicken (2 k)
10 button mushrooms
1 onion
2 unpeeled garlic cloves
3 ½ ounces butter (100 g)
2 tablespoons flour
4/14 cups crème fraîche (1 liter)
¾ cup dry white wine (20 cl)
Salt
Fresh cracked pepper



INSTRUCTIONS

Step 1: Aromatics Peel and quarter the onion. Remove the earthy stem from the mushrooms. Wash quickly under running water and cut into fourths. Crush the garlic cloves with the flat of a knife blade.

Step 2: Chicken Cut the chicken into pieces: wings, thighs, and drumsticks. Set aside the breast quarters for the following step.

Melt the butter in a sauté pan over high heat and brown the remaining chicken pieces on the skin side. Season with salt and pepper. Add the mushrooms, onion, and garlic. Add the flour and moisten with the white wine. Let reduce (don't forget to scrape of the fond from the bottom and sides of the pan).

Incorporate the crème fraîche, mix, and simmer for 25 to 30 minutes. Set aside, then transfer the chicken pieces to a container. Strain the sauce through a fine conical strainer (sieve) and season to taste. Bring to a boil, blend, and set aside.

Step 3: Plating Preheat the oven to 350°F (180°C). Coat the breast quarters with butter and season with salt and pepper. Arrange on a baking dish and roast for 20 minutes. Separate the breast fillets and place the chicken pieces into a pan. Keep warm. Arrange the chicken pieces on a serving dish and pour the sauce over them. Serve immediately. ■

June 2018 – Important Dates

June 6 — D-Day June 14 — Flag Day June 14 — First day of FIFA World Cup
June 17 — Father's Day June 21 — First day of summer June 30 — Armed Forces Day

coconut oil. WHERE HAVE YOU BEEN ALL MY LIFE?



Coconut oil, also known as **copra oil**, is an edible oil that derives from the kernel or meat of coconuts. It has a wide range of uses that has Americans wishing they had known the benefits sooner. This is largely due to its ability to boast antiviral, antibacterial, and antifungal properties and lack of added potentially harmful chemicals. In addition to being a super food, users swear by it for everything from health & wellness to a diverse beauty product.

Ironically, the rise in popularity of coconut oil may have been impeded by our country's own health initiative. Back in the 1970's, in an effort to address a growing epidemic of obesity and heart disease, Americans were advised to replace our diets that consisted of red meats, full-fat dairy and eggs with a new, 'healthier' diet containing low-fat foods. With its 90% fat content, coconut oil was not making its way into many Americans homes or lifestyles.

Today, coconut oil has grown in popularity in the US. Its naturally occurring, non-hydrogenated fats, has quickly been dubbed a "miracle oil" for its healing, anti-inflammatory properties, and its metabolism-boosting benefits. According to the US Department of Agriculture, the coconut oil industry has had an impressive 33% increase in production worldwide from 2005-2010.

There are multiple extraction processes that make for different varieties of coconut oil. The most popular and superior variety is an unrefined, organic, virgin coconut oil, which is made from the first pressing of fresh, raw coconut using mechanical means without the addition of any chemicals. ■



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drive safely, grads!

Spring means high school and college graduation for many in our area. For some, celebrating includes drinking alcohol. (Of course, the legal drinking age is 21, and violations can mean steep penalties.) But if you or a loved one chooses to drink, our law firm wants to make sure you stay safe by following a few tips:



1. If you're drinking, designate a 100-percent sober driver.

The only completely safe approach is for a designated driver not to drink at all. Even one drink can impair a driver.

It's illegal to drive with blood alcohol content (BAC) of 0.08 percent. For a 120-pound woman, just one small glass of wine can mean a BAC of 0.04, which can significantly affect driving. For a man of 180 pounds, just two beers can result in 0.04 BAC with similar results. Any amount of alcohol can be risky if not accompanied with food.

2. If you're drinking, consider a local driver or taxi service.

Using a local driver or taxi can be an enjoyable and reasonably priced way to ensure that everyone in your party has a safe and carefree night out.

3. If someone you know is drinking, do not let that person get behind the wheel. Offer to drive them or call a taxi or driver for them.

4. If you see an impaired driver on the road, contact law enforcement immediately. Your actions could save a life. Do not try to pass a drunk driver. Try to stay as far back from the driver as possible and call 911. Remember, buzzed driving is drunk driving.

Have a safe and happy graduation! ■

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