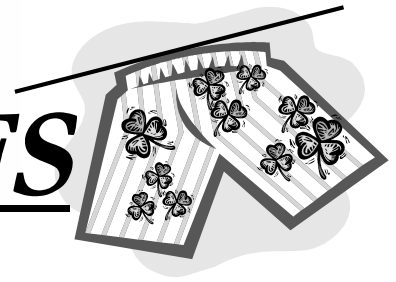




CARROLL & CARROLL, P.C.
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LEGAL BRIEFS



DON'T LET INACCURATE INFORMATION
HANG YOU OUT TO DRY...

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Jim Knows Auto Law

When the PAJ (Pennsylvania Association for Justice) needed someone to teach attorneys about Auto Law, they looked no further than C&C Law's resident Auto Law Guy, our own Jim Carroll. In early December, Jim taught a two hour seminar to attorneys from Bradford, Tioga and Lycoming Counties. Jim discussed issues related to car accidents, medical bills and auto insurance. Way to go, 'Professor' Carroll!

7 Medical Myths Even Doctors Believe

Popular culture is loaded with myths and half-truths. Most are harmless. But when doctors start believing medical myths, perhaps it's time to worry.

In the *British Medical Journal* this week, researchers looked into several [common misconceptions](#), from the belief that a person should drink eight glasses of water per day to the notion that reading in low light ruins your eyesight.

"We got fired up about this because we knew that physicians accepted these beliefs and were passing this information along to their patients," said Dr. Aaron Carroll, assistant professor of pediatrics at the Indiana University School of Medicine. "And these beliefs are frequently cited in the popular media."

And so here they are, so that you can inform your doctor:

Myth: We use only 10 percent of our brains.

Fact: Physicians and comedians alike, including Jerry Seinfeld, love to cite this one. It's sometimes erroneously credited to Albert Einstein. But MRI scans, PET scans and other imaging studies show no dormant areas of the brain, and even viewing individual neurons or cells reveals no inactive areas, the new paper points out. Metabolic studies of how brain cells process chemicals show no nonfunctioning areas. The myth probably originated with self-improvement hucksters in the early 1900s who wanted to convince people that they had yet not reached their full potential, Carroll figures. It also doesn't jibe with the fact that our other organs [run at full tilt](#).

Myth: You should drink at least eight glasses of water a day.

Fact: "There is no medical evidence to suggest that you need that much water," said Dr. Rachel Vreeman, a pediatrics research fellow at the university and co-author of the journal article. Vreeman thinks this myth can be traced back to a 1945 recommendation from the Nutrition Council that a person consume the equivalent of 8 glasses (64 ounces) of fluid a day. Over the years, "fluid" turned to water. But fruits and vegetables, plus coffee and other liquids, count.

Myth: Fingernails and hair grow after death.

Fact: Most physicians queried on this one initially thought it was true. Upon further reflection, they realized it's impossible. Here's what happens: "As the body's skin is drying out, soft tissue, especially skin, is retracting," Vreeman said. "The nails

(Continued on Page 3...)

This newsletter is published by the law offices of Carroll & Carroll, P.C.. It is for informational purposes only and no legal advice is intended. Each case is unique and you are invited to discuss your legal question with our office at no initial cost.

WHAT WE DO

C&C Law is here to help our injured neighbors in PA and NY. We will fight to protect your rights in the following areas:

- Workers' Comp
-
- Auto Accidents
-
- Slip and Fall
-
- Serious Injuries

We appreciate your referrals. If you know of someone who has been injured through no fault of their own, please encourage them to call C&C Law.

Lawyer Makes It Easier to Provide for Pets After Death

As a lawyer concentrating in estate planning, Peter Canalia was frequently asked by clients to set up trusts for their pets. He's established trusts for dogs and champion race-horses and recently launched a service he hopes will make pet trusts affordable for just about anyone who wants to make sure their dog, cat, parakeet or whatever is cared for after they're gone. "For many people, a pet becomes a part of your life," said Canalia, who set up a trust fund for his own pet poodle. "The pet becomes as important to you as a child." The Crete, Ill., resident who practices in Lansing describes Peace of Mind Pet Trust as "the nation's most competitively priced, bona fide pet trust" set up by a licensed trust attorney. The name was inspired by an unmarried Chicago man who hired Canalia to set up a trust for his dog. "He said it gave him peace of mind knowing that his pet would be taken care of," the lawyer said.

