

NEWS

Leonard T. Jernigan, Jr.

N. Victor Farah

Gina E. Cammarano

THE JERNIGAN LAW FIRM

ATTORNEYS AT LAW

Raleigh, North Carolina

www.jernlaw.com

Vol. IX, No. 1, March 2008

LETTER

INSIDE

Voting Deadlines.....1

New JLF Employee.....2

10 Things About Depression.....2

What Our Attorneys are Doing....3

Stroke Identification3

Client Comments.....4

Client Reminders.....4

Cases We Handle.....4

Movie Rental.....4

THE JERNIGAN LAW FIRM Attorneys at Law

Wachovia Capitol Center
150 Fayetteville Street
19th floor, Suite 1910
PO Box 847
Raleigh, NC 27602

919-833-1283
800-849-4478
919-833-1059 (fax)
www.jernlaw.com

Legal Support Staff
Danielle Binder
Kristi K. Brown
Nancy Cammarano
Tim Carraway
Betty Jo Creed
Beckie Siers

Jernigan on YouTube.com

Check out an interview of Leonard Jernigan on www.YouTube.com. Search for "national fraud jernigan" and the video will pop up. It's about 20 minutes.

Some Important Voting Deadlines

Over the years, we've heard many clients say they don't vote because they aren't affected by the outcome and no one pays any attention to them anyway. We beg to differ. For those of you involved in the workers' compensation system or the general court of justice, the outcome of local legislative and judicial races can have a direct impact on your claim, as well as potential claims of your children and grandchildren (if they should have the misfortune of being hurt on the job). We've never had a client who went to work thinking they would get hurt that day. Until you find yourself in this system, the average citizen doesn't have any idea how difficult it can be to get basic medical treatment, medications, and disability benefits.

Most people don't realize that medical care is controlled by insurance companies, and that some employers completely change their attitude toward you once you can no longer work. As difficult as this system is, there are lots of insurance lobbyists each year at the N.C. General Assembly in Raleigh who actively try to change the system to reduce benefits, and make the system more "cost effective." They won't admit it openly, but the end result of these alleged cost savings means a lot of injured workers are sacrificed for insurance company profits.

What we all need to remember is that the people who make the ultimate decisions are legislators, the Governor, and the Judges at the N.C. Court of Appeals and the N.C. Supreme Court. These people are elected by registered voters. When they are up for election, they do pay attention to you. Collectively, if we all vote for candidates who are fair to working people and business (as opposed to just one side), your voice can be heard, safety laws can be enforced, and the system to protect people who get hurt can be preserved and improved.

So, remember these dates and take action:

March 17, 2008 - beginning date to request an absentee ballot. If you are not registered, you can do it at the same time. For more information on registration go to www.sboe.state.nc.us or call your local board of elections office. In Wake County, the number is 919-856-6240.

April 11, 2008 - the last day to register, change your address or your party affiliation.

(cont'd page 2 - Voting)



View of the State Capitol in front of our office.

Jernigan Law Firm Welcomes a New Employee



Tim Carraway is 25 years old, recently married, a graduate of Barton College in Wilson, NC, and is in his first year of law school at N.C. Central University School of Law. He worked in workers' compensation law in Wilson for two years before moving to Raleigh and worked in workers' compensation defense for eight months before joining The Jernigan Law Firm in November 2007. In what little free time he has left, Tim enjoys reading, cycling, and playing guitar.

10 Things to Know About Depression

Most major depressions do not occur during the holidays; they happen in summer. Here are 10 other little-known facts about depression.

- 1. Depression distorts your thinking.** When you are depressed, your mind can play tricks on you. If you have thoughts of suicide, call someone right away. Don't let a temporary glitch cause you to harm yourself or others.
- 2. Depression makes you selfish.** It's hard to think of others when you're wrapped in a prickly blanket of sadness and all you can think about is your own pain.

3. Depression is experienced as anxiety 65 percent of the time. Make sure you get an accurate diagnosis, so you can get the most effective treatment available.

4. Persistent irritability can be a symptom of depression. If the world, your life or your loved ones constantly tick you off, the cause might be something that's going on inside of you.

