



Corradino & Papa, LLC

A Personal Injury Law Firm

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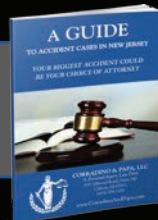
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documenting your injuries

AFTER AN ACCIDENT



If you've been involved in a car accident, your immediate focus should be on your physical health. Right away, you should begin the process of documenting your injury if you are considering filing a personal injury claim. Here are some tips:

First, visit a doctor as soon as you can. Delaying a doctor visit after you've been in an accident can give the insurance company all of the ammunition it needs to deny or minimize your claim (the assumption is that you must not be that hurt if you could put off seeing a doctor).

You will want to communicate with your doctor openly and inform them of any pains, bruises, or bumps that have occurred as a result of your accident.

Discuss your daily activities with your doctor. If you experience pain and discomfort while completing your normal daily activities, let your doctor know and get documentation.

It is critically important to keep all follow-up appointments after your initial visit. If your doctor recommends physical therapy to recover from your injuries, then attend every appointment and complete the treatment.

Throughout your treatment, be sure to save copies of all records and keep them in a safe place. You can present these records to your attorney, or you can use them if you are settling your own case. If your claim goes to trial, having good documentation will really help your case. Test results, X-rays, and MRIs are very powerful pieces of evidence for juries. If you present these types of medical evidence at trial, it will be very helpful for your case. ■



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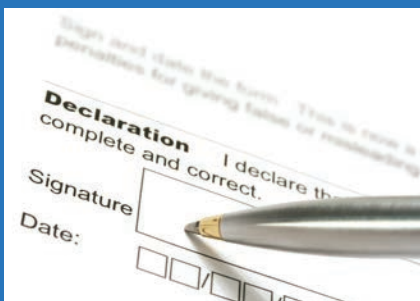
LEGAL TERMS OF THE MONTH...

deposition and pro se



A deposition is the oral testimony of a party or witness in a civil or criminal proceeding that is

taken before trial and it takes place most often at an attorney's office. An attorney asks the questions and the deponent, the person being asked questions, responds to those questions. These questions and answers are recorded by a court reporter/and or videographer and become testimony.



Deposition testimony is generally taken under oath so the court reporter and deponent sign affidavits that state the testimony is accurate. The testimony is then transcribed into a written transcript and used as a discovery tool by attorneys to prepare for trial.

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To act “pro se” in a legal claim means that you are representing yourself without the help of an attorney. For those people who do file cases on their own behalf, it is important to understand that the Court still expects the pro se filer to follow all the rules and procedures that an attorney would follow.

If you or someone you know is thinking of acting pro se in a legal issue, it is worthwhile to talk with an attorney at our firm. You may be able to get some guidance or discover that you really do need the help of an attorney. One thing you certainly don't want to have happen is getting in over your head with a legal situation without an attorney being able to help you. ■



a tough nut to crack

Until now, the only way for those with peanut allergies to steer clear of anaphylaxis—a potentially life-threatening allergic reaction—was to avoid peanuts or peanut by-products altogether. If they accidentally ingest anything peanut related, short of a dash to the hospital emergency room the only option is an EpiPen[®], a medical device used to inject a measured amount of epinephrine to counter or stave off anaphylaxis.

However, recent clinical studies have shown promise that a new weapon for those with severe peanut allergies may be on the horizon: oral immunotherapy. Oral immunotherapy involves adding a small amount of peanut flour to meals, and then gradually increasing the amount over time. The goal is to decrease sensitivity and build up a tolerance to peanuts.

A recent study involved 99 children ages 7–16. Upon completion of the six-month study, 87 of the kids in the trial were able to eat the equivalent of five peanuts per day without any ill effects, or 25 times what they could tolerate prior to the study.

Many questions remain to be answered, and researchers stress that this therapy should not be conducted at home. Only medical professionals in specialist settings are qualified to safely conduct the therapy.

Successful oral immunotherapy does not mean a child will ever be able to eat a peanut butter sandwich or a bag of peanuts. What this treatment does is expand the margin for error for someone who accidentally eats something with peanuts.

Peanuts are the most common cause of severe food-related allergies. Hopefully oral immunotherapy will provide an effective, calmer option for those who suffer with them. ■

everyone's terrible at driving in the snow...

EXCEPT OUR WONDERFUL READERS, OF COURSE!

