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please contact us at...
319-524-7500, 319-754-6400,
or 866-PLF-IOWA
www.pothitakislaw.com

Some background on Mr. Pothitakis and his staff...

Niko Pothitakis



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.

Mr. Pothitakis is currently vice president of the Iowa Association of Workers' Compensation Lawyers, Inc. Mr. Pothitakis has received a number of recent honors, including being named the 2013 and 2014 Best Attorneys in Iowa; Super Lawyers list; and 2014 National Trial Lawyers Top 100 Trial Lawyers.

Mr. Pothitakis is lifelong resident of Southeast Iowa. He is married to Carrie, and they have three children. Niko spends a good deal of time taking his kids to and from soccer practices and games. He and his family also enjoy golfing and spending time with their three dogs.

Janet Schafer



Janet grew up in LaHarpe, Ill. She graduated college in Davenport, Iowa. Janet has worked as a paralegal

since 1992 and has been a paralegal with the Pothitakis Law Firm since 2005. Janet has four active children who are involved in a variety of sporting and cheer events. In her free time, she enjoys bike riding, reading, and cooking.

Ann Kirk



Ann graduated from Des Moines Area Community College with a legal assistant associate's degree in 1991. She began working for Nicholas Pothitakis in 1992 and has worked as a legal assistant at the Pothitakis Law Firm, P.C., since its inception. Ann enjoys spending time with her husband, daughter, and two grandchildren.

Cindi Muff



Cindi was certified as a legal secretary in 1986 and has worked in the legal profession since that time. She has worked for Nicholas Pothitakis since 1995 and has been a paralegal at Pothitakis Law Firm since 2003. Cindi enjoys spending time with her family as well as gardening, sewing, and cooking.

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PRACTICE IS PRIMARILY PERSONAL INJURY AND WORKERS' COMPENSATION

- free consultation
- contingency fee available
- Vice President, Iowa Association of Workers' Compensation Lawyers, Inc. (2013-2014)
- Best Lawyers In America—2013 and 2014 Listing
- Super Lawyers—2013 List
- 2013 National Trial Lawyers Top 100 Trial Lawyers
- Member, American and Iowa Associations for Justice

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Some background... (continued from front page)
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Carrie Pothitakis



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. Carrie enjoys spending time with her three children. She recently finished up the school year as the part-time art teacher at Holy Trinity Catholic School in West Point, Iowa.

Stacey Wachter



Stacey is a native of Burlington, Iowa. She attended Southeastern Community College and University of Iowa. Stacey is a member of the Democratic Party, having served as 2nd chair eight years, and County Chair for four years in Des Moines County, Iowa. Stacey has been a legal assistant at the Pothitakis Law Firm, P.C., since 2004. In her spare time, Stacey enjoys spending time boating with her family on the Mississippi and at the Lake of the Ozarks. She is an avid Kansas City Chiefs fan! She also enjoys walking her German shepherd, Hondo, and cooking, entertaining, and traveling.

Lana Strahn



Lana has worked as a secretary/administrative assistant for over 30 years. Her background is in the legal, banking, and accounting fields. Lana enjoyed retirement for a whopping 1.5 months before deciding to avoid cabin fever by accepting part-time employment with the Pothitakis Law Firm, P.C. Pothitakis Law Firm has reaped the benefits from Lana coming out of retirement to fill the position of data storage manager. Lana enjoys yard work/gardening as well as spending time with her three grandsons.

Kayla Krow



Kayla is the receptionist at Pothitakis Law Firm. She graduated from Southeastern Community College in 2008 with a degree in office administration. Prior to working at Pothitakis Law Firm, Kayla worked as an account representative at a local credit union. Kayla spends a lot of her free time with her boyfriend, Jesse, and their new Labrador puppy, Moose. She also enjoys boating on the river with her family.

Amanda Dupuis



Amanda is an intern at Pothitakis Law Firm, working for the firm while she is home from college for extended periods of time. Amanda attends Loyola University Chicago's Quinlan School of Business and will be a junior in the fall of 2014. Amanda enjoys reading and recently took an 11-day canoe trip on the boundary waters of Minnesota.

Avoiding dogs while running

Whether you are an avid runner or just like an occasional jog to clear your mind, you should know what to do if pursued by a dog. Dogs like the thrill of the chase, and a runner makes a perfect target. Some dogs may view this as a game with no intention of attacking a runner. Other dogs feel threatened and are more serious in their actions. They don't bounce and romp or stop when the runner stops, but tense up and attack a person running by.

So, what should you do if you are pursued or attacked by a dog?

Here are some tips from the Humane Society:

- Resist the impulse to scream or run away.
- Remain motionless, hands at your sides, and avoid eye contact with the dog.
- Once the dog loses interest in you, slowly back away until it's out of sight.
- If the dog does attack, "feed" him your water bottle, baseball cap, or anything that you can put between yourself and the dog.
- If you fall or are knocked to the ground, curl into a ball with your hands over your ears and remain motionless.

If you've been bitten by a dog, get immediate medical attention, report the bite and whatever you know about the dog and owner to an animal control agency, and contact our office to help you recover any damages from the bite.

Are your shoes a driving hazard?



Not to put a damper on anyone's casual summer style, but if you are wearing flip-flops while driving your car, you might just be putting comfort over safety. What makes them so easy to slip on also makes them dangerous; because the shoe is only attached at the toe, it can hang down and get stuck under the gas or brake pedal.

