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Reminder About Our Firm's Communication Policy

Our promise to you is that while we are working on your case, we don't take inbound phone calls, faxes, emails, or drop-in visits. Steven Booker takes no unscheduled phone calls whatsoever. It makes him much more productive and helps get our case resolved faster. You can always call the office at 940-569-4000 and schedule an in-person or phone appointment, usually within 24-48 hours. This is a lot better than the endless game of "phone tag" played by most businesses today. Remember, too, that email is "quick," but is checked no more than twice a day. Replies are then scheduled into the calendar. So, if it's really important, don't email – please call the office. Thank you.

This publication is intended to educate the general public about personal injury, estate planning, 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.

Vitamin D - A Key to Preventing Premenopausal Breast Cancer?

A study conducted by researchers at the University of California San Diego School of Medicine points to a relevant window of opportunity for premenopausal breast cancer prevention in the three months prior to diagnosis.

Blood-serum samples from 1,200 healthy women were chosen and studied from over 9 million samples frozen and stored for disease surveillance. Blood was drawn in the same time frame for all subjects, 600 of whom developed breast cancer and 600 who remained healthy.

The bottom line is that the women diagnosed with breast cancer were three times more likely to have low levels of serum vitamin D within three months of diagnosis than those women who did not develop breast cancer. Researchers believe that this time period may be crucial to the tumor acquiring blood vessels needed for tumor growth, and is a time in which cancer can still be thwarted.

Vitamin D is obtained mainly from sunlight. Dietary sources of vitamin D are relatively sparse (eggs, milk, and certain fish are good sources); supplements taken in coordination with your physician can provide it. Vitamin D aids calcium absorption, reduction of inflammation, neuromuscular and immune function, and modulation of cell growth, the latter two of which may come into play with cancer.

Researchers note that the mechanisms by which vitamin D helps to prevent breast cancer are not fully understood, but the understanding that low levels of vitamin D are more impactful later in cancer development is significant.



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Common Causes of Motorcycle Accidents



Motorcyclists are at a safety disadvantage when traveling the roadways due to their lack of visibility and very limited protection when accidents occur. Recognizing the situations in which riders are more vulnerable can go a long way toward avoiding them.

Left-hand turns made by other vehicles are the most dangerous situations for motorcyclists. The turning vehicle may strike the motorcyclist who is going straight through an intersection, or it may occur as the cyclist overtakes and tries to pass a car that suddenly veers out of its lane and into the motorcyclist. Inattentiveness by the other driver and/or blind spots may be factors.

Far more motorcyclists are struck head-on than they are from behind. Riders need to be aware of situations in which traffic in an oncoming lane may be about to spill partway over into their lane due to an obstacle of some sort.

When traffic is backed up, some impatient motorcyclists may attempt "lane splitting," which means driving between two lanes of traffic in order to continue moving. This practice reduces space for maneuvering and puts vehicles dangerously close to each other.

Simple physics says that potholes, slick pavement, dead animals, loose stones, and other irregularities pose more of a threat to motorcyclists than other drivers. Two points of contact with the ground is not as stable as four.

Speeding and alcohol use by motorcyclists obviously heighten the risk of accidents and jeopardize everyone sharing the roadways. If you have been involved in a motorcycle accident that was the fault of another, contact our office to protect your rights.



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When You Suspect Nursing Home Abuse

When you make the emotionally difficult decision to place a loved one in a nursing home, you have every right to expect that he or she will be well taken care of. Although most nursing home employees are hardworking and conscientious, it only takes a few bad apples to cause serious harm. In addition, many nursing homes are intentionally understaffed to save on expenses, meaning employees are overworked and more prone to mistakes. Training may be skimpy and screening procedures for new hires may be lax.