Winter's just around the corner, and it seems that no one can drive in even two inches of snow, so we're hoping to change that with these important winter driving tips from AAA:

- **Take care of your car.** This sounds basic, but it is one of the biggest factors in avoiding an accident. If you go into winter with a dying battery or bald tires, you're asking for trouble.
- Tell others your route and when to expect you to return. If something happens and you cannot personally call for help, your only hope will be that a loved one will realize something is wrong and investigate.
- Maintain at least a half-full tank of gas. This isn't just to avoid running out of gas in a snowstorm; it's also to avoid gas-line-freeze in the morning.
- Avoid cruise control. Cruise control gets very confused by slippery surfaces. Trust yourself to make better driving decisions in your snowy neighborhood than your car's manufacturers can.
- Do one thing at a time, and do it slowly. Accelerating, turning, and braking should all be done with a lot of extra time and space, and should be done slowly. There is a lot that can go wrong when attempting maneuvers in ice and snow; don't overwhelm your car with variables.

Bonus tip: Live in an area where you might get stranded out in the snow? Keep an emergency bag in your car with gloves, hats, food, water, a "burner" pay-as-you-go cell phone, and any daily medication you would need. These bags save lives.

Remember, even if you're a good winter driver, many others aren't! Make driving choices that keep everyone safe, and if anything ever happens or if you should get into an accident, our number is always right on this newsletter.



November 2015 – Important Dates

November 1 – All Saints Day November 1 – Daylight Savings Time Ends

November 3 – Election Day November 11 – Veterans' Day November 26 – Thanksgiving Day

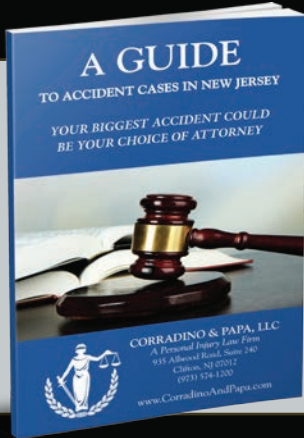
DETERGENT PODS POSE a genuine threat

With reports of injuries to children from laundry detergent pods continuing to rise, *Consumer Reports* earlier this year took the convenient packets off of its list of recommended detergents. In fact, the non-profit, consumer-advocate organization took things one step further and indicated that the detergent pods should never be used in homes in which young children live or visit.

In 2014, there were nearly 12,000 incidents reported to poison-control centers of children ingesting or breaking open the small detergent packets and getting the liquid onto their skin or in their eyes. Two children have also died, according to *Consumer Reports*.

Several manufacturers of the pods, including Procter & Gamble, are initiating changes to the packets, such as adding a bitter flavor to them and making them harder to break. ■





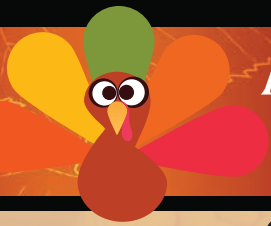
FREE BOOK

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.



All of us at Corradino & Papa, LLC would like to extend our wishes for a Happy Thanksgiving!

our favorite pumpkin pie

INGREDIENTS

- | | |
|-------------------------------------------|---------------------------------|
| 1 (15 ounce) can pumpkin puree | 2 egg whites |
| 1 (14 ounce) can sweetened condensed milk | 1 (9 inch) unbaked pie shell |
| 2 egg yolks | 2 tablespoons all-purpose flour |
| 1 teaspoon ground cinnamon | 1/4 cup packed brown sugar |
| 1/2 teaspoon ground ginger | 1 teaspoon ground cinnamon |
| 1/2 teaspoon ground nutmeg | 2 tablespoons butter, chilled |
| 1/2 teaspoon salt | 1 cup chopped walnuts |

DIRECTIONS

1. Preheat the oven to 425 degrees F (220 degrees C).
2. In a large bowl, mix together the pumpkin, sweetened condensed milk, and egg yolks. Stir in 1 teaspoon cinnamon, ginger, nutmeg, and salt. In a large glass or metal bowl, whip egg whites until soft peaks form. Gently fold into pumpkin mixture. Pour filling into pie shell.
3. Bake for 15 minutes in the preheated oven. While the pie is baking, prepare the streusel topping: In a small bowl, combine the flour, brown sugar, and 1 teaspoon cinnamon. Blend in the cold butter with a fork or pastry blender until the mixture is crumbly. Mix in the chopped nuts. Sprinkle the topping over the pie.
4. Reduce the heat to 350 degrees F (175 degrees C). Bake an additional 40 minutes, or until set. ■



Courtesy: Allrecipe