

## Give Thanks – You'll Be Thankful You Did

Academic researchers have long thought that expressing genuine gratitude to others promotes health and happiness and gives optimism and energy to those expressing gratitude. Now, solid research backs up these theories.



Robert Emmons, a psychology professor at the University of California, Davis, says those who say thanks are less envious and resentful, sleep longer, exercise more, and have lower blood pressure.

There's a catch, though: You have to say thanks more than once a year.

According to Sonja Lyubomirsky, a psychology professor at the University of California, Riverdale, giving thanks once a year is kind of like going to the gym once a year. It wouldn't be of any real benefit.

So as Thanksgiving approaches, what better time than to make a list of everyone you want to thank, then actually go out and express true, genuine gratitude to each person on your list? And maybe even consider thanking people on a regular basis? It will make the recipient feel better and you'll get real benefits, too.

At V&B, we are thankful for:

1. Our friends and families;
2. Our clients and their families;
3. Everyone who honors us with referrals of their legal matters;
4. Living in the greatest country on Earth and the best state (Texas!) in that country;
5. Having the opportunity to help others.



We hope you have a wonderfully happy and safe Thanksgiving Holiday. And thank you for everything!

*Brian*

## We Get Questions

**Q: I was seriously hurt because a truck blew a tire on the highway. Do I deserve compensation from the trucking company?**

**A:** There are a variety of reasons that tires fail. Tires can be punctured by road debris, or tires can fail because they are faulty or because they have not been properly cared for. An investigation into the cause of your crash will determine why the tire failed.

If the tire failed because the trucking company was negligent in maintaining the tire, or if they were using retreaded tires – and this can be proven – then you have a good case. A skilled 18 wheeler accident attorney can help you determine what happened in your case and what compensation you deserve.

Regardless of why the tire blew out, the trucking company's insurance provider should compensate you for your medical bills, property damage, and more. You can talk to one of our BOARD CERTIFIED Houston tractor trailer wreck lawyers to learn more.

---

## A Time of Reflection – Answering Questions Regarding an Accident

You may have survived a serious accident and are now thankful for each and every day. A major injury can make you look at life differently and put things into perspective. On the other hand, an injury can be disruptive and inconvenient, not to mention incredibly painful. If you have filed an injury claim with the insurance company, be prepared for an interrogation.

The insurance adjuster will most likely start calling you not long after the incident. He or she will begin pumping you for information. You probably will be asked to provide this information while being recorded. Don't do it. While you reflect on the accident and the details involved, the insurance adjuster is secretly hoping, and waiting, for you to say something that will damage your case. A recorded statement can be used against you.

Here is what the insurance adjuster wants to happen – he or she wants you to make a statement that could indicate that you were to blame for the accident or that your injuries aren't that bad. The insurance company doesn't want to pay for your doctor bills, hospital expenses, treatment and prescriptions. They will be looking for any excuse to get out of paying you.

Before you agree to give a recorded statement, understand that there is a good chance that you do not know all of the factors involved in the accident. You might not even know how badly you have been hurt. So, hold off on going on record and contact an attorney. You will be thankful you did.

## Heading Out for the Holiday? Here Are Some Travel Tips

Many people will be heading out of town this Thanksgiving to spend the holiday with family and friends. If you are among this group, there are some things you can do to make your holiday less stressful and a little safer.

### ***Take the Stress Out of Flying***

- If you are planning on flying, arrive early. The airport will be chaotic. Lines will be longer than normal and baggage will move slower. Nothing is worse than running to the gate to catch your flight. Plus, your baggage might not make it!
- Check in for your flight online, which will save you time at the airport. You can also print out your boarding pass and head straight to the gate, if you only have a carry-on bag.
- Be prepared for baggage fees. Many airlines are now charging for checked baggage. These fees are averaging about \$20 to \$25. Make sure you have the money ready.

### ***Make Your Road Trip Anxiety-Free***

- If you are planning on driving, ensure your car is up-to-date on its maintenance. Check your tires, oil and coolant.
- Look into weather and road conditions before heading out of town. Many smart phones now have the option of pulling up real-time traffic reports and weather. If you don't have one of these phones, look for the information online before you depart.
- Distract your kids, so they don't distract you. Children have a way of taking your attention off the road. Pack a portable DVD player, video games, books or other activities that will keep the young ones occupied.

Have a great and safe Thanksgiving holiday!

