

# The INSIDE STORY



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## "Little" Dangers in Spring Fever!



They've been cooped up for months just waiting for warmer weather and sunshine to appear.

They are anxious to break in that new bike that sat under the Christmas tree. That giant box of colorful sidewalk chalk has been staring them in the face just waiting for that moment when the gravel is off of the driveway and something amazing can be created.

But as spring has brought with it all of the extra little ones outside, the danger of those extra little obstacles is even greater reason to use extreme caution behind the wheel. It

only takes a blink of an eye for a child to bolt out into the street, seemingly from out of nowhere.

Whether they are chasing a fleeing ball, making another round with their bike or have simply lost track of where they were in a game of tag, this playful behavior can have serious consequences. A 50 pound child versus a 4,000 pound vehicle is never a fair fight. So as those little ones are spending more time in the front yard, on playgrounds and at soccer and baseball fields, we urge you to slow down and help keep them safe.

## Thank you for the referrals...

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one of our attorneys.

# When the Sirens Sound!

If you live in Nebraska, you know that our great state has its fair share of violent weather. There were 44 tornadoes reported in Nebraska in 2012 according to the National Weather Service.

Though we may not be able to control Mother Nature, we can certainly do our part by knowing what to do when severe weather crosses our path.

The National Weather Service ([weather.gov](http://weather.gov)) offers this advice:

## What should I do when a tornado is approaching or a warning has been issued?

- **SEEK SHELTER IMMEDIATELY!** A basement or underground shelter is the best option. Protect your head and eyes from deadly flying debris. If no basement is available, go to an interior area on the lowest floor, such as a bathroom or closet. If possible get under something sturdy like a bench or table. Always stay away from windows!

## What should I do if I am located...

- **Outdoors** – If you can drive away from the tornado, do so. On average, tornadoes move at 35 - 45 MPH, so driving away would be the first course of action. If you can't drive away from the tornado, abandon your vehicle and seek shelter in a nearby well-built structure. If no buildings are available and driving away is not an option, stay in the car with the seat belt on. Put your head down below the windows, covering with your hands and a blanket if possible. If you can safely get noticeably lower than the level of the roadway, exit your car and lie in that area, covering your head with your hands. NEVER seek shelter under a bridge or overpass.
- **In a Mobile Home** – Evacuate immediately! Mobile homes are particularly vulnerable to overturning and destruction from strong winds and tornadoes. Tie-downs generally will not protect a mobile home from tornadoes. If possible, leave the mobile home and go to a community shelter. If none is available, a ditch, culvert, or other low lying area may offer better protection.
- **At School, Work, Shopping or in Other Buildings** – Stay indoors! Avoid cars, buses, or any other vehicle. Follow plans made in advance to go to a basement, an interior room or hallway on the lowest floor. Avoid the end of any hallway that opens to the outside as well as rooms with windows or outside walls. Stay out of auditoriums or any other structure with wide free-span roofs, as these types of structures are quite vulnerable to tornadic winds. Once you are in shelter, crouch down and cover your head!



## Put a little **SPRING** in your lunch!

## Strawberry Spinach Salad

(Approx 4 servings)



### INGREDIENTS

- 1 large bunch of fresh baby spinach, rinsed several times and patted dry
- 2 cups sliced fresh strawberries
- 1/4 cup olive oil
- 1/8 cup raspberry vinegar
- 1/4 cup white sugar
- 1/8 teaspoon paprika
- 1 tablespoon sesame seeds
- 1/2 tablespoon poppy seeds
- Sliced almonds or walnut pieces

### DIRECTIONS

1. In a medium bowl, toss together the spinach and strawberries.
2. In a small bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Just before serving, pour the dressing over the spinach and strawberries and toss to coat. Top with sliced almonds or walnut pieces for a little extra crunch.

## QUICK TIP!

Warmer weather is here, and our hard-working track and field athletes are in training. If you are in your vehicle, please keep a watchful eye out for those runners on our roads and sidewalks.



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3. Right to our respect.
4. Right to expect competence from our firm and all who work here.
5. Right to know the truth about your case.
6. Right to prompt attention from us.
7. Right to have your legal rights and options explained in plain English without legal mumbo jumbo.
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9. Right to a fair fee for the work we do.
10. Right to make the ultimate decision on your case.



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## Q&A Corner!

**Q:** I have a workers' compensation injury and have been off of work for several weeks. My employer can't fire me though, right?

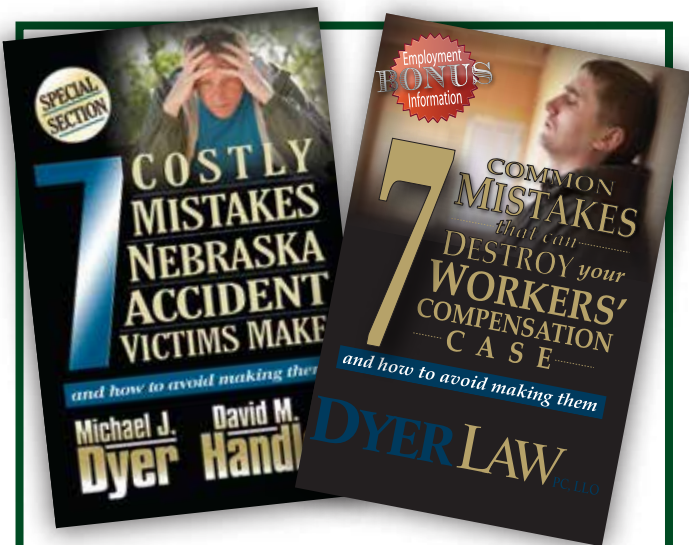
**A:** **WRONG!** There's nothing in the workers' compensation law that protects your employment status. Your employer does not have to keep your job open and can fire you at will. **HOWEVER**, you can't be fired or discriminated against just for claiming workers' compensation. This is a violation of the law, and you can receive additional compensation beyond what workers' compensation pays if the decision to terminate you or demote you is because you filed a workers' compensation claim.

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