

# The StraightTalk

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Plus: on the back, tell us what you want the StraightTalk on and win a Starbucks giftcard!

### Mark your calendars!

- May 4th is International Space Day (May the 4th be with you!)
- May 5th is Cinco de Mayo!
- May 13th is Mother's Day (hope you've been shopping!)
- May 28th is Memorial Day!

# P | L | G

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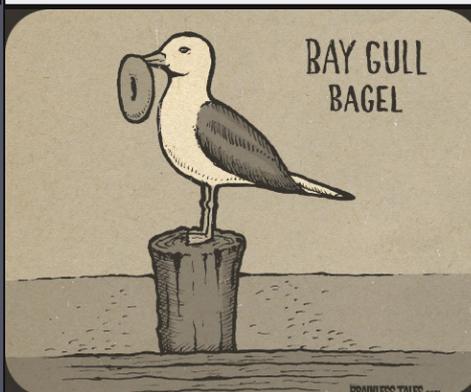
# Standing Up Against Sexual Harassment

No one should have to face sexual harassment in the workplace, but the fact remains that many employees face this kind of treatment every day. In fact, a recent survey conducted by AOL revealed that one in six workers had been subjected to sexual harassment, and only 35% of those respondents had reported the harassment.

You might be wondering if what is happening to you qualifies as sexual harassment. The official definition of sexual harassment: "when one employee makes continued, unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature, to another employee against his or her wishes." The two basic types of sexual harassment are "quid pro quo" (a request for sexual favors in exchange for job or job related benefit) and "hostile work environment" (when repeated sexual advances that are severe or pervasive in nature occur.)

The first thing you should do if you believe you are being harassed is read your company policy. There are probably clear and specific guidelines for how to go about reporting the harassment. You should follow these steps closely, it will be necessary if you need to file a claim. After that, tell the harasser very clearly to stop. Make it clear that what they are doing is unwanted and unwelcome. Next, report the behavior to a supervisor or human resources representative. Don't worry about retaliation, it is illegal for your employer to retaliate against you because you report harassment. Finally, you will most likely need to file a complaint with the EEOC (Equal Employment Opportunity Commission) in order to pursue a legal claim.

As much as it might feel like it, you aren't the only person who is going through harassment at their workplace. Standing up for yourself is important, not only for yourself but for anyone else you work with who may be suffering the same unsafe work environment.



The winning joke from last month, by unanimous decision:

"What do you call a seagull that flies over the bay?" "A bay-gull."



## The Truth About Distracted Driving

1) Pay attention to the road ahead.

2) Know how fast you're going.

3) You are responsible for all passengers.

4) Take driving seriously.

5) Never, ever, drink and drive.

6) Miss a turn? Don't panic.

7) Know your route ahead of time.

8) Share the road

9) Actions have consequences, especially in the car.

10) Follow the rules, and stay safe!

It's becoming more and more apparent that distracted driving is dangerous--and an epidemic in our country. In fact, a recent study has shown that driving while using a cell phone (hands free OR handheld) delays your reaction time just as much as being intoxicated at the legal limit. As technology advances, so too does the amount that we can and want to do with our phones in the car. And phones aren't the only problem; drivers also find themselves adjusting music, using a GPS, eating, drinking, talking to passengers, grooming or any number of things that take your attention from the road. The truth is, distracted driving accounts for over 5,000 deaths and 450,000 total accidents every year, but 77% of young adults are confident that they can text and drive without any negative consequences.

You might think that because you have gotten away with it in the past, you are skilled enough to allow yourself to be distracted behind the wheel. Unfortunately, it only takes one devastating accident to change your life forever, or maybe even take it. By taking that risk you place everyone on the road and in the car with you at risk for serious injury or death.

Premier Law Group attorney Jason Epstein has started Teens Against Distracted Driving to try and educate teens about the dangers of texting and driving. He travels to local high schools and talks directly with teens about distracted driving, and the impact that it can have on their lives. As the most at-risk group for distracted driving crashes, he hopes to catch and change these behaviors early to create a safer road for everyone. He also looks to have these teens become ambassadors in their own homes and among their peers, spreading awareness about just how dangerous texting and driving really is.

You can learn more and find ways to help the cause by visiting [www.teensagainstdistracteddriving.com](http://www.teensagainstdistracteddriving.com).

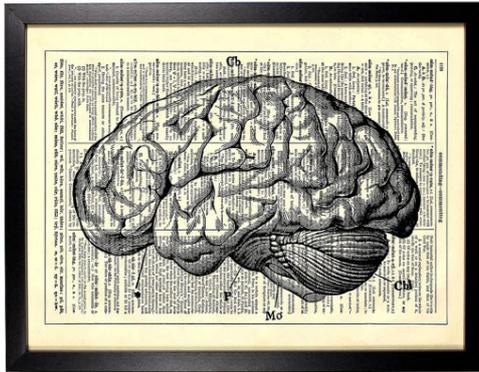
**Teens Against  
DistractedDriving.com**

# FOR BETTER OR WORSE The story of one couple living with traumatic brain injury

In 2009 Jennifer Olsen fell into a coma after a car accident. Her newlywed husband Kurt was told by doctors that if his wife ever awoke she would most likely be somewhere between brain dead and vegetative. Faced with this uncertain future, Kurt prepared himself for the long road of recovery that awaits a victim of a traumatic brain injury. However nothing could have prepared him for the emotional and physical toll of becoming a full time caregiver for his wife.

