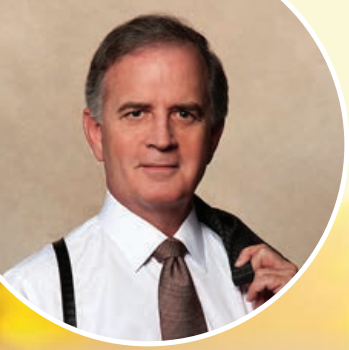

David Glatthorn, Esq.

08.2018

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AGGRESSIVE, ETHICAL REPRESENTATION FOR OVER 30 YEARS

Auto Accidents and Traumatic Brain Injuries

According to the Centers for Disease Control and Prevention, auto accidents are the third-leading cause of traumatic brain injuries (TBIs) in the United States (falls rank #1). TBIs can range from mild concussions that clear up relatively quickly, to permanently disabling injuries and/or premature death.

Direct blows to the head (e.g., windshield, steering wheel, other wreckage) and whiplash—a sudden back-and-forth jerking of the neck and head—cause the brain to slam against the hard interior of the skull, leading to TBIs. TBIs can also result from objects that penetrate the skull.

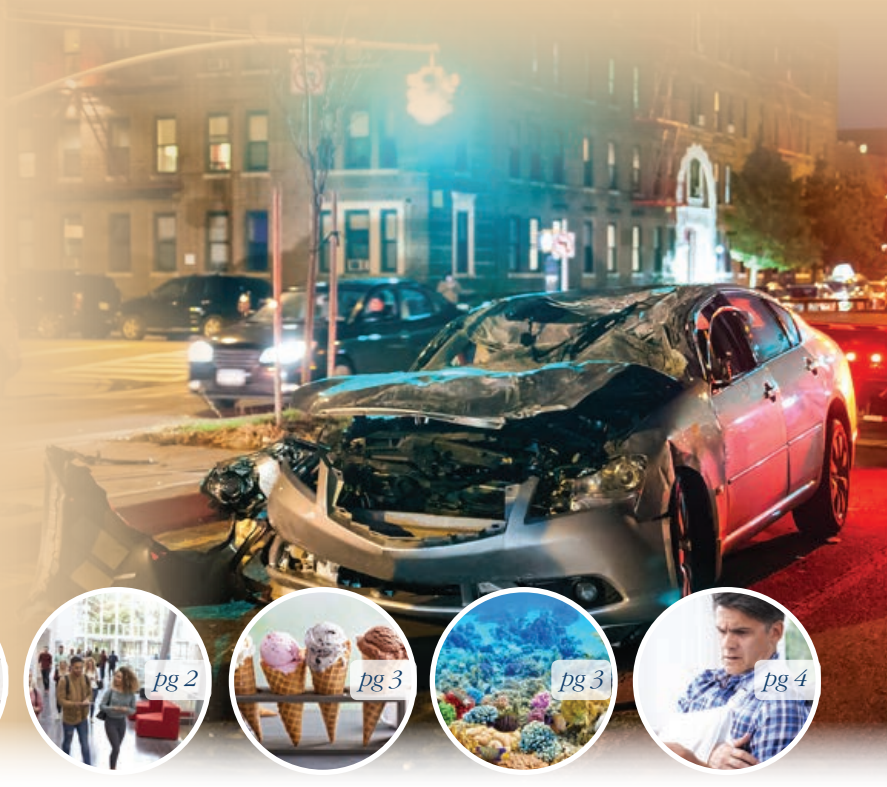
As if trauma to the brain wasn't enough, there may also be bleeding and swelling, which could necessitate surgery. Nerve damage is another common byproduct of TBIs.

The brain has four lobes: frontal, temporal, parietal, and occipital. Each is associated with different brain functions. The nature of a TBI may vary from person to person, depending on which lobe(s) was injured. TBIs can result in impaired motor skills and reasoning; diminished ability to process sensory information; memory loss; changes in personality; and compromised language skills and speech perception, among other conditions.

