



# Corradino & Papa, LLC

A Personal Injury Law Firm

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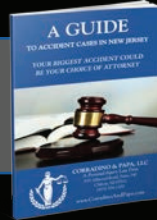
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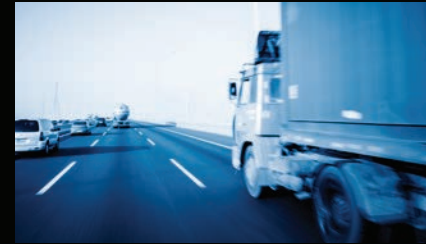
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## LITTLE SLEEP AND BIG TRUCKS – a dangerous combo

Over 30,000 Americans lose their lives on our roadways each year, including nearly 4,000 who are involved in collisions with large commercial trucks. Many factors play roles in triggering accidents, but one that's become more prominent in recent years is fatigued driving.



Studies have shown that fatigue is a critical factor in up to 30 percent of fatal truck crashes and 15 percent of crashes involving serious injury. Fatigue is dangerous no matter what size vehicle is being driven, but the sheer size and weight of a large commercial truck—which, including cargo, may weigh up to 80,000 pounds—magnifies the destructive force of a crash.

When drivers are fatigued, reaction time suffers, judgment is impaired, and drivers are often unaware of their diminished performance. A truck driver not sleeping for 24 hours is equivalent to having a blood-alcohol concentration of .10, which is over twice the legal limit for truck drivers in most states.

Driver fatigue has many sources. Lack of sleep, long hours, stressful work with tight schedules, nighttime driving (when the body wants to be sleeping), monotony, physical labor in addition to driving, poor health and fitness, medication, and sleep disorders (e.g., sleep apnea), among other circumstances, all contribute to fatigued driving.

There are federal laws to regulate hours on the road, required break times, and so forth, but that doesn't mean drivers will automatically get quality sleep, or that some companies or drivers won't push the legal limits on work regulations.

If you have been the victim of an accident involving a commercial truck, contact a truck-accident attorney to protect your rights. ■



# NOT ALL POWERS OF ATTORNEY are the same

In basic terms, a power of attorney (POA) is a legal document granting authority to another person to act on your (the “principal’s”) behalf. The person you appoint is called the “agent” or “attorney-in-fact.” The following POAs are the most common:



**Nondurable power of attorney.** A nondurable POA is generally effective for a limited period of time and frequently for a specific transaction when the principal is unable to be present (e.g., the principal is traveling outside the country or is ill). Once the transaction has been completed or the principal becomes incapacitated, a nondurable POA ceases to be in force.

**Durable power of attorney.** The authority granted with a durable POA can be as wide-ranging or narrow as the principal chooses. A durable POA takes effect the moment the POA is signed and notarized. It stays in effect even if the principal becomes incapacitated and ceases upon their death.

**Springing power of attorney.** This POA becomes effective at a future date when a specific event, condition, or date triggers it—such as the incapacitation of the principal. Sometimes a formal determination of incapacity may be challenged, delaying the agent’s ability to carry out actions on the principal’s behalf and piling up extra court expenses.

**Healthcare power of attorney.** This POA enables the agent to make healthcare decisions on behalf of the principal if he/she is mentally incompetent, unconscious, or otherwise unable to make their own decisions. Mental incompetence is generally determined by the presiding physician or a consensus of physicians.

If you are contemplating utilizing a power of attorney, contact an estate attorney to guide you through your options. ■

# new blood test CAN DETECT CHILDREN’S CONCUSSIONS

Any child involved in athletics runs the risk of eventually sustaining a concussion. Concussions are brain injuries caused by a high-force bump, blow, or jolt to the head that sends the brain crashing into the interior surface of the skull.



Concussions in children are often diagnosed based on symptoms alone, such as headaches, blurred vision, sensitivity to light, vomiting, grogginess, and balance issues. However, in a significant percentage of incidents, neurologists order computerized tomography (CT) scans to diagnose concussions—which is becoming somewhat controversial.

Many neurology-related organizations have declared CT scans minimally effective in evaluating and managing concussions. In addition, they are expensive, and kids undergoing multiple CT scans have been found to be at elevated risk of developing certain cancers later in life due to radiation emission.

But researchers from Orlando Health, a nonprofit health-care company, have developed a blood test that can detect concussions with 94-percent accuracy. When the brain sustains injury, glial fibrillary acidic protein (GFAP), which is found in cells that surround neurons in the brain, is released into the bloodstream and is easily detectable. The amount of GFAP detected can also determine the severity of the injury.

Besides vastly reducing the use of CT scans, the blood test may soon be able to be employed immediately within the course of a sporting event to determine a player’s concussion status.

