

BROUGHT TO YOU BY



WINTER 2017

If you need our services,
please contact us at...

319-754-6400, 319-524-7500,
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www.iowawc.com

The Pothitakis Law Firm P.C. prides itself on fighting aggressively for our clients. The goal of insurance companies is to resolve claims as cheaply as possible. In the 15 years that our firm has been representing our clients, we have learned what it takes to maximize their recovery. Maximum recovery is why our clients consistently rate us as one of the best law firms in the country. Here are a few examples of ratings and reviews we have received....

Testimonials

When my family needed assistance navigating the Iowa workers' compensation law, we turned to Niko's firm because of his high AVVO rating and other positive ratings on the internet. We could not have been more pleased. As a lawyer myself, I was impressed with Niko's knowledge of the area, his true compassion regarding our family's situation, and his expertise during the hearing itself. Even if we had not received our desired outcome, we would have given Niko five stars based on these factors. The fact that we achieved the desired result made the process even better. Final words—if you need assistance with Iowa workers' compensation issues, I cannot recommend Niko and his firm enough!

L & M

The Pothitakis Law Firm was quick to react from beginning to end, in every aspect of the case. The Pothitakis Law Firm ensured that the work comp companies and doctors weren't pushing this client around. If it wasn't for Niko Pothitakis and the rest of the law firm, I would still be waiting on medical care for the initial injury and would still be waiting on benefits.

W.N., Muscatine, Iowa

From the very start, I felt I was being treated as a person, not just a case number in the office. The amount of settlement was way more than expected, this due to the effort put forth by Mr. Pothitakis and his staff. From our viewpoint, it runs like a well-oiled machine with a heart.

R.M., Kahoka, MO

Exceptionally professional lawyer and staff.

R.R., Burlington, Iowa

Thank you for everything you have done. You gave me back belief in attorneys. You have a profession you worked hard at in life to get to. And your passion for what you do has not fizzled out. I have seen so many people choose a profession in life and have become robots in their daily work schedule because they lost their passion for what they planned their life out to do. You have a firm you hold much pride in. You still have and show excitement in the field you are in. You have compassion for people and a drive to win what is right and fair. Your confidence in what you do every day shows, and you know the law in your field like the back of your hand. I value that in your practice and in you as an attorney. You're down to earth as a person, too. That's a bonus when having an attorney. You are someone who knows how to communicate and make a person feel like the choice they made in choosing an attorney was more than the right choice, but a life choice. It's no wonder you made the 2015 Iowa Super Lawyers List. You're a good person, Niko. Not a lot of people left in the world like you. Keep up the good work! Thank you again for everything.

B.S., Burlington, Iowa

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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.

Meet our staff

Niko Pothitakis, Attorney at Law/Owner: Mr. Pothitakis was born June 4, 1966, in Fort Madison, Iowa. He attended the University of Iowa from 1984 through 1988, obtaining a degree in finance and a degree in economics with honors and high distinction.

Mr. Pothitakis enrolled in the fall of 1988 at the University of Texas School of Law in Austin, Texas. He received his Doctor of Jurisprudence in the summer of 1991. Since then Mr. Pothitakis has practiced primarily in the areas of workers' compensation and personal injury. The Pothitakis Law Firm P.C. has offices in Burlington and Keokuk, Iowa, but prides itself on its statewide practice.

Mr. Pothitakis was the 2015 president of the Iowa Association of Workers' Compensation Lawyers, Inc., and is a 2015 member of the Board of Governors of the Iowa Trial Lawyers Association.

Mr. Pothitakis has received a number of recent honors, including being named to the 2016 and 2017 Best Lawyers in Iowa; 2015 and 2016 Super Lawyers list; and 2016 National Trial Lawyers Top 100 Trial Lawyers.



Ann Kirk, Client Liaison/Legal Assistant: Ann graduated from Des Moines Area Community College with a Legal Assistant AS degree in 1991. She began working for Nicholas Pothitakis in 1992. She has worked at the Pothitakis Law Firm P.C. since its inception as a legal assistant. In her spare time, Ann enjoys spending time with her three grandchildren.

Cindi Muff, Paralegal/Bookkeeper: Cindi was certified as a legal secretary in 1986 and has worked in the legal profession since that time. She has worked for Niko Pothitakis since 1995. She has been a paralegal at Pothitakis Law Firm since 2003. Life outside the firm is often spent with her husband and friends on the river, in her flower beds, and with her daughters on their return visits from college.



Sarah Palmer, Paralegal: Sarah is a lifelong resident of Burlington, Iowa. She graduated from Kaplan University in 2008 from the paralegal studies program. She has worked in the legal field since 2005 and has experience in various areas of law.



Janet Schafer, Paralegal: Janet graduated from Teikyo Marycrest University in 1992 with a B.A. in paralegal studies. She has worked as a paralegal since that time and joined PLF in 2005. She is compassionate and driven, fighting for our clients. Janet lives in Burlington with her husband and four children. The things she loves most in life are her family, sunrises, and the smell of freshly cut grass.



Kayla Ferguson, Receptionist/Legal Secretary: Kayla has been with the firm since 2012. She graduated from Southeastern Community College 2008 with a degree in office administration. Kayla enjoys spending time with her husband and their dog, Moose.

Lana Strahn, Administrative Assistant: Lana has worked as a secretary/administrative assistant for over 30 years. Her background is in the legal, banking, and accounting fields. Lana enjoys gardening, shopping, traveling, and watching her three grandsons play sports.



