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the trouble(s) with vaping

E-cigarettes and other vaping products have been touted as less unhealthy alternatives to traditional cigarettes for over a decade. But they contain volatile organic compounds, diacetyl, and heavy metals (e.g., nickel, tin, and lead)—all harmful substances.

Nicotine is already known to cause harm to unborn babies, as well as teens' still-developing brains. In addition, recent research published in the American Journal of Preventive Medicine indicates that vaping is linked to chronic lung conditions such as asthma, bronchitis, and emphysema.



Vaping products are also in vogue among teenagers. Health professionals are concerned that their cool/fun factor will "renormalize" smoking and eventually lead to tobacco usage. Smoking is at an all-time low (percentage-wise) in this country since statistics have been kept. Vaping may reverse these hard-fought gains.

Defective vaping products have exploded in people's pockets, hands, and directly in the face, resulting in severe burns, fractures, visual injuries, and altered lives. One study spanning 2015 through 2017 reported 2,000+ visits to emergency rooms nationwide.

Vaping took it on the chin in 2019 with an outbreak of associated lung injuries and fatalities. The Centers for Disease Control and Prevention (CDC) has stated that the vast majority of these lung injuries are currently believed to be derived from black-market vaping products.

Until a definitive cause(s) of the lung injuries can be determined, the CDC recommends refraining from vaping altogether. At the very least, avoid vaping products containing THC (tetrahydrocannabinol); don't buy vaping products from informal sources such as friends, online distributors, or off the streets; and don't modify or add substances to vaping products.

If you suffer a vaping-related injury, contact a Corradino & Papa, LLC for a consultation.

Your Biggest Accident Could Be Your Choice of Attorney

CHILDREN AND

motor vehicle accidents



According to the Centers for Disease Control and Prevention (CDC), nearly 150 children between ages 0 and 19 are treated *every hour* in emergency departments for injuries sustained in motor vehicle crashes and *more children ages 5 to 19 die from crash-related injuries than from any other type of injury.*

One of the best ways to help keep your children safe in vehicles is to know and understand the appropriate age, height and weight limits for car seats, booster seats and seat belt use:

Birth up to Age 2 – For the best possible protection, infants and children should be buckled in a rear-facing car seat, in the back seat, until age 2 or when they reach the upper weight or height limit of their seat.

Age 2 up to at least Age 5 – When children outgrow their rear-facing seat they should be buckled in a forward-facing car seat, in the back seat, until at least age 5 or when they reach the upper weight or height limit of their seat.

Age 5 up until seat belts fit properly – Once children outgrow their forward-facing seat they should be buckled in a belt positioning booster seats until seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).

Back Seat is Safest. All children aged 12 and under should be properly buckled in the back seat. Airbags can kill young children riding in the front seat. Never place a rear-facing car seat in front of an air bag. Buckle children in the middle of the back seat when possible, because it is the safest spot in the vehicle. ■

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NOT EVERYONE'S AN EXPERT ...

witness, that is

Most personal injury cases are settled out of court, but when an agreeable settlement cannot be reached, the stage is set for a trial. It is incumbent upon the injured party to prove that the defendant's actions caused their injury and that they deserve compensation. In some circumstances, the services of an expert witness may bolster their case. The defendant also has that tool at their disposal.



An expert witness is a professional who has extensive training and knowledge in a specific subject area—for instance, medicine, mental health, auto accident reconstruction, economics, etc. Their job is to offer neutral, unbiased opinions on the matter for which they were retained. They are not to be advocates for one side or the other and are paid handsomely for their services.

An expert witness may be a *testifying* or *consulting* witness. A testifying expert witness delivers testimony in the courtroom and is expected to skillfully communicate their opinions and information in understandable, accessible terms. They are also subject to the rules of discovery. The opposing party must be notified of their identity, field of expertise, subject matter of their testimony, opinions to which they will testify, and the basis of their opinions so they can prepare for rebuttal and cross-examination.

A consulting expert witness offers behind-the-scenes clarification and explanation of key issues to the attorney who retained them. Consulting expert witnesses do not testify in court and are not subject to the rules of discovery.