Reduce your risk of incurring an auto accident-related TBI:

- Always wear your seatbelt.
- Make sure your young child is properly secured in a child-safety seat.
- Never drive under the influence of alcohol or drugs (legal or illegal).
- Do not text and drive.

If you suffer a TBI due to another driver's negligence, contact an auto accident attorney to protect your rights. An attorney can also determine if other factors, such as an automotive defect, played a role in your injury.



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Concerns with Artificial Sweeteners

Americans consume far too much added (non-natural) sugar. That's not breaking news, but important nonetheless. Excessive sugar intake has been linked to type 2 diabetes, heart disease, obesity, and chronic inflammation, among other conditions.

Enter artificial sweeteners. Originally intended to provide diabetics with sugar-free dietary options, artificial sweeteners also greatly reduce or eliminate the calories associated with sugar, which appeals to those seeking to lose weight. But researchers have recently been raising yellow flags.

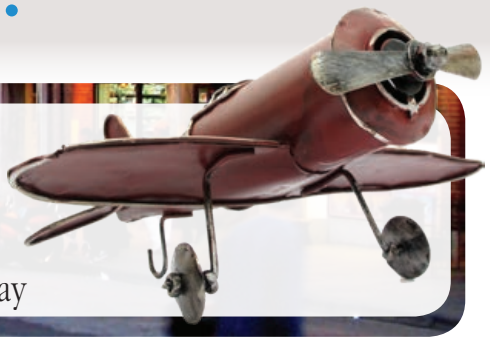
Artificial sweeteners may alter the way a person tastes food. They are much sweeter than sugar. Frequent use may overstimulate sugar receptors and limit one's tolerance for more complex tastes. Less intensely sweet foods, such as fruit, can become less satisfying; veggies may become unpalatable. In other words, highly nutritious, fiber-rich foods could get kicked to the curb while less healthy and artificially flavored foods become more prominent. (Sounds like the formula for weight gain, but there's no clinical link yet.)

Recent studies have seemingly connected some artificial sweeteners with elevated lipid levels in the bloodstream, as well as a decrease in a biomolecule that clears out those lipids. In addition, sweeteners appear to alter the breakdown of fats and proteins. Both conditions can lead to cardiovascular problems.

The FDA currently approves six artificial sweeteners: aspartame, sucralose, saccharin, acesulfame potassium, advantame, and neotame. Keep in mind that not all sugars are the same. Natural sugar sources such as fresh fruits, berries, and vegetables are nutritious, high in fiber, and absorbed more slowly into the bloodstream. The opposite holds true for refined sugars added to processed foods.

Eat healthy, consult with your doctor, and stay informed. It doesn't get sweeter than that. •

August 2018 Important Dates



August 1 – National Night Out (emphasis on building safer communities)
August 8 – International Cat Day
August 19 – National Aviation Day
August 25 – National Banana Split Day
August 26 – Dog Appreciation Day

The College Experience Should Be a Safe One

For many students, the college years are an exciting time when futures will be shaped, lifelong relationships will be established, and the transition to life on their own will occur. However, accidents and injuries may disrupt the journey—sometimes through no fault of the student.

A college has a duty to provide a safe campus for students. It is responsible for properly maintaining the facilities, posting clear warnings of hazards, providing adequate security, following safety protocols, clamping down on underage drinking, and installing proper lighting, among other duties. If a college falls short in any of these areas and a student is injured as a result, the student may seek compensation for their injuries.

In some circumstances, more than one party may be held accountable. For example, if a student is hit by a car on campus, the driver of the car may be held liable for damages. However, if a stop sign was missing or a stoplight wasn't working, the school might be held responsible as well. Determining all potentially liable parties maximizes a student's chances of receiving fair compensation.

A student's first consideration following an injury should be appropriate medical attention. After that, they should contact campus police to file a report. The next step should be a prompt call to a personal injury attorney, who will help a student receive fair compensation and prevent them from possibly forfeiting other rights. There are time limits for filing a claim. Keep in mind that state colleges often tend to have shorter ones. •

The Chilling History of Ice Cream

Ice cream as we know it today took shape in the 16th century, but the seeds for ice cream were planted several thousand years ago.