Today, three years later, Jennifer has regained some of her brain function. Her husband describes the process of re-teaching his wife everything she ever knew as “bringing her back.” It’s appropriate—a traumatic brain injury can leave sufferers without the memories and abilities that made them who they once were. In spite of her progress Jennifer still struggles. She must be fed and bathed, as her ability to control basic functions has not returned. They also do daily exercises to restore her both mentally and physically.

Jennifer is not the only one who needs to



recover. Kurt, as he diligently cares for his wife, wonders how much of the woman he married is still present. The emotional toll of what is called “ambiguous loss,” or not knowing how a family member has been changed by their injury, can be terrifying. There are now therapies that pair physical and mental rebuilding with marriage counseling, to aid with communications and the reestablishment of their relationship. Only 17% of couples that include a partner with a traumatic brain injury end in divorce, so the odds are in the Olsen’s favor. For now, though, Kurt is taking it one day at a time, and doing his best to care for Jennifer.

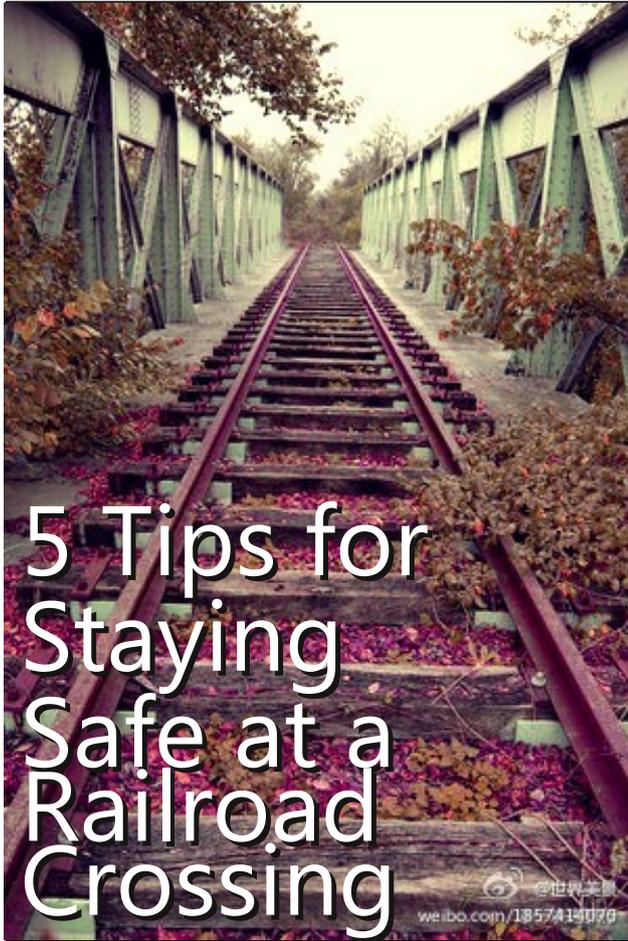


If you or someone you love has suffered a traumatic brain injury, you are not alone.



The Brain Injury Association of Washington works to not only prevent brain injuries, but also to spread awareness and offer resources and support to victims of traumatic brain injuries (TBI.) They offer assistance on everything from navigating medical care to talking with loved ones about TBI. Those suffering from traumatic brain injuries, and those who care for them, require special support and guidance. There are support groups and resources available to help you through this difficult time.

Call the resource hotline at 877-824-1766



# 5 Tips for Staying Safe at a Railroad Crossing

1

Don't trust crossing gates or lights blindly; look and listen before proceeding to cross the tracks.

2

Be on the lookout for bad sight lines that can prevent you from seeing an oncoming train.

3

At night, be aware that trains might be parked across the road, or very near it.

4

Proceed with extreme caution--just because you cannot see or hear a train does not mean one is not approaching.

5

Most railroad crossings are not protected by lights or gates, so keep a lookout for signs and be alert when crossing.



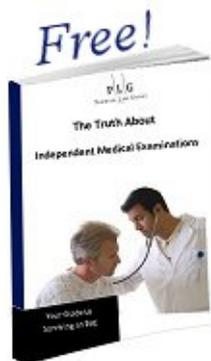
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### Legal Resource Guides

**Be informed, be prepared**

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

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What have you always wondered about personal injury or employment law? Ask and you might see your question in The StraightTalk...plus one lucky questioner will win a Starbucks giftcard!

Email your questions to [dlee@plg-llc.com](mailto:dlee@plg-llc.com) to win!