

The Road To Justice Starts Here

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

what's inside

page 2

It's important to be a good patient

Moroccan-style turkey meatballs

page 3

Dog bone treats could turn deadly

The most exciting two minutes in sports

page 4

Police officers and the miranda warning

ROAD CONSTRUCTION SAFETY— *it's a two-way street*

This time of year, road construction is a common sight across the nation's highways, roads, and streets. It is imperative that drivers follow the posted work-zone speed limits and pay attention so as not to endanger construction workers, as well as other drivers and themselves.

However, construction companies also have a duty to keep a work zone safe for traffic passing through and around the area. Potential work-zone hazards include the following:

- **Improper signage.** Motorists need ample warning of upcoming construction. Government regulations specify the types of signs to be utilized, the placement of those signs, and their number. Signage should be clear and concise.
- **Missing or misplaced cones, barrels, and other equipment.** Missing cones or barrels can create confusion. Misplaced ones can do the same or become roadway obstructions. Both elevate the risk of an accident.

- **Hazardous changes in traffic patterns.** For instance, a posted work-zone speed limit that's too high for a sudden makeshift turn that's too sharp is a dangerous combo for motorists.
- **Uneven pavement.** Uneven pavement that's unmarked can be hazardous, especially for motorcyclists. It doesn't do a car's suspension any favors either.
- **Obstructions.** Construction debris, equipment, or vehicles that are too close to the roadway (or partially on it) can make driving treacherous.



- **Construction vehicles entering and exiting the roadway** need to do so in a safe manner.

In some circumstances, federal, state, or local government may share responsibility for road-construction negligence, which adds complexity to the situation. If you are the victim of possible road-construction negligence, promptly contact an auto accident attorney to protect your rights. ■



IT'S IMPORTANT TO BE A good patient

If you sustain an injury due to someone else's negligence, good communication with your doctor and/or therapist and following through on their recommendations is critical for your health and well-being—and for receiving fair compensation from the at-fault party.

Being a good patient means keeping all your medical/therapy appointments. It also means giving the doctor or therapist detailed feedback on questions he/she asks you. Think about what you want to say and ask ahead of time; jot down notes prior to your appointment. Doctors and therapists aren't mind readers; they need to know what kind of progress you're making. A thorough and accurate medical record will bolster your personal injury claim.

Follow your healthcare provider's recommendations. Get prescriptions filled, carry out the exercise or stretching regimen they map out for you, and confirm what activities are OK and which ones are out of bounds. Get an idea of what developments in your recovery should prompt a call to the office.

Actions that can harm your personal injury claim include a delay in seeking medical treatment following an accident, skipping appointments, cutting off therapy early, and quitting treatment and then restarting weeks or months later, which creates a gap in your treatment record. All leave the door wide open for the at-fault party to argue that your injury is not as serious as you claim it is, or that your injury was caused by something else, not the accident in question.

Being a good patient and hiring an experienced personal injury attorney is the best way to receive fair compensation for your injuries. ■



Moroccan-style turkey meatballs

Our turkey meatballs rival those made from beef or pork, thanks to a few test kitchen tricks. We start with 93 or 85 percent lean turkey; the 99 percent lean type didn't have enough fat to create a palatable meatball. Next, we add an egg and fresh bread crumbs (instead of a panade, which made the meatballs too wet) to help bind the meat. We also add a small amount of unflavored gelatin, which mitigates graininess by trapping moisture and giving the meatballs a juicy mouthfeel. To boost meaty flavor, we add glutamate-rich ingredients such as Parmesan cheese, anchovies, tomato paste, or rehydrated dried shiitake mushrooms.



INGREDIENTS

2 slices hearty white sandwich bread,
torn into 1-inch pieces
1 ½ teaspoons unflavored gelatin
1 ounce Parmesan cheese, grated (1/2 cup)
½ cup chopped fresh cilantro
2 tablespoons chopped fresh parsley
1 tablespoon paprika
1 ½ teaspoons ground cumin
1 teaspoon ground coriander
Salt and pepper
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon cayenne pepper
2 carrots, peeled and cut into 1-inch pieces
2 anchovy fillets, rinsed and patted dry
1 ½ pounds 85 or 93 percent lean ground turkey
1 large egg, lightly beaten
1 onion, cut into 1-inch pieces
3 tablespoons extra-virgin olive oil
2 tablespoons tomato paste
¼ teaspoon ground ginger
1 cup chicken broth
¼ teaspoon saffron threads, crumbled

INSTRUCTIONS SERVES 4 TO 6

Serve with white rice or couscous.

1. Pulse bread in food processor until finely ground, 10 to 15 pulses; transfer bread crumbs to large bowl. Add gelatin, Parmesan, 2 tablespoons cilantro, parsley, 2 teaspoons paprika, cumin, coriander, 1 teaspoon salt, 1/2 teaspoon pepper, cinnamon, nutmeg, and 1/8 teaspoon cayenne and mix until thoroughly combined. Pulse carrots and anchovies in food processor until carrots are chopped fine, 10 to 15 pulses. Add carrot mixture, turkey, and egg to bowl with bread-crumbs mixture and mix with your hands until thoroughly combined. Divide mixture into 16 portions (about 1/4 cup each). Using your hands, roll each portion into ball; transfer meatballs to plate and refrigerate for 15 minutes.
2. Pulse onion in food processor until finely chopped, 10 to 15 pulses. Heat oil in 12-inch nonstick skillet over medium-high heat until shimmering. Add meatballs and cook until well browned all over, 5 to 7 minutes. Transfer meatballs to paper towel-lined plate, leaving fat in skillet.
3. Add tomato paste, ginger, and onion to skillet and cook, stirring constantly, until onion is softened, about 4 minutes. Increase heat to high; add broth, saffron, ¼ cup cilantro, remaining 1 teaspoon paprika, and remaining 1/8 teaspoon cayenne; and bring to simmer. Return meatballs to skillet, reduce heat to medium-low, cover, and cook until meatballs register 160 degrees, 12 to 15 minutes, turning meatballs once. Transfer meatballs to platter, increase heat to medium-high, and simmer sauce until slightly thickened, 3 to 5 minutes. Season sauce with salt and pepper to taste. Pour sauce over meatballs, garnish with remaining 2 tablespoons cilantro, and serve. ■