Madison Alliman, Legal Secretary: Madison is a recent graduate of Southeastern Community College, receiving her Associate of Applied Science degree in accounting.



Carrie Pothitakis, Bookkeeper: Carrie is a lifelong resident of southeast Iowa. She has a degree in dental hygiene and worked as a dental hygienist prior to joining the staff at Pothitakis Law Firm P.C. She handles the firm's bookkeeping and also assists with legal projects.

When your trip turns into a slip-and-fall— *can the hotel be held liable?*

Whether you are traveling for work or pleasure, a hotel stay is likely on the itinerary. But what happens if you are injured during your stay? It's not uncommon that hotel guests trip over loose carpet, slip on a wet floor, or fall down stairs that have debris on them and sustain injuries that end up costing thousands of dollars in medical bills and lost wages. If you or a family member is injured at a hotel due to the negligence of the management, you may be able to ask for damages.

Hotel management has a responsibility to maintain guest and employee facilities so that they are reasonably safe. If staff and management are aware of a problem—be it loose

carpet, a spill, icy sidewalks, a broken door, or debris in walk-and stairways—they have an obligation to warn others of the danger and to fix it in a reasonable amount of time. If the staff knew about the problem and did nothing or not enough, the hotel could be found liable for any resulting injuries.

In order to prove negligence, the injured party would have to demonstrate that the hotel had breached a duty of trust which caused an accident that harmed someone and/or their property.

If you or a loved one was injured in a slip-and-fall accident, call our office for a confidential case review.



Heartburn meds linked to Alzheimer's

You may be taking a medication daily that increases your risk of Alzheimer's disease by up to 52 percent. In fact, 15 million Americans regularly use the medication to help control heartburn and acid reflux.

The German study followed over 73,000 men and women over the age of 75 from 2004 to 2011. The research showed that those taking proton pump inhibitors (PPI) had an increased risk of developing dementia (52 percent in men and 42 percent in women).

This doesn't mean that those who use PPIs and develop dementia can sue the drug manufacturers. Since there was no actual causal link found between the drugs and Alzheimer's, researchers concluded that avoiding PPIs *may* prevent dementia. If a cause-and-effect relationship were found, the drug manufacturers would have to warn potential patients of the side effects.

PPIs include prescription or over-the-counter Prevacid, Nexium, and Prilosec.

Tips for driving in anything that Mother Nature sends your way

The only way to be guaranteed safety on icy and/or snowy roads is to not drive on them. Unfortunately, this isn't always possible. Most people who live in winter climates are expected to travel in all but the worst weather, and even then may have to venture out in an emergency.

Here are a few tips that will help you prepare for winter-weather driving:

- **Skids.** Avoid skids by accelerating and decelerating slowly. Regain control of your vehicle during a skid by steering out of it, not braking. Gently steer in the direction that you want to go. When you regain traction, begin to use the brake if it is necessary. Apply gentle pressure to the brake or, if you don't have antilock brakes, slowly push on the brake, release, and repeat.
- **Tires.** Tires grip the road and help drivers safely maneuver. Be sure your tread is safe for winter driving, and consider snow tires or chains if you live in a region that gets a lot of snow.
- **Speed.** Allow plenty of time to get to your destination. Remember that speed limits are set for ideal road conditions. If the weather is making it hard to control your vehicle and to see, slow down.
- **Snow removal.** Remove all snow and ice from your vehicle. Whatever you leave on your car can fly off and hit other vehicles or pedestrians. Snow and ice left on the roof of a car can also slide down and cover your back window, leaving you blind to what is behind you.
- **Space.** Leave extra space between vehicles in case your car skids when traffic stops.



Most drivers admit to dangerous driving behaviors

About 87 percent of drivers engaged in at least one risky behavior while behind the wheel within the past month, according to the latest research by the AAA Foundation for Traffic Safety. In a recent news release about the study, the foundation said that these unsafe behaviors include driving while distracted, impaired, or drowsy; speeding; running red lights; or not wearing a seatbelt. Nearly 33,000 Americans died in car crashes in 2014.

“The vast majority of motorists believe they are more careful than others on the road, though most of them are not making safe decisions while behind the wheel,” said Peter Kissinger, president and CEO of the AAA Foundation for Traffic Safety. “We’re asking every driver to make responsible decisions to make the roads safer for everyone.”

In addition to driving habits, survey participants were asked about their personal experiences with vehicle accidents. It found that one in three drivers have had a friend or relative seriously injured or killed in a crash, and one in five has been involved in a crash that was serious enough for someone to go to the hospital.

The survey data are from a sample of 2,442 licensed drivers ages 16 and older who reported driving in the past 30 days. The AAA Foundation issued its first Traffic Safety Culture Index in 2008, and the latest report is online at www.AAAFoundation.org.



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.

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*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.*



Pothitakis speaks at Iowa Association for Justice Seminar

Nicholas Pothitakis was invited to speak at the annual Fall Seminar for the Iowa Association for Justice on September 23, 2016, in Iowa City, Iowa. He was part of a presentation providing tips to other attorneys on “*Getting Your Case from File to Trial.*” The annual seminar provides education to lawyers and law firm staffs from across the state of Iowa on a variety of topics to help them with their Iowa workers’ compensation cases. Mr. Pothitakis was honored to be asked to be a part of the panel discussion concerning trial preparation matters. “It is great to be invited and involved in presentations on how to help injured workers in our state. By helping to educate others on Iowa workers’ compensation cases, it helps to ensure that people receive the benefits they are entitled to after a work injury,” stated Pothitakis.