The stakes can be enormous in personal injury cases. Expert witnesses don't come cheap, but they may mean the difference between obtaining fair compensation and receiving no compensation at all.

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Motorcyclists face unique circumstances. They have only two points of contact with the road, are more vulnerable in a crash, and rider visibility is a perpetual issue—problems magnified by winter conditions.

In regions that experience winter's full barrage, motorcyclists are more scarce. However, other motorists may not be as alert to the few who remain on the roads. The sun's low angle over winter complicates visibility, too, as do motorists who clear off frost and snow from only small portions of their vehicles' windows.

Cold tires have diminished traction compared to warm ones. Tire pressure will be affected, too—it's not a bad idea to check the tires prior to each outing. Freeze-and-thaw cycles can lead to potholes, cracks in the road, etc., which are even more threatening to motorcyclists. Road salt and chemical treatments can compromise traction, and a road's outer edges are more susceptible to ice buildup.

Sometimes temperatures fluctuate rapidly. Traveling through wooded/shaded areas or descending into low-lying areas may lead to a wet road suddenly becoming an icy one.

Dressing properly for the elements is critical. The cold can make a rider feel fatigued, diminishing alertness and reaction time, and cause muscles to stiffen, hampering maneuverability. Simply shivering can be distracting. Equipping a motorcycle with cold-weather wind guards and winter riding pegs can help combat winter conditions.

Finally, motorcyclists caught in a snowstorm need to employ commonsense measures like any other motorist: slow down, increase following distance, signal earlier, or pull over.

If you are injured in a motorcycle accident due to someone else's negligence, contact Corradino & Papa, LLC to protect your rights.. ■

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CHILD INJURIES AND

school liability

According to a North Carolina Department of Insurance study, over 3.5 million child injuries occur on school grounds or during school-related activities each year in the United States. Sometimes an accident is just

that—an accident. Other times an injury may be caused by an intentional act, or the negligence of the school or one of its employees.

Bullying is an example of an intentional act. In some instances, the school may be held responsible if it knew the bullying may take place but did not respond appropriately to prevent it. Teacher abuse of a student may leave a school district vulnerable to liability for failing to conduct thorough background checks, offer proper training, or implement acceptable oversight.

Schools are obligated to provide shelter, food, transportation, and a safe environment for its students. Generally speaking, if a school fails to follow accepted standards of care in providing these services, and it causes harm to a child, then the school is negligent.

Negligence assumes many forms. For instance, a slip-and-fall on school grounds may have been caused by a loose handrail that was improperly installed or maintained. A school bus accident might have resulted due to careless driving, lack of training, or poorly maintained vehicle equipment. Other types of negligence include those that involve playground injuries, sports injuries, food poisoning, lack of emergency preparedness, asbestos exposure, and the list goes on.

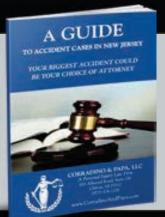
If your child has been injured at school due to negligence or an intentional act, contact **Corradino & Papa, LLC** to protect their rights.

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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.

Personal Injury

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.

double chocolate banana muffins

Surprise your sweetheart with a treat that's healthier than a box of chocolates (but still really tasty)!

Ingredients

- 3 medium-sized ripe bananas, mashed
- 1/4 cup honey
- 1 tsp. vanilla extract
- 1 large egg
- 2 Tbsp. extra virgin olive oil
- ½ cup 2% or nonfat plain Greek yogurt
- 1 cup whole wheat pastry
- ½ cup unsweetened cocoa powder
- 1 tsp. baking soda
- 1/4 tsp. salt
- ½ cup chocolate chips





- Preheat oven to 350 degrees F.
- Mix ripe bananas, honey, vanilla, egg, oil, and Greek yogurt until well combined.
- Add pastry flour, cocoa powder, baking soda, and salt to the mixture. Mix until combined, then stir in 1/3 cup of your
- Pour batter into greased muffin cups. Sprinkle your remaining chocolate chips on top, then bake for 23-27 minutes until a toothpick inserted into the muffins comes out clean.









