

The Straight Talk

From Premier Law Group and Straight Talk Law



July 2010

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Notable July Calendar Dates:

- Tour de France— Saturday, July 3rd
- Independence Day— Sunday, July 4th
- MLB All-Star Game— Tuesday, July 13th
- Parents' Day— Sunday, July 25th

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***Check out the trivia question on the back page to win a FREE Starbucks gift card.

Special Report: Looking for Some Added Comfort in Your Vehicle? Do Not Recline Your Seat

Let's face it, sitting in a car for a long period of time is not the most comfortable thing in the world. Sometimes you want to rest, stretch out as far as possible, or even take a relaxing nap. This usually means that you are reclining your passenger seat in order to get as comfy as you can while confined in your vehicle. While many of us do this, I'm sure a lot of us are unaware that doing so puts you at much greater risk to be seriously or fatally injured if involved in a car accident.

The vehicle from Kumar's accident:



Notice the reclined seat.

Dr. Eileen Bulger, Director of Emergency Services at Harborview Medical Center in Seattle, recently compiled statistics and data that provided concerning results. The study showed that passengers who partially recline their seats, if involved in an accident, increase their risk of death by 15 percent. Those who fully recline their passenger seats increase their risk of mortality if in a car accident by 70 percent. Perhaps the main reason for this is because reclining your seat makes airbags and seatbelts much less effective.

While many may be unaware of these dangers, one accident survivor hopes his story will help shine light and knowledge on the issue. Prashant Kumar was in a car accident with his seatbelt fastened and seat reclined. Kumar said, "I chose to recline because I thought it would give me a little bit of sleep and rest." The result of the accident resulted in failure of Kumar's heart, liver, lung and kidney. He also was in a coma for two and a half months and lost both of his legs.

Kumar leaves us with this request, "Please, when you get into a car, I beg you, please do not recline your seat." We have all seen how devastating car accidents can be. So if there are ways to keep ourselves safer, we should not ignore them. Please take Kumar's warning seriously and do not recline your seat while in your vehicle. The potential consequences and risks simply are not worth the benefits.

Guest Feature: Dr. Chinn

Ask A Doc'

With Dr. Perry Chinn

Top 5 Things To Know About Chiropractic & Picking a Chiropractor



www.interurbanchiropractic.com

First, there is the concept of specificity. While I would hesitate to disparage others in my profession, there are definitely those that strive a little harder in being very specific in the correction of the chiropractic subluxation and attending soft tissue injuries. Many techniques taught in chiropractic college today have evolved from spinal manipulation taught decades ago in chiropractic and osteopathic schools. An instructor of mine years ago quipped that he could teach a monkey to manipulate, but it takes a doctor to specifically adjust. Your chiropractor can explain to you in more detail what 'being specific' means to him or her.

Second, is your doctor actively pursuing continuing education? While it is true that we must all receive a minimum of twenty-five hours a year in continuing education credits, it is important for all of us to continue to hone our skills and enhance our understanding of this walking miracle we call the human body. Ask your chiropractor what was most helpful to them In their last experience with continued training. And

don't be too hard on your doc, some of the best seminars I have attended have been in warm places, with lots of blue water...

Third, like one of my favorite authors, Robert Fulghum, says, "All I really need to know I learned in Kindergarten. For example: Play well with others. Being able to communicate with others in the extended health care team is very important. Does your doctor have good resources in the medical and therapeutic community? It is very valuable at times to include other qualified professionals in your health care team.

Fourth, and this is my wife's favorite, how well does your chiropractor listen? I constantly remind myself of the wisdom of empathetic listening when it comes to understanding my patients. I am not yet perfect in this area, but my intention is there and I am amazed at the wealth of information and communication that is available when I truly listen. One of my favorite tongue-in-cheek quotes from the late, great Yogi Berra is: "You can observe a lot just by watching". To 'Perry-phrase' that quotation, you can hear a lot just by listening. So my advice is – listen and don't be shy about being heard.

And lastly, (and this one is on you) work at being coach-able. If you need some assistance in the area of exercise, nutrition or other factors effecting your healing, ask your doctor to help you find the program that works best for you. If your chiropractor can't offer you the assistance you need, find one that can!