There are lots of stories about people leaving money in their will for a pet after they're gone and designating a caregiver. The only problem is there's no guarantee that person won't turn around and euthanize Fido, then spend the money on a big-screen TV.

With a pet trust, a caregiver is named, as well as a trustee who'll keep an eye on how the money earmarked for the pet is being spent, Canalia said. The trust can spell out any detail the pet owner thinks is important, from the type of food the pet should be fed to how frequently it should be walked.

He became interested in making pet trusts available to a

broader audience after reading a [New York Times article about trusts](#). The story cited a statistic from a California organization, 2nd Chance 4 Pets, that more than a half-million pets are killed in shelters and veterinary offices each year after their owners die without making arrangements for the animals. Illinois is one of 38 states that allow pet owners to set up trusts, but they're not a need for every pet owner. Often, other family members will step up and care for a pet after the owner dies. "A trust may be more for someone who doesn't have family in the area -- or perhaps never married and doesn't have children," Canalia said.

To people of modest means, the idea of establishing a trust for a pet might seem extravagant.

"People have the perception that trusts are just for rich people," he said. Pet owners don't have to set aside tens of thousands of dollars for their pet, and one option is to buy a fairly inexpensive life insurance policy that names their pet's trust fund as beneficiary, Canalia said. "How much you set aside in the trust is going to depend on the type of animal it is, its expected life span and estimating how much would be needed annually to care for the pet," he said.

The cost of simply setting up a trust might scare off some pet owners, he said, noting some lawyers charge \$1,000 or more for the service. Peace of Mind trusts cost \$89 and can be downloaded at www.peaceofmindpettrust.com. "If you go on to the Internet, you can find pet trusts out there," Canalia said. "The only one I found comparable [with Peace] is five times the cost."



***Donate \$2,008 in 2008
(and it won't cost you a dime!)***

C&C Law hereby issues a challenge to our friends and neighbors: Donate \$2,008 to our local schools in 2008! Box Tops for Education has helped America's schools earn over \$200 million since General Mills launched the program in 1996. Schools can use the money for anything they need; computers, books, playground equipment and supplies are just some of the ways schools have chosen to use the funds raised through Box Tops for Education. Simply check your cupboards for products featuring the logo to the left. Clip the logo. Send it in to us at the address below. We will send the Box Tops to area school districts. General Mills will then GIVE those schools 10 cents for each logo. Go to www.boxtops4education.com for a complete list of products and information. Then check your cupboards and start clipping!



If you wish to be removed from this newsletter, please call us at 1-866-380-8683 or e-mail Carrie Carroll at carrie.carroll@cclaw.cc

What To Do After An Auto Accident

Many people think that common sense dictates what is to be done after an auto accident. Maybe so, but our common sense can desert us under stress. It is a good idea to keep this simple checklist in your car with your other important papers (registration, etc.)

****Get help for anyone injured.**

****Call the police if someone is injured or killed**, if a vehicle can't be moved, or if the accident involved a hit-and-run driver.

****Move your car, if possible**, to avoid blocking traffic and to protect it from further loss or damage. But be careful-- many people are injured at accident scenes each year by other drivers who are not paying attention.



****Get the other driver's name, address, telephone number, license plate number, driver's license number, and insurance information. Give the other driver the same information.**

****Record the insurance company name and the policy number exactly** as they appear on the other driver's proof-of-insurance card. Similar company names can cause confusion.

****Don't sign anything** except a ticket, citation, or report issued by the police.

****Notify your insurance company promptly.** It will want the names and addresses of witnesses and injured persons.

****Never sign any document that gives up a legal right.**

****Contact us to find out about your right to recover for your injuries.**

If you have been in an accident and have questions about whether you need a lawyer or whether you have a right to monetary damages, call us. Decisions that must be made after an accident are very important. We can advise you and, if appropriate, deal with the insurance company or other parties on your behalf.

Did You Know:

*Jim celebrated his 40th birthday in January?

*Camille is related to NASCAR drivers Geoff, Brett and Todd Bodine?