Advising someone not to wear flip-flops (or any open-heeled shoe) behind the wheel seems silly, but consider this: In 2010 a bicyclist was killed by a driver who claims his flip-flops got tangled in the pedals. Just a year later, three women pedestrians were killed by a driver who said that she lost control of her vehicle when her flip-flop became stuck under the gas pedal.

If you want to be on the safe side this summer, save the flip-flops for the beach!



ENHANCING BICYCLE SAFETY

For many people, riding a bike plays a part in their everyday activities. Whether you just take leisurely rides around the neighborhood or are an avid cyclist, make sure that safety is a priority.

Here are a few safe-riding tips from the National Highway Traffic Safety Administration:

Wear a helmet

A helmet is up to 88 percent effective at preventing traumatic brain injury in the event of a crash.

Ensure proper size and function of the bicycle

The only way to be certain that you can properly handle a bike is to buy one that fits your build. If you aren't sure how to choose a bike that fits your frame, ask for help at the store. If you don't know how to inspect a bicycle to make sure that it is functioning properly, take it to a shop for an inspection and routine maintenance.

Follow the rules of the road

Know the rules of the road. As a cyclist, you must obey traffic laws. That means stopping at stop signs and yielding to pedestrians and other vehicles.

Be visible

Take the extra time to make sure that you are visible to other vehicles and pedestrians. Wear bright clothing with reflective material, and use reflectors on your helmet and bike.

Share the road

Use a bike lane if one is available; otherwise, ride in the travel lane with traffic. Stay to the right of the lane unless it is too narrow. Always signal your intentions and use a bell, horn, or your voice to let pedestrians and other bikers know that you are approaching.

Stay focused

Always be aware of the traffic around you, and keep an eye on road conditions. A pothole that is an annoyance in a car can be deadly on a bike.



STRESSED

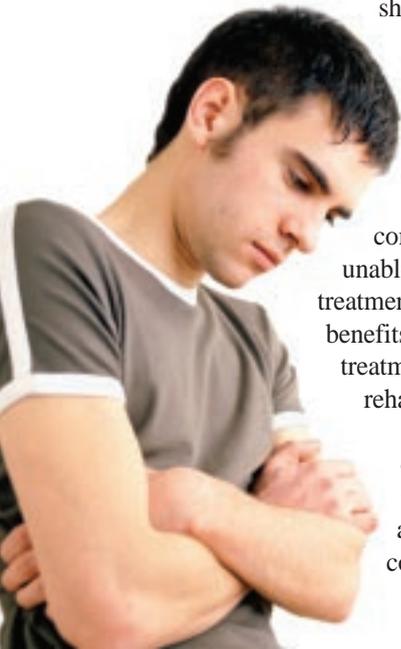
Does workers' compensation cover injuries related to stress?

When people think of workplace injuries, they tend to think in terms of accidents that result in a sudden traumatic injury. In reality, many injuries sustained in the workplace occur over long periods of time when the body is subjected to repetitive motions. Even when injuries are sustained over the long term, if they are due to work-related activities, an employee is entitled to benefits through workers' compensation insurance. Employees who experience stress-related injuries on the job

should submit an incident report to their supervisor or human resources department as soon as the injury or condition is identified.

Workers' compensation benefits include partial compensation for employees unable to work while receiving treatment, permanent impairment benefits, and payment for medical treatment and vocational rehabilitation.

If you've been injured on the job, an experienced workers' compensation attorney can help you get the compensation you deserve.



Should I file a personal injury lawsuit?

Every personal injury claim is unique, but there is a predictable pattern within each set of circumstances that can help injured parties determine if a lawsuit should be filed. Accidents and events that cause damage typically happen in an instant: a product malfunctions, a distracted driver hits your vehicle, you fall over an unexpected obstacle.

If you've been injured in an accident and believe it was caused by another's negligence, call our office for a free, confidential consultation.

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.

1. Negligence

The first thing that happens is an act of negligence. Perhaps someone is trying to make a call while driving and hits the rear of your car. This is a classic case of negligence. That person failed to fulfill their duty as a licensed driver to drive safely.

2. The act of negligence causes an accident

Because the driver in the example was distracted by their phone, they barreled into your car. It's easy to see the correlation. But doing something negligent and causing an accident isn't enough to file a lawsuit. The claimant must have suffered loss or injury as a result of the accident.

3. The accident results in injury or loss

If you slip and fall on a wet floor that isn't marked and suffer no injuries and incur no damages, there is no reason to file a claim. If you injure your knee and require surgery and rehab, there could be a significant amount of damages from the accident. Medical bills, rehab bills, and loss of income add up quickly. If the only damage is a torn pair of pants, it wouldn't be worth the expense of a lawsuit to recover \$50.

THINK before you TEXT



If you know your friend is driving and you want to send him/her a message, you had better think twice before hitting "send." A New Jersey court has ruled that texting an individual who you know is behind the wheel can make you partially liable for an accident should the recipient of the message crash while reading the text. The *ABA Journal* (American Bar Association) reported that the appellate court ruled that a texter "has a duty not to text someone who is driving" if the sender knows the person "will view the text while driving."



This doesn't mean that someone who has no idea that the recipient is behind the wheel would be held liable for an accident. It means if you know that a person is driving and have reason to believe that they will read the text while driving, you could be held partially responsible for an accident that results from that text.