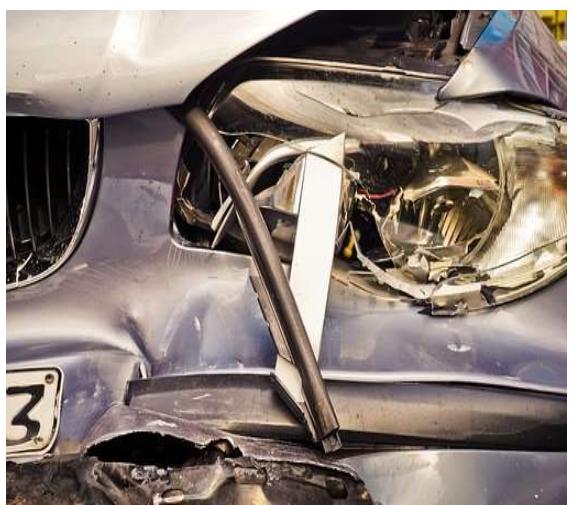
Nursing home abuse can take various forms:

- Physical abuse includes inadequately explained bruises, fractures, scrapes, sores, lacerations, burns, and forced restraint.
- Emotional abuse may lead to the resident being fearful or depressed, withdrawing from social interaction, displaying other unusual behavior, or possibly losing weight or hair. Sexual-abuse symptoms often overlap physical and emotional abuse symptoms.
- Financial exploitation of a vulnerable resident may involve influencing them to initiate certain financial transactions or change their Will, among other possibilities.
- A resident's daily needs may be neglected – proper hygiene, nutrition, medical care, and access to medical aids (e.g., glasses, dentures, etc.), among others.

If you suspect nursing home abuse or neglect and it's an emergency, call 911 immediately. If the situation is not life-threatening, promptly register your concerns with management, and contact local law enforcement or the district attorney's office to file a report.

Adult Protective Services will also investigate reports of nursing home abuse. The Eldercare Locator, a service of the U.S. Administration on Aging, can help you contact Adult Protective Services if need be.

It is also important to contact an experienced nursing home injury attorney. He or she can offer guidance on your legal options and make sure that your loved one's rights are being protected.



Did You Know?

In a stunning recent study that focused on states that routinely performed toxicology screenings for accident victims, researchers found that just over half of the teens and young adults (16-25 years old) who died in car wrecks during the study were under the influence of marijuana, alcohol, or both substances.

Researchers reported that of the young drivers who died in wrecks, 36.8 percent tested positive for alcohol alone, 5.9 percent for marijuana alone, and 7.6 percent for both.

Car wrecks continue to be the leading cause of death for 18-25 year olds in the U.S.



Ingredients:

- 3 ripe avocados, pitted, peeled
- 1 can (10 oz each) Ro*Tel® Original Diced Tomatoes & Green Chilies, drained
- ½ cup chopped onion
- 1 tablespoon lime juice
- ½ teaspoon salt
- Ground black pepper
- Tortilla chips, optional

Directions:

1. Mash avocados in medium bowl. Stir in drained tomatoes, onion, lime juice and salt. Season with pepper to taste.
2. Serve with tortilla chips, if desired.

Rockin' Guacamole

Easy guacamole recipe 'rocks' with zesty Ro*Tel tomatoes, onion and lime juice added to creamy mashed avocados.



Cinco de Mayo

Cinco (Five) de (of) Mayo (May), the fifth day of May, is a holiday that celebrates the Mexican army's victory over France at the Battle of Puebla in 1862 during the Franco-Mexican War. This year, Cinco de Mayo will take place on Sunday, May 5th. Although it is a relatively minor holiday in Mexico, in the United States Cinco de Mayo has grown in popularity and has evolved to commemorate Mexican culture and heritage.



Cinco de Mayo History

In 1861, after years of internal strife from a long-running civil war between Liberal and Conservative factions, Mexico was in financial ruin when it elected Benito Juarez as president. The newly elected president, inheriting a tough situation, suspended interest payments on Mexico's debt. Demanding payment, France, Britain, and Spain all sent naval forces to Veracruz, Mexico. Although Britain and Spain negotiated with Mexico and withdrew their forces, France did not. Ruled by Napoleon III, France decided to seize the situation as an opportunity to carve an empire out of the Mexican territory. In late 1861, a fleet of 6,000 Frenchmen stormed Veracruz, forcing President Juarez and his government to retreat.

Juarez then rounded up a rag-tag group of 2,000 men led by Texas-born General Ignacio Zaragoza. The 2,000 men, although vastly outnumbered and under supplied, fortified the town of Puebla de Los Angeles.

On May 5th, 1862, the French led an assault on the city of Puebla. The battle only lasted until early evening, but by the end of it, the French had lost nearly 500 men while the Mexicans lost fewer than 100.

Although this was not a major strategic win in the overall Franco-Mexican War, Zaragoza's success at the Battle of Puebla represented a great symbolic victory for Mexico and bolstered the resistance movement.

