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SUMMER 2016

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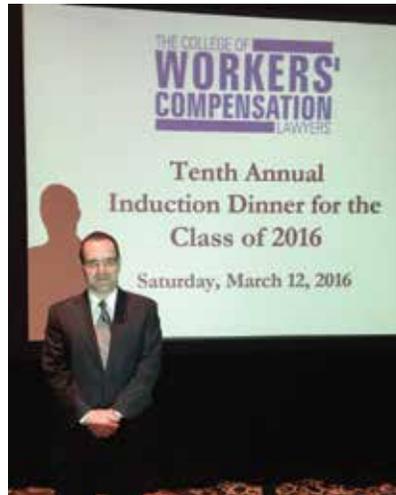
Pothitakis inducted as a Fellow in The College of Workers' Compensation Lawyers

Nicholas Pothitakis of the **Pothitakis Law Firm P.C.** was recently inducted as a Fellow in The College of Workers' Compensation Lawyers. The College of Workers' Compensation Lawyers honors attorneys who have distinguished themselves locally and nationally in the field of workers' compensation. Pothitakis was inducted as a Fellow for showing traits developed over 20 years representing injured workers and accident victims. Pothitakis was in attendance and inducted at the annual meeting of the Fellows in New Orleans, Louisiana, this spring.

"I was extremely honored and excited to be nominated and inducted into the College. This national recognition is a tribute to the hard work of all of the members of my firm in fighting for the rights of injured workers," said Pothitakis.

Fellows of the College demonstrate to their peers, the bar, bench, and public that they possess the highest professional qualifications and ethical standards, character, integrity, professional expertise, and leadership. They also have shown commitment to scholarship, teaching, lecturing, and distinguished published writings on workers' compensation or related fields of law.

Mr. Pothitakis has been practicing primarily in the area of Iowa workers' compensation and personal injury claims for over 20 years. He recently completed his tenure as the president of the Iowa Association of Workers' Compensation Attorneys, which is a statewide group focused on the betterment of the workers' compensation system in Iowa. Although his offices are in Burlington and Keokuk, he works with clients throughout the state.



Pothitakis Law Firm P.C.

320 North Third Street
Suite 100
P.O. Box 337
Burlington, IA 52601
319-754-6400

1603 Main Street
Keokuk, IA 52632
319-524-7500

Toll-Free: 1-866-PLF-IOWA

FAX: 319-754-7211

E-mail:

niko@iowawc.com

Website:

www.iowawc.com

OFFICE HOURS

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NATIONALLY RECOGNIZED WORKERS' COMPENSATION AND PERSONAL INJURY ATTORNEY

- Vice President, Iowa Association of Workers' Compensation Lawyers, Inc. (2013-2014)
- President, Iowa Association of Workers' Compensation Lawyers, Inc. (Oct. 2014-Oct. 2015)
- Best Lawyers In America—2014, 2015, and 2016 Listing
- Super Lawyers—2013, 2014, 2015
- 2013, 2014, 2015 National Trial Lawyers—Top 100 Trial Lawyers
- Member, American and Iowa Associations for Justice



We take pride in the quality of our legal work.



Dangers of dining out

Getting a reservation isn't the only thing that diners have to worry about when they eat out. In the fall of 2015, Chipotle temporarily suspended operations at 43 of its restaurants in the Pacific Northwest after 42 people were sickened with E. coli. In nearby San Jose, 93 people fell ill with shigellosis after eating at the Mariscos San Juan restaurant. Improper food processing and handling are the cause of such outbreaks. Even world-famous restaurants like La Toque in Napa, California, aren't immune. Five confirmed cases of hepatitis A were traced to the restaurant and its bar.

If you suspect that you were made sick by food at a restaurant, you may be able to recover for damages. You have to be able to prove that the food was contaminated with a pathogen, the food caused you to get sick, and that you suffered damages from the sickness.

If your doctor says you have food poisoning, ask if he or she will test to diagnose which pathogen caused your illness. If several people in the area are sickened, tests can be performed that show if the pathogens came from the same source. This helps to alert the public and restaurant of contamination.

If you or a loved one has been sickened by a foodborne illness from a restaurant, call our office for a free consultation.

Need energy and hydration?

Energy drinks may not be the answer



As temperatures soar, energy drinks, with their cool packaging and promise of boundless energy, may be a tempting choice to stay hydrated and active in the heat. You may be surprised to know that energy drinks sent more than 20,000 people to the emergency room in 2011 and 11 percent were hospitalized, according to the Substance Abuse and Mental Health Services Administration. You may be surprised to know that most energy drinks aren't considered drinks at all, but dietary supplements. As such, the drinks do not have to follow the U.S. Food and Drug Administration's caffeine restrictions.

Energy drinks contain up to 10 times the caffeine (plus other ingredients that offer a caffeine effect) of a regular cola, and some consumers end up in the ER with problems such as heart palpitations, dehydration, and heat exhaustion. Consumption has also caused cardiac arrest and stroke, resulting in brain damage and death. A typical 24-ounce energy drink may contain 240 mg of caffeine, which is slightly below what is safe for healthy adults to consume. Energy drinks are typically marketed to teens and young adults.

Still tempted to pop open a can? New research published in the Journal of the American Medical Association shows that just one 16-ounce energy drink can increase blood pressure and stress hormone responses significantly, and can increase the risk of cardiovascular events in young adults.

It may not seem as exciting, but water is the best way to quench your thirst, and tea or coffee is a much safer way to get moving in the morning or beat the mid-afternoon slump.

Biking to stay in shape and feel youthful?