## Time for Thanksgiving Talk!

Thanksgiving is just around the corner. This season brings a lot of busywork, there's the turkey to buy, the silver to polish and the house to clean. It is also a time of family and friends and an opportunity to count your blessings.

Below are some interesting facts about Thanksgiving that you might never have heard:

- Americans will consume about 535 million pounds of turkey this Thanksgiving.
- Turkey contains a natural sedative. Now you have an excuse for being so tired after that big meal!
- Watching football on Thanksgiving is nothing new. The American Intercollegiate Football Association had its first championship game on Thanksgiving Day in 1876.
- The Macy's parade has been a Thanksgiving tradition since the 1920s. It has also served as a standard kick-

off to the holiday shopping season.

- Although President Lincoln declared the last Thursday of November as the national day of thanksgiving, President Franklin Roosevelt changed it. After receiving a request from the National Retail Dry Goods Association, he decreed that Thanksgiving should always fall on the fourth Thursday of the month.
- Pumpkin pie wasn't served at the original Thanksgiving feast. There also was not milk, cheese, butter or bread.
- The average person will take in a whopping 4,500 calories on Thanksgiving! That's more than two times the recommended daily calories for many people.



## I'm Thankful for the Insurance Adjuster; He Said He Would Pay My Bills

You want to be able to take people at their word. When they tell you something or make a promise to you, you want to believe them. That might have been what happened to you. The insurance adjuster may have told you after your accident that he or she would pay for your medical bills. "Don't worry!" said the adjuster. This person may have gone on to tell you that as long as you cooperated with the insurance company, everything would be fine.

You probably breathed a huge sigh of relief and thanked the insurance adjuster. So, what happened?

Insurance adjusters are clever. They know what to say and when to say it. The insurance adjuster could have been making you promises in an attempt to build your trust. You probably felt at ease and were more willing to provide extra information and sign a few papers. The truth of the matter is that the insurance adjuster might have misled you.

You also have to understand that the insurance adjuster is an employee and has people to answer to. He or she cannot guarantee that your medical expenses will be covered.

If you find yourself in the situation where the insurance company is dragging its feet and refusing to pay your medical expenses and other damages, it could be time to enlist some help. An experienced lawyer can step in on your behalf and negotiate with the insurance company. Attorneys deal with insurers all the time and know the common tactics they use.

Consider calling a lawyer. You will be thankful you did.

### Thanksgiving Traditions

This is one of ours that's my favorite. All of us form a circle and hold hands, just with my parents and brothers and all the children there are 30 of us. We start with my mom and she says what she's most thankful for that year, and then my dad goes, and then we go around the circle. Everybody has to say one thing, some years it's hard, maybe someone struggled hard in the year (this year has been a hard one for my brother), but we all have to say something and it reminds you that if you count your blessings they always outnumber your troubles. I know it's dorky, but we have done since I was a little girl and there were just the six of us, and the circle just gets bigger and bigger.



Patti Artavia's family tradition



# ACCIDENT & INJURY LAWYERS

VUJASINOVIC & BECKCOM, P.L.L.C.

## Vujasinovic & Beckcom, P.L.L.C.

1001 Texas Avenue  
Suite 1020  
Houston, TX 77002  
Phone: 713.224.7800  
Toll Free: 877.724.7800  
Fax: 713.224.7801  
Email: Brian@VBAttorneys.com  
www.VBAttorneys.com

RETURN SERVICE REQUESTED

### WE'RE ON THE WEB

WWW.VBATTORNEYS.COM  
WWW.MARITIMEACCIDENTATTORNEY.COM  
WWW.THEMARITIMELAWYER.COM  
WWW.THE-HOUSTON-ACCIDENT-ATTORNEY.COM

### INSIDE THIS ISSUE...

- A Time of Reflection
- Holiday Travel Tips
- Thanksgiving Facts
- Family Traditions

### Client Spotlight

Congratulations to our client Tahlie Thompson, on his recent settlement against 18-wheeler and its insurance company. The 18-wheeler ran into Tahlie's car and drug it down the road. The insurance company and their army of lawyers blamed Tahlie for the accident even though the police who investigated the accident thought it was 100% the 18-wheeler's fault (the "Turkey With No Stuffing" defense). The insurance company also said Tahlie's doctors charged too much for his treatment. In the end, though, Tahlie "hung in there" and refused to be beaten by these tricks and together we were able to obtain a very good out-of-court settlement. Congratulations Tahlie!



### 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.