DOG BONE TREATS could turn deadly

Every good dog owner rewards their canine family member with treats from time to time. But recently the Food and Drug Administration (FDA) warned that dog bone treats might be one to avoid.

From 2010-2017, over 90 incidents of illness and 15 deaths attributed to bone treats have been documented by the FDA. The real numbers are likely much higher, since many cases don't get reported.

Bone treats can lead to gastrointestinal issues, including blockages of the digestive tract that may necessitate emergency surgery. Cuts and wounds of the mouth, choking, vomiting, diarrhea, and rectal bleeding have been reported as well.

Bone treats differ from natural, uncooked butcher bones in that the bones are dried through a smoking process and contain preservatives and flavoring ingredients. Some bone treats are actually ground-up animal material that is pressed into a bone shape, elevating the risk that small shards will break off and cause internal damage and blockages.

“Ham Bones,” “Pork Femur Bones,” and “Smokey Knuckle Bones” are common names for bone treats, and their price tag may be enticing to unwary dog owners. At many stores, 15 bone treats are less expensive than one synthetic bone or new chew toy.

If you've had chicken or turkey for dinner, keep those bones clear of your dog as well. Secure your trash can from a prying nose and paws. Supervise your dog with any new chew toy or treat. If they begin to act strangely, promptly call your veterinarian. Your vet can also guide you on appropriate dog treats. There's enough variety out there to keep your dog happy and healthy! ■

May 2018 – Important Dates

- May 3 — National Day of Prayer
- May 5 — Cinco de Mayo
- May 6 — National Nurses Day
- May 13 — Mother's Day
- May 19 — Armed Forces Day
- May 28 — Memorial Day

the most exciting two minutes IN SPORTS

The Kentucky Derby is not just a horse race; it's a cultural event. Held each year on the first Saturday in May at Churchill Downs, the Derby has developed some cherished traditions since its inaugural running in 1875.

Roses play a key role in the pomp and circumstance of the Derby. They were first used as decoration at post-Derby parties, and by the 1890s became part of the race's award presentation. A simple bouquet transformed into a garland of over 500 flowers sewn into a green satin backing that is draped over the winning horse.

The ornate hats worn by women to the Derby harken back to horse racing in England. Horse racing was known as the sport of kings in England, so fancy attire was the norm, including “big hats.” Kentucky Derby organizers borrowed the tradition for marketing purposes to draw more women to the race. Mission accomplished.

The drink of choice for the Derby is the mint julep, a concoction of bourbon, sugar, crushed ice, and sprigs of mint. Legend has it that famed Polish actress Helena Modjeska tried the drink at a pre-Derby breakfast in 1877 and loved it. It evidently was a fantastic endorsement.

“My Old Kentucky Home” has been the official song of the Derby since the 1920s. It was written in the 1850s by Stephen Collins Foster and was reportedly inspired by *Uncle Tom's Cabin*, a Harriet Beecher Stowe novel. Since 1936, the University of Louisville marching band has performed the song as 150,000+ spectators sing along while the horses parade before the grandstand prior to the race. A true spectacle of sight, sound, and emotion. ■



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SEE PAGE ONE

This publication is intended to educate the general public about personal injury, medical malpractice, and other issues. It is for information purposes only and is not intended to be legal advice. Prior to acting on any information contained here, you should seek and retain competent counsel. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

SO, WHAT'S MY INJURY CASE **really worth?**

The value of a personal injury case that goes to trial is determined by the jury. They are given evidence to evaluate and a list of items they may take into consideration before making their decision.

When settling a case prior to trial, various factors play a role in establishing the worth of a case. A good personal injury attorney makes their evaluation based upon all the doctor's reports, present and future medical bills, and a comprehensive discussion with your doctor. Information covered should include the invasiveness of, pain associated with, and duration of treatment; future pain and discomfort; and loss of enjoyment of life. Employment considerations include lost wages and future lost wages.

Insurance companies influence the landscape, too. They keep track of cases nationwide and can crunch the numbers. They know which doctors are "overtreaters" whose bills can more easily be challenged at trial, and which doctors make poor or excellent witnesses.

Insurance companies keep tabs on attorneys who are willing to go to trial, and those who settle in every circumstance. They also know which attorneys have expertise in a specific area of law, and those who are general practitioners. Insurance companies lick their chops when an attorney sends most of his/her clients to the same doctor, which they may exploit at trial by insinuating that the doctor is shading their testimony to favor the attorney.

There is no magic formula in determining the value of a personal injury case, but hiring the right personal injury attorney can go a long way toward winning your case or achieving a fair settlement. ■



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