T	S	L	C	R	P	I	Y	J	L	F	P	E	P	I
A	T	G	A	Z	D	T	D	X	X	G	E	C	U	N
E	R	D	R	C	H	I	N	N	N	E	R	N	O	D
S	A	Y	A	Q	C	K	Q	I	V	L	S	A	R	E
R	I	Y	C	G	Z	A	T	G	A	T	O	R	G	P
U	G	E	C	K	O	X	R	W	A	G	N	F	W	E
O	H	N	I	B	E	I	Y	R	A	E	A	E	A	N
Y	T	R	D	T	I	E	B	M	I	S	L	D	L	D
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N	A	T	N	W	C	D	D	A	T	W	N	U	E	N
I	L	T	T	K	L	V	F	P	J	B	J	O	I	C
L	K	A	S	K	N	A	H	M	O	T	U	T	M	E
C	L	U	E	M	S	W	E	L	O	R	J	E	D	
E	A	I	W	B	H	M	B	Q	G	P	Y	U	R	A
R	W	C	O	R	N	H	U	S	K	E	R	S	P	Y

Straight Talk Word Search

ATTORNEY
CARACCIDENT
CARRIE
CORNHUSKERS
DRCHINN
INDEPENDENCEDAY
LAWYER
PERSONALINJURY
PREMIERLAWGROUP
RECLINEYOURSEAT
STARBUCKS
STRAIGHTTALKLAW
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Meet The Premier Law Group Staff: Carrie

Meet Carrie! Premier Law Group's wonderful and hard working receptionist. Her kind voice and attitude is always the first thing you will hear when you call Premier Law Group or visit our offices.

"What is your favorite thing about working at Premier Law Group."

First and foremost, it has to be speaking and eventually meeting the clients, their significant others and at times, their children. Depending on the age of the child and with parents' permission, I bring out my favorite squeeze toy. It's a toy that once squeezed and, or dropped – it "lights up" with different colors.

The second favorite thing about working at Premier Law Group is: Weight Loss! Because I had to catch the metro bus in Bellevue at the Eastgate Park & Ride by 7:07 a.m. Monday thru Friday, exit at the Westlake tunnel exit, walked up the escalator stairs, to catch my second bus at the Third and Pike bus stop. Final destination – 1st and Denny; then walk one and a half blocks to our office. To date, I've lost 25 pounds and still losing!

The third favorite thing about working at Premier Law Group is: Location, location, location. When the firm decided to move to Bellevue, I became excited that I can see the Cascade Mountains on a clear day. Now looking east, I can see the Cascade Mountains on a clear day and in our conference room, lo and behold you can even see the Seattle Space Needle on a clear day!



Carrie Berry Greets You Hello!

In June, 2010, I'll be at Premier Law Group for two years. Most everyone knows I'm from Nebraska, a true blue Cornhusker fan and as they say, "Once a Cornhusker fan; always a Cornhusker fan". I enjoy watching the game any time it's on cable. When not singing in the church choir, or supporting the Health and Wholeness committee from church, I enjoy spending time with my three grown children and two wonderful grandchildren.

Most importantly, my fiancé Donald and I plan on getting married this coming October, before I turn 60!



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TRIVIA QUESTION OF THE MONTH

In what movie does Tom Hanks play more than one character?

First person to email the correct answer to Thomas@plg-pllc.com will win a free Starbucks gift card!!



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How Premier Law Group Can Help You

Premier Law Group understands that providing the best legal representation to our clients means limiting the number of cases we accept. By limiting our case load we are able to give each client the time and attention that they deserve. If you would like to see if your case qualifies for Premier Law Group to represent you, please contact us through www.plg-pllc.com or www.straighttalklaw.com. Or call us toll free at 1-888-333-1873.

Cases we accept include, but are not limited to:

- Wrongful Death Suits
- Auto Accidents
- Motorcycle Accidents
- Personal Injury
- Dog Bites
- Wrongful Termination
- Sexual Harassment
- Unpaid Wage Claims
- Spinal Cord Injuries



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DistractedDriving.com



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This newsletter is intended to educate the general public about personal injury, medical malpractice, and small business issues. It is not intended to be legal advice.