The STRAIGHT TALK

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The Newsletter

March 2012 | Volume 3 | Issue 3

Happy St. Patricks Day!

A member of the PLG team got married on February 29th! Congratulations to Carrie and Don!

In this issue...

Congratulations Carrie!

DUI Patrols

Guest Author: Chiropractic Physicians, Inc

PI Facts

I Didn't Get Paid

March Madness Contest!

Calendar

Buy Girl Scout Cookies	3/2
March Madness Begins	3/13
National Pi Day	3/14
St. Patrick's Day	3/17
Sounders FC v. Toronto	3/17

Test out your March Madness predictions and win a free Starbucks giftcard!

Details on back page!

Don't rely on luck this St. Patricks Day--make sure that you have a safe ride home after you celebrate! Extra DUI officers will be out in Bellevue, Des Moines, Seattle, and throughout King County on St. Patrick's Day. Check out WAtikileaks.com for more info about extra patrols in your area.

Dr. Leo Romero and Chiropractic Physicians, Inc present...

6 Things to Know About Healing After an Accident

1) Right after an accident is not the best time to know if you've been injured.

Your immediate assessment of your injuries may be wrong. Right after an accident adrenaline and emotional shock may disguise injury. It is often hours or days later that soreness, bruising or pain when you move indicates that you were injured. Bone breaks and blood are not the sole indication of a serious injury.

2) Be on the lookout for brain injuries.

Blurry vision, confusion or headache may be indicators that you received a traumatic brain injury. In addition, anxiety and fear after an accident may indicate lasting psychological trauma. It's important to remember that the signs and symptoms of these conditions are not always immediately apparent. It is possible to have serious brain or emotional injury with surprisingly little force. Rather than take a chance, be evaluated by a doctor if you notice symptoms such as those above after an accident.

3) See a doctor: professional treatment is better than self-treatment.

Many people (particularly men and those without insurance) will try to self-treat. The problem is, you may have real damage. Pain, twinges, soreness and stiffness are signals that an injury occurred. Waiting to see a doctor may allow injuries to worsen. Better safe than sorry: see a doctor sooner rather than later.

We'd like to hear your stories: Email us your best (or your worst!) experience with a doctor at bestdoctorstories@gmail.com The best story will be awarded a $25 Coldstone Creamery Giftcard!

4) Different doctors focus on different injuries and healing

If you have a clear injury immediately after an accident, most people will seek out an emergency room or "urgent care" facility – a smart move, but other injuries like sprains, strains and damage to muscles might not be noticed until several days after an accident. Chiropractic clinics, such as Chiropractic Physicians, Inc., are specialists for muscular-skeletal healing after auto accidents. They can get you in the same day (without the cost of an emergency room or urgent care visit). They will assess you for injuries, refer you if specialized treatment is needed and begin to apply natural healing so that you heal and feel better quickly.

5) Your healing and health have to come first: your medical bills may be covered…even if you don't have insurance

At clinics such as Chiropractic Physicians, Inc., we communicate directly with your attorney or insurance to make sure you get the medical treatment you need. Even if you don't have insurance, YOU and your healing are the priority, and without quality medical care you risk injuries lingering or becoming disabilities. An effective doctor puts you and your health before money.

6) Time matters.

Not only will seeing a doctor early help identify injuries, it can also help begin healing, make you feel better and help return you to your life more quickly.

Chiropractic Physicians has a single-minded, near-fervent focus on your care and your healing. We are a group chiropractic practice with three locations and four chiropractors, including locations in:

Bellevue (425.401.6513): Forest Office Park 14595 Bellevue-Redmond Road Bellevue, WA 98007

Kent (253.859.2940): 802 S. Central Avenue Kent, WA 98032

Tacoma (253.859.2940): 7047 S. D. St. Suite A, Tacoma, WA 98408

Pi Facts!

National Pi Day is 3.14, so grab a piece (or a digit!) and check out these cool facts about everyone's favorite irrational number.

Pi is the number of times a circle's diameter will fit around its circumference.

Pi is an irrational number, meaning it goes on forever without repeating.

There are 1000 digits of Pi on this page.

Many mathematicians claim that it is more correct to say the a circle has an infinite number of corners than to view a circle as cornerless.

Pi was first calculated by Archimedes of Syracuse. He was reportedly so engrossed in his work that he did not notice when the Roman soldiers conquered the city of Syracuse. When a Roman soldier approached Archimedes, he yelled in Greek "Do not touch my circles!" The Roman soldier quickly cut off his head and moved on.

If you printed a billion decimals of Pi in ordinary font it would stretch from New York City to Kansas.

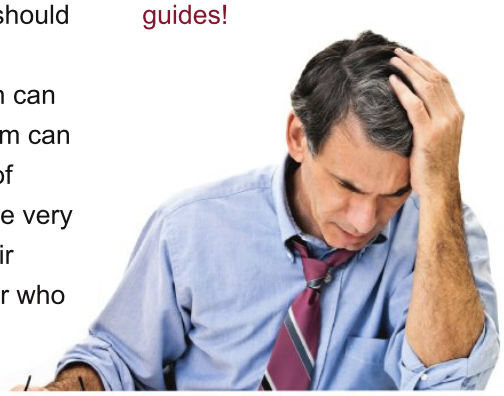
Pi has 6.4 billion known digits – it would take a person approximately 133 years to recite all of them without stopping.

I DIDN'T Get Paid

By Patrick J Kang

We wrote this book to provide employees with an easy-to-read book about the State of Washington wage law and our legal system. Having represented many employees and spoken with hundreds more about their potential wage cases, we realized that there wasn't any good, easy to read materials available to Washington employees. The information and legal process should be clear and straight forward but, in fact, trying to read the Washington statutes called the Revised Code of Washington can be daunting and incomprehensible. Similarly, the legal system can also be intimidating and difficult to understand. This feeling of confusion exists even when a person hires a lawyer, because very often people do not know how to hire the right lawyer for their case. As a result, they end up hiring an inexperienced lawyer who does not know or understand wage law.

Like all our books, I Didn't Get Paid is completely free for Washington residents. You can contact dlee@plg-pllc.com to order this book and check out the back page for more helpful guides!



Play to win free Starbucks gift cards!

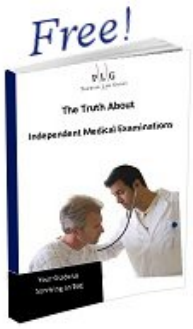
Tell us who you think the Final Four will be! All entries must be submitted by March 20th to dlee@plg-pllc.com

Three chances to win:

$100 gift card: Correctly guess the Final Four, National Championship contendors and National Champions.

$25 gift card: Correctly guess two of the three above.

$5 gift card: Correctly guess the National Champions.



Legal Resource Guides

Be informed, be prepared

Washington Auto Accidents
Washington Motorcycle Accidents
Buying Washington Auto Insurance
Washington Wrongful Death Claims

To order, contact dlee@plg-pllc.com

Thanks for the referrals!

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Readers of this newsletter have referred 31 clients since the start of 2010. Thank you so much, and please let us know if we can help you in the future!

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