In roughly 1800 B.C., records show that in the state of Mari—now eastern Syria—ice and snow were collected and stored in ice houses for use in warmer months. Ice houses were built partially or fully underground near ice and snow sources (e.g., rivers, lakes, mountains). Ice would be insulated with straw or sawdust, keeping it solid for many months.

Fruit juices, wine, honey, and nectar, among other ingredients, were added to crushed ice to create slushy-like treats that wowed elite society. Commoners were shut out until the 19th century.

In the 16th century, someone (they should be canonized) combined flavored ice with milk and cream. Not long after, sugar was introduced to the mix, creating a product that resembled what we know today. "Ice" combined with "cream" came to be known as "iced cream."

During the colonial period, ice cream was introduced to the United States. George Washington reportedly spent $200 on ice cream during the summer of 1790 (a large sum in those days). No wonder he had false teeth!

Around 1800, ice house insulation improved dramatically. As the century forged ahead, other technological advances, such as steam power, mechanical refrigeration, electric power, motors, and eventually the electrified freezing process (no ice necessary), enabled mass production of ice cream, making it accessible to all.

The 20th century saw the introduction of the banana split, ice cream cone, ice cream sundae, soft ice cream, and abundant new flavors. How will this century improve upon perfection? •

Sunscreen's Possible Effects on Coral Reefs

Part of the summer beach routine is applying sunscreen and wading into the surf. Sunscreen offers vital protection against the sun's ultraviolet (UV) rays, helping to ward off skin cancer. However, ocean water rinses off the sunscreen—to the tune of 14,000 tons each year.

Mounting evidence suggests that certain compounds in sunscreens (e.g., zinc oxide and titanium dioxide) catalyze the production of hydrogen peroxide, which can contribute to the bleaching (whitening) of coral reefs. Coral reefs are home to phytoplankton, which are a key source of food for many reef-dwelling creatures and give coral reefs their vibrant color. When a coral reef is bleached, it means the phytoplankton have been killed or forced off the reef, undermining the coastal marine ecosystem.

Oxybenzone is a synthetic chemical in some sunscreens that is also thought to spur coral reef bleaching by damaging coral DNA and interfering with coral reproduction. Octinoxate is believed to awaken dormant viruses within phytoplankton, which eventually kill them. Recently, Hawaii passed a law banning sunscreens containing oxybenzone and octinoxate, effective January 1, 2021.

There is some dispute over the extent of sunscreen's effects on marine life. Some scientists believe the overwhelming culprits in coral reef bleaching are El Niño and global warming. Dermatologists are concerned that some people will misconstrue what's going on and forgo sunscreen.

There are microbes, plants, and animals that have evolved and developed molecules that absorb UV rays, preventing cell DNA damage. Researchers are trying to incorporate these natural products and processes into a sunscreen that will make life a little easier for every life form. •

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Injury Claims, Injury Lawsuits . . . Not the Same Thing

If you have been injured or suffered losses due to the negligence of another person or business, you may be entitled to compensation. You can file a personal injury claim or a personal injury lawsuit—two distinct processes.

Typically, a *personal injury claim* involves you and the at-fault party's insurance company. You will notify them of the circumstances of your case—ideally with a well-crafted demand letter—and what you expect to receive in compensation.

The insurance company will investigate your claim and decide what they are willing to pay you, if anything. If you negotiate a mutually acceptable agreement, the insurance company will send you a release form and check. Once you sign the release and cash the check, your claim is final. It cannot be revisited in the future.

It is strongly recommended that you hire a personal injury attorney when filing a significant claim. Without one, the process can be a minefield. Insurance companies seek what's best for them—not for you—by paying as little as possible. An attorney will handle all correspondence with the insurance company, write your demand letter, determine what medical information should be released, negotiate your settlement, and ensure your future rights, among other duties.

If an acceptable negotiated settlement cannot be reached or the at-fault party's insurance is not enough to cover your losses, your attorney can file a *personal injury lawsuit* with the court. A personal injury lawsuit is typically a last resort—due to time and cost considerations—but it's a powerful tool for achieving fair compensation when your case is strong. •