5. Chronic pain can be a symptom of depression. At the same time, being in continual discomfort can cause you to become depressed. When you are depressed and in pain, it can be hard to know which came first.

6. Alcohol is a depressant. So are marijuana and a host of other recreational or street drugs. Self-medication is not going to make you better and will surely make you worse over time. Remember that all medications, including anti-depressants, have side effects.

7. People don't choose to be depressed, but they do make a choice about how to deal with it. You can choose to do nothing, but denying that you have a problem will only make you feel worse.

8. The origin of depression can be situational and/or biochemical. If you experience mild to moderate situational depression (resulting from the loss of a job, for example), counseling will help. Most moderate to severe biochemical depressions are best treated with a combination of medicine and psychotherapy.

9. Depression can be as hard

on your loved ones as it is on you. Those closest to you may start to feel unloved and may distance themselves so they aren't pulled into your pain. Remember that others are counting on you.

10. Exercise is the easiest and least expensive cure for depression. Just walking 30 minutes a day will help you.

Depression takes on many disguises, but better treatments are available today than ever before. Take advantage of them.

Source: News & Observer

Voting (cont'd)

April 17, 2008 - beginning of One-Stop Voting. What's this? It's a system designed to make it easier to vote. You can go by your local board of elections office and vote at your leisure.

May 3, 2008 - last day for One-Stop Voting.

May 5, 2008 - last day to receive your absentee ballot if you will be out of state on election day.

May 6, 2008 - The primary date. To find out where to vote, call your local board of elections.

If we don't vote, we have no right to complain about government. It is our country. Participate in a process that is the envy of the world and help make N.C. a better place to live.



What Our Lawyers Are Doing

Leonard Jernigan - On March 28, in Chicago, he will be sworn in as a member of the American Bar Association's College of Workers' Compensation Lawyers. Membership is highly selective and these lawyers have demonstrated a "lifelong dedication to the maintenance of the highest standards of professional conduct and scholarly pursuit." On a personal note, in May he will attend his youngest daughter's graduation from the University of the South in Sewanee, Tennessee and that should be one of the highlights of the year. Also, his oldest daughter has decided to move back to the Raleigh area from New York City and he is looking forward to that homecoming.

Victor Farah - Victor was a speaker at a large workers' compensation conference last fall on his usual topic of "Medical and Vocational Rehab Issues." He was honored at the N.C. Academy of Trial Lawyers' annual meeting with the Ebbie Award for "exceptional service and commitment" and was listed in *Super Lawyers* magazine in the workers' compensation category.

His wife, Robin, is very happy in her new role as Associate Justice on our Supreme Court and the kids are gainfully employed in New York City and Washington, DC.

Gina Cammarano - Gina is organizing and chairing an upcoming Continuing Legal Education seminar called, "Secrets of the Industrial Commission Hearing." The seminar will take place on April 18th, and the presenters will include three

Deputy Commissioners from the Industrial Commission, as well as Judge Stephens of the N.C. Court of Appeals and Justice Hudson of the N.C. Supreme Court. Gina is finally getting settled into her new home, which she bought last October, and is looking forward to planting flowers in the spring. She is tentatively scheduled to take some time off in July to visit Northern California.

Check out our new and improved website!
www.jernlaw.com

Stroke Identification

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics)she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening.

Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 pm Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die.... they end up in a helpless, hopeless condition instead.

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke... totally . He said the trick was getting a stroke

recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

Recognizing a Stroke

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke

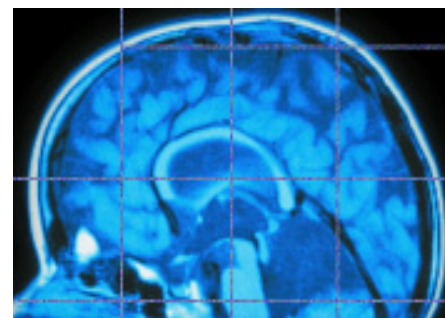
Now doctors say a bystander can recognize a stroke by asking three simple questions:

S * Ask the individual to SMILE.
T * Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)
(i.e. It is sunny out today)
R * Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke: Stick out Your Tongue

Ask the person to stick out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.