Researchers hope to have the blood test available for general use within five years. In the meantime, if your child has sustained a blow to the head, have him/her examined by a doctor. If a CT scan is recommended, make sure it’s actually necessary. ■

# a case of stolen identity



Identity theft is a personal violation with potentially severe consequences for the victim. Immediate action can make a difficult situation more bearable:

## Contact the “big 3” credit bureaus: Equifax, Experian, and TransUnion.

Get a copy of your credit report from each agency; review them thoroughly for accuracy and suspicious activity. Ask the agencies to issue a fraud alert and to attach it to your report.

## Call the police.

Fill out a crime report at your local police department. Document who you talk to, phone numbers, dates, and times. Obtain copies of the police report; creditors will likely want to review it.

**Close out accounts that have been fraudulently accessed...** or might soon be. Contact all creditors, banks, credit card companies, and other service providers with whom there has been fraudulent activity. Request that creditors report closed accounts as “closed at consumer’s request.”

**Stop payment on checks.** If you’ve had checks stolen, contact one of the major check-verification companies (e.g., TeleCheck, ChexSystems, or EWS—the lesser-known siblings of the big 3) to report fraudulent activity and to stop payment on stolen checks.

**Change PINs and passwords** on reissued cards, such as ATM or debit cards.

**Dealing with debt collectors.** If debt collectors come knocking, inform them that you are a victim of identity theft and aren’t responsible for unpaid bills related to it. Be prepared to send them pertinent documents, such as the police report, to demonstrate your situation. Normally, this will put a halt to collection efforts. If not, consult a consumer law attorney...immediately if you receive notice of legal action.

Also notify the Social Security Administration, U.S. State Department (passports), Department of Motor Vehicles (driver’s license), and U.S. Postal Service.

A consumer law attorney can help you with the potential legal/financial issues caused by identity theft. ■



January 2016 – Important Dates

January 1 – New Year’s Day

January 18 – Martin Luther King, Jr. Day

January 26 – Australia Day

# chicken pot pie soup



## Ingredients

2 sheets frozen puff pastry  
1 egg, beaten  
4 chicken breast halves, or  
2 cups leftover cooked chicken  
Seasoned salt and pepper  
2 tablespoons cooking oil  
1/3 cup butter  
2/3 cup all-purpose flour  
2 cups heavy cream  
2 cups milk  
1/4 cup chicken base  
1 tablespoon minced garlic  
1/2 small yellow onion, minced  
1 cup frozen green peas, cooked  
1 cup chopped cooked carrots

## Instructions

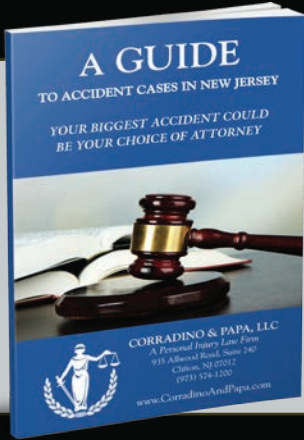
1. Preheat oven to 350° F.
2. Cut each sheet of frozen puff pastry into 1-inch strips, 8 inches long. Place strips onto a cookie sheet and brush with egg wash. Bake for 10 minutes, or until dough has risen and turned light golden brown. Remove from the oven and set aside.
3. Meanwhile, season chicken with seasoned salt and pepper. Heat oil in a large skillet over medium-high heat. Add chicken and saute until cooked through. Remove from heat and cut into chunks. Alternatively, you may use precooked chicken, like rotisserie, baked or boiled and chop or shred it.
4. In a large saucepan, melt butter and then slowly add flour, stirring until consistency of peanut butter, cook for 2 minutes but not brown like a roux. Slowly add cream and milk and keep stirring until thickened. If the soup gets too thick, thin with a little more milk.
5. Add chicken base, garlic, and onion and stir until thickened. Add peas, carrots, nutmeg and cut up chicken. Remove from heat and serve with a puff pastry strip. Serves 6.

Recipe Courtesy of Ronda Eagle, Kitchen Dreaming on Pinterest. ■



## FREE BOOK

Get Jack Corradino and Robert Papa's *New Ultimate Guide to Accident Cases in NJ*, written by Jack and RC. It will explain "Why your biggest accident could be your choice of attorney", and what to do in the event you are injured.



**Quote of the Month:** "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." –Mark Twain

This publication is intended to educate the general public about personal injury, medical malpractice, 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.

## New Year's Greeting 2016

As the holiday season is upon us, we find ourselves reflecting on the past year and those who have entrusted us with your business. It's been our privilege to serve you.

May the coming year hold an abundance of health, wealth, and joy for you and yours.

**Seasons Greetings and  
Happy New Year!**