*Carla is a direct descendant of the outlaw Jesse J James? (Hmmm....makes us wonder...)

Medical Myths ... (Cont. from Page 1)

appear much more prominent as the skin dries out. The same is true, but less obvious, with hair. As the skin is shrinking back, the hair looks more prominent or sticks up a bit."

Myth: Shaved hair grows back faster, coarser and darker.

Fact: A 1928 clinical trial compared hair growth in shaved patches to growth in non-shaved patches. The hair which replaced the shaved hair was no darker or thicker, and did not grow in faster. More recent studies have confirmed that one. Here's the deal: When hair first comes in after being shaved, it grows with a blunt edge on top, Carroll and Vreeman explain. Over time, the blunt edge gets worn so it may seem thicker than it actually is. Hair that's just emerging can be darker too, because it hasn't been bleached by the sun.

Myth: Reading in dim light ruins your eyesight.

Fact: The researchers found no evidence that reading in dim light causes permanent eye damage. It can cause eye strain and temporarily decreased acuity, which subsides after rest.

Myth: Eating turkey makes you drowsy.

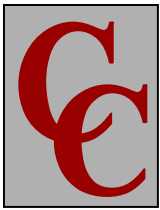
Fact: Even Carroll and Vreeman believed this one until they researched it. The thing is, a chemical in turkey called tryptophan is known to cause drowsiness. But turkey doesn't contain any more of it than does chicken or beef. [This myth](#) is fueled by the fact that turkey is often eaten with a colossal holiday meal, often accompanied by alcohol — both things that will make you sleepy.

Myth: Mobile phones are dangerous in hospitals.

Fact: There are no known cases of death related to this one. Cases of less-serious interference with hospital devices seem to be largely anecdotal, the researchers found. In one real study, mobile phones were found to interfere with 4 percent of devices, but only when the phone was within 3 feet of the device. A more recent study, this year, found no interference in 300 tests in 75 treatment rooms. To the contrary, when doctors use mobile phones, the improved communication means they [make fewer mistakes](#). Whenever we talk about this work, doctors at first express disbelief that these things are not true," said Vreeman said. "But after we carefully lay out medical evidence, they are very willing to accept that these beliefs are actually false."

www.WeKnowInjuryLaw.com

Check us out online for the latest legal news and resources for injured persons as well as Jim's daily blogs
(will someone please post a response to his rantings?!?!?)



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Auto Accidents

—
Slip and Fall

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Workers' Comp

—
Serious Injuries

\$2,008 in 2008!

See pg. 2 for Details

Are you entitled to Unemployment Compensation Benefits if you have a work injury?

If you have a work injury and your employer fires you or has no job to offer you within your work restrictions, ***you may be entitled to unemployment compensation benefits, provided you meet all the other criteria for such benefits.***

At C&C Law, we know all about Unemployment Comp and work injuries. As a key player in our C&C Law team, Paralegal Carla Weldy regularly attends UC hearings on behalf of clients who have suffered work injuries.

Just recently, Carla accompanied an injured worker to a tricky UC hearing. The injured worker had been reassigned to a "light duty" job but found that he was unable to do that job because of further medical restrictions placed on him by the treating physician. Because the employer had no work available within these new restrictions, the employee was entitled to unemployment compensation benefits.

The employer tried to argue that the employee wasn't

entitled to UC benefits because he was "waiting for workers' compensation benefits." This is not a reason to be denied unemployment benefits. The UC Referee (similar to a Judge in civil court) decided that the employee was eligible for benefits because the employer knew of the restrictions, the employee was available for work within those restrictions, and the employer offered no work within those restrictions.

Long story short: While every case is different and there are a thousand facts to consider, in general, as long as you are able and available for work, there is a medical provision within the Unemployment Compensation Act indicating that you are likely entitled to UC benefits when your employer fails to offer work within your medical restrictions.

Give us a call if you or someone you know has been injured at work and has questions about unemployment compensation benefits. At C&C Law, it is our privilege to fight for your rights as an injured worker.

I think the worst time to have a heart attack is during a game of charades...or a game of fake heart attack. -- [Demetri Martin](#)

****Having just come through some heart related issues himself, Jim thought this was funny. We can't explain his sense of humor.**

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