You may be at greater risk

It may be true that you never forget how to ride a bicycle, but a recent study shows that bicyclists over the age of 45 are at greater risk of injury while biking. A report in the Journal of the American Medical Association found that injuries in the 45+ population increased 23 percent and that hospitalizations almost doubled. The study examined national records and statistics from 1998 to 2013.

So, do bicyclists get worse as they age? Are they more daring? More accident prone? Not necessarily. The amount of people over the age of 45 who are bicycling has risen and so has the number of older adults who are sport cycling, which involves greater speed and danger.

TIPS FOR A SAFE RIDE *(no matter what your age!)*

- ➡ Wear a helmet.
- ➡ Be aware of what is on the road or path (traffic, debris, pedestrians).
- ➡ Two hands on the handlebars.
- ➡ Ride with traffic.
- ➡ Obey traffic laws.
- ➡ Pass other bikers on the left.



Be sure to choose a daycare wisely

When choosing a daycare facility, parents seek out a location close to home or work with happy-looking kids and staff. While that is a great place to start, be sure to visit the facility several times, at least once while the facility is in operation. Take note if it has any state or industry credentials, ask for references, and talk to other parents.

It's probably not realistic to think that your little one won't fall down and get a few bumps, bruises, and even a bite or two from other children, but your daycare is obligated to provide an environment that is reasonably safe. When it comes to accident-prone children and super-protective parents, what exactly does this mean?

NEGLIGENCE

If your child falls down and fractures their arm, you may want to hold the facility responsible for personal and financial



reasons. If the injury occurred when a 3-year-old child fell off a tricycle while being supervised in an area free of obstacles and on a tricycle that was in good shape, the facility most likely provided a reasonable standard of care to prevent accidents.

If the duty of providing reasonable care was broken—there were toys, sticks, debris, or other obstacles on the riding area; the tricycle was broken; or there was little or no supervision—then the facility could be found negligent.

Likewise, the inside of a daycare is full of loud children, small toys, bottle warmers, shelving full of toys and books, and all sorts of things that can be dangerous if strict procedures and supervision aren't followed and provided.

ABUSE AND NEGLECT

If, however, you suspect or witness abuse, whether it is sexual, physical, or emotional, or see signs of neglect, contact the police right away or call the Childhelp National Child Abuse Hotline at **1-800-4-A-CHILD (1-800-422-4453)**.

But first, let me take a SELFIE!

If you've heard the song, you know it's a silly song mocking our selfie-obsessed culture, but this obsession has become dangerous and deadly. Taking a nature selfie with a wild, carnivorous animal in the background, or sitting at the edge of a cliff, for example, isn't a good idea. Real people have lost their lives taking selfies on top of bridges (fell to death), on top of trains (grabbed a live wire), while flying a plane (killed passengers as well), and while posing with a loaded gun pointed at their head (the safety wasn't on).

One of the most disturbing selfie trends is #driving. This is when people take a photo of themselves while driving and post it to social media. Instagram, a popular photo-sharing site, has millions of photos tagged #driving.

As you can imagine, teen drivers are embracing selfies while driving, but adults are also guilty, and the consequences can be fatal. Courtney Sanford, a 32-year-old North Carolina woman, was killed in an accident when she crossed into oncoming traffic while posting social-media messages, including photos of herself while she drove.

The use of selfie sticks (sticks that attach to phones to take better selfies) have been banned at most theme parks and many concert and sports venues because they cause a danger to their owners, other guests, and can compromise the safety of rides by, in effect, extending the length of one's limbs.

It's OK to strike a pose and get out the selfie stick, but please do so responsibly.



Don't let a roadside emergency turn into a roadside tragedy

There are many reasons that you might want to pull to the side of the road, especially on a summer road trip—to stretch your legs, make a phone call, or perhaps you aren't feeling well or your vehicle breaks down. Pulling to the shoulder of the road should be reserved for emergency situations only. It puts drivers and passengers, especially someone who exits the vehicle, in a perilous situation, so make phone calls and stretch your legs at a rest stop.

If you do have an emergency that leaves you stranded on the side of the road, put your hazard lights on, pull over as far as you can, and stay in your vehicle. Do not attempt to change a tire on the side of a busy highway. If at all possible, call a roadside assistance service.

According to AAA, pedestrians struck on the shoulder of a highway are often hit by inattentive, impaired, or drowsy drivers.

If you do have an emergency that leaves you stranded on the side of the road, put your hazard lights on, pull over as far as you can, and stay in your vehicle.



The results from the cases of the Pothitakis Law Firm P.C. are diverse, and the results vary considerably. The case results are not a guarantee of future results, as they are specific to facts and legal circumstances of each client's case, and for this reason should not form the basis for future expectations on a different case. These cases may not be typical, and there are many factors that determine the result of a case. The determination of the need for legal services and the choice of a lawyer are extremely important decisions and should not be based solely upon advertisements or self-proclaimed expertise. All potential claimants are urged to make their own independent investigation or evaluation of any lawyer being considered.

POTHITAKIS LAW FIRM P.C.
Attorney At Law
320 N. Third Street, Suite 100
P.O. Box 337
Burlington, IA 52601



Thanks to all of you who have recommended our firm to your relatives, friends, and neighbors. We appreciate your vote of confidence and pledge to care for these "VIPs" as well as we care for you.



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NEW HIRE AT POTHITAKIS LAW FIRM

*Please welcome
Madison Alliman*

Madison is a legal secretary at Pothitakis Law Firm. She is a recent graduate of Southeastern Community College and recently received an Associate of Applied Science in accounting.

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