

# V&B ATTORNEYS

*the Newsletter*

BOARD CERTIFIED ACCIDENT & INJURY LAWYERS

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*Special  
Christmas  
Issue*

## IN THIS ISSUE...

- Eight Ways to Find Inner Peace 1
- Rudolph the Red-Nosed Reindeer—Do You Know the True Story? 2
- Is It Really a Christmas Bonus From the Insurance Company? 2
- Avoid Those Extra Holiday Pounds This Year 3
- Be Merry Knowing You Are Taking the Right Steps With Your Insurance Claim 3
- Maritime Information 4

## Contest of the Month



We'll be announcing the winner of the iPad2 in the January newsletter.

The answer to the question "What Has Brian had for his birthday dinner for the past 25 years is "Chef Boy-R-Dee Meat Raviolis."

For this month, we've got a gift card for anyone who can answer the following trivia question:

Most of you know that Vuk Vujasinovic is a Serbian name. What does the name "Vuk" mean in English?

Here are the rules: First person to send an email to Brian@vbattorneys.com with the correct answer wins. Family members and employees of the firm are not eligible (Patti, this means you).



## EIGHT WAYS TO FIND *Inner Peace*

by Brian Beckom

Since this is the Christmas edition of our newsletter, and Christmas is supposed to be the season of Peace, I thought it would be appropriate to pass along some advice I recently received about how to achieve inner peace. I hope you find this Christmas gift to be as helpful as I did.

### *Eight Ways To Achieve Inner Peace*

- 1 Stop comparing yourself to others. Compare yourself to yourself.
- 2 Every hour, stop and think about something you are grateful about.
- 3 Smile. A lot.
- 4 Be mindful and enjoy every minute of your day.
- 5 Stop multitasking. Focus on what you're doing. (See #4).
- 6 Listen to your inner voice. That inner voice will let you know that what you have is enough.
- 7 Say "no" to fear. All of us will eventually die. Since it's true that all of us will eventually die, isn't that the best reason you've ever heard to follow your heart and passion?
- 8 Live your life to serve others. Life is about service to others, not service to self.

As you approach this Christmas season, Vuk and I want to wish you a heartfelt happy holidays. We hope you have a chance to enjoy the holiday season and spend it with people you love and care about. ■

*Dedicated to your success,*

*Brian*

# Rudolph the Red-Nosed Reindeer—Do You Know the True Story?

*“Rudolph the red-nosed reindeer had a very shiny nose. And if you ever saw it, you would even say it glowed.”*

Many of us have grown up singing that classic Christmas song. There have been many theories behind its origin, so where did these lyrics come from and is there any hidden meaning?

The story of Rudolph isn't exactly top secret or shrouded in mystery. Its creation dates back to 1939 and was the brainchild of a Montgomery Ward copywriter. Thirty-four-year-old Robert L. May worked for the Chicago-based company at the time and was asked to develop a Christmas story. Montgomery Ward wanted to use it in a free booklet for holiday shoppers.

May thought long and hard about the storyline he would develop and the main character. He drew on his own background and decided to focus the story on an “underdog.” As May wrote the story of Rudolph, he tested it out on his 4-year-old daughter, Barbara, who

loved the rhyming couplets and interesting tale. However, May's boss didn't share the same sentiment. He was concerned that a “red nose,” which is often associated with drunkards, wouldn't be appropriate for a Christmas story. Boy, was he wrong!

The Rudolph story was eventually approved and in 1939, 2.4 million copies of the booklet were distributed. It later was adapted into a song by songwriter Johnny Marks.

May's story of Rudolph isn't exactly the same lyrics we sing today. In May's version of Rudolph, the reindeer didn't belong to Santa and didn't live in the North Pole. He was born and raised in a reindeer village. It wasn't until Santa discovered the red-nosed reindeer by accident that Rudolph helped Santa by leading his team of reindeer through a foggy Christmas Eve. ■

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*Where did these lyrics come from?  
Is there any hidden meaning?*

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## WE GET QUESTIONS

**Q:** *I keep seeing lawyer websites telling me to contact an attorney ASAP after my car accident. What's the big rush?*

**A:** We urge you to at least consult with an attorney as soon as possible after a car wreck or any other kind of accident for some very good reasons. **Here are some things to consider:**

- **Without knowing any better, you may say or do something that could compromise your case.** Say bye-bye to a good settlement if you say or do the wrong thing! A skilled auto accident attorney will help you avoid making any mistakes.
- **Depending on your situation there may be a time limit for when you can take legal action.** If you don't act promptly, you could lose your right to sue.
- **The insurance company adjuster you'll deal with is well trained to take advantage of your ignorance about the insurance process and your legal rights.** They'll do what they can to get you to say or do something that will prevent you from getting the compensation you deserve.

Most attorneys will review your case for no cost or obligation, so please don't hesitate to contact a few immediately. What you learn may save you some serious headaches down the road.

## Is It Really a Christmas Bonus From the Insurance Company?

**You may have read many horror stories about working with the insurance company after an accident or injury.**

You may have known someone who battled it out with the insurer only to come out empty handed. Therefore, when it came time for you to try and resolve your injury claim, you were probably ready for a big fight. To your surprise, the insurance company went ahead and offered you a settlement. **So, why was it so easy for you?**

*There are a few possible explanations:*

**1 The insurance company simply wanted to settle your claim quickly.** It could be that your case was pretty straightforward, meaning your injuries were minor and the property damage wasn't too bad.

**2 The insurer was concerned that your injuries and treatment would only progress.** Sometimes, the symptoms of serious injuries don't surface immediately. The insurance company knows this fact and will sometimes try to settle right away to avoid major financial liability.

**3 They don't want you to hire an attorney.** The insurance adjuster might make comments to you that make it appear you are getting the best settlement possible. The adjuster might even dissuade you from hiring a lawyer. If that happens, let it act as a red flag and call a lawyer.

Working with the insurance company can be tricky. Don't be quick to accept the insurer's original settlement offer. If needed, make a counter offer or contact an attorney. ■

## AVOID THOSE EXTRA HOLIDAY POUNDS THIS YEAR



*The sugar cookies iced with creamy frosting. The pumpkin pies warm out of the oven. The giant feasts of turkey, ham and other delicacies. Holiday food is enough to make anyone have a big appetite!*

For many people, the holiday season is associated with weight gain. Instead of trying to avoid the extra pounds, some have chosen just to embrace them and focus on losing weight after the New Year. However, if you ask many health and fitness experts, it is possible to enjoy the holiday treats without expanding the waistline. Below are some tips to help you avoid those extra holiday pounds this year:

- **Watch those portions.** It is all too tempting to load your plate, but be mindful about the portion sizes. Start small and allow your body time to feel “full.”
- **Continue to exercise.** The holidays can become very hectic, but it is crucial to set aside time for physical exercise. Not only will it help you control your weight, it will also help your stress level.
- **Don't show up starving.** If you have a holiday party to attend, consider a small snack ahead of time. That way you will be less tempted to overindulge.
- **Eat those fruits and veggies.** Fruits and vegetables should always be a part of your diet, even during the holidays. Make sure you are not neglecting these important food groups.

Above all else, don't be discouraged! Resist the urge to be hard on yourself if you get carried away one meal. Instead, stay positive and focus on your successes. ■

## Be Merry Knowing You Are Taking the Right Steps With Your Insurance Claim

***When you are hurt in an accident and are considering filing an injury claim, you will quickly be reminded that the insurance company is a business. That means the insurer is out to make money.***

While you can't necessarily fault the insurance companies for wanting to generate a profit, you still have to watch out for yourself. There are certain steps you need to take to help boost your chances of getting your claim successfully resolved. Here are just a few:

**1 Go to the doctor!** This one seems pretty straightforward, but how often have you, or someone you know, held off on getting a doctor's appointment scheduled? It might be an inconvenience to go to the physician or you might be holding out that you will get better on your own. Whatever the reason you have for delaying your visit to the doctor, it's just not worth it. A delayed medical exam could be detrimental to your injury claim and your health.

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*There are certain steps you need to take to help boost your chances of getting your claim successfully resolved.*

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**2 Don't skip treatments.** If the doctor prescribed certain medical treatments, make sure you follow through. Skipped treatments or appointments can hurt your case, if you choose to file one.

**3 Document everything.** Memories quickly fade away, so it is crucial that you document everything you can after an accident. Write down what you remember about the event, the conversations you had with witnesses and the phone discussions you had with the insurance companies.

When an accident is serious, contacting a lawyer is a good idea. You need to ensure you are treated fairly and are reasonably compensated by the insurance company. ■

### Reminder About Our Firm's Communication Policy

Our goal when we are working on our clients' cases is to obtain the best possible result as quickly as possible. When we are working on your case, our lawyers do not accept unscheduled phone calls or respond to emails. We believe this allows our lawyers to be much more productive and provide fast and effective legal services to our clients. Remember, if you are a client of the firm, you can always call our firm and schedule an appointment to talk with a lawyer at any time about your legal matter.

We will call you back within 24-48 hours unless it is not possible to do so. We will also respond to your emails in the same time frame. We have found that focusing on our clients' cases helps us to provide the best service possible.

This newsletter is provided to clients, friends, and colleagues who have requested it. We provide information on a variety of topics we think our subscribers will be interested in. We do not provide legal advice in this newsletter and receipt of this newsletter does not create an attorney-client relationship with our firm. We are happy to discuss your legal case with you, and if you want to talk to one of our lawyers, don't ever hesitate to call us toll free at 877.724.7800. To add a friend to the newsletter, call us toll free at 877.724.7800. To be removed, call the same number.



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## IN THIS ISSUE...

- Finding inner peace this holiday season.
- The true story behind Rudolph the Red-Nosed Reindeer.
- The right steps for your insurance claim.

## **000127** THANKS FOR YOUR REFERRALS!

Readers of this newsletter have referred 127 clients to our firm since 2009. Thank you so much!

## WHAT OUR CLIENTS ARE SAYING

“I was referred to Vuk to help me in my case, when a commercial van hit me from behind. I have never been in a lawsuit before, but his firm helped me every step of the way, and I received a great settlement thanks to Vuk.”

*Olivia, Security Guard, Auto Accident, Houston, Texas*

**SUPERSTAR SPOTLIGHT**

Jonathan  
Hilton



**Congratulations to our client Jonathan Hilton on the settlement of his Jones Act case!**

Jonathan, who is from Louisiana, hurt his knee when he fell on a jack up rig, requiring two surgeries.

We filed Jonathan's maritime injury case here in Houston where the responsible offshore companies are based. We obtained a gross settlement of \$600,000.

*For more information on the case see our write up on [www.MaritimeAccidentAttorney.com](http://www.MaritimeAccidentAttorney.com).*

## MARITIME INFORMATION:

### Q: Can Journaling Help Resolve an Injury From a Boat Accident in Florida?

**A:** Imagine that after a boat accident in Florida, you developed an excruciating pain in your left knee. Now, whenever you put any pressure on the knee whatsoever, you feel a sharp, shooting pain. After getting diagnostic opinions from medical professionals and rehab specialists, you are still somewhat at a loss about how to fix the problem. *Here is a quick, easy, and surprisingly useful activity to give you clarity on your injury and help your doctors and rehab specialists make progress.*

#### **Step 1: For the next three weeks, keep a daily journal about your left knee.**

Note any activities that cause extra pain as well as activities that give you relief. Be as specific as possible; note time and date in every entry.

**Step 2: After collecting this information, look for patterns.** For instance, your knee might feel especially "creaky" early in the morning or late at night. It might respond well to hot baths. It might feel good after a massage or a rehab session. Or you might discover counterintuitive "facts" about your knee (e.g., it feels better after you walk.)

**Step 3: Once you note behaviors and habits that affect your pain level, develop a "battle plan" to augment behaviors that help it, and avoid behaviors that make it worse.** Obviously, you will want to include your doctor and/or rehab specialist in this discussion.

#### **Step 4: Incorporate this kind of journaling process into your post-accident life.**

Avoid re-injury and build knowledge about what your body likes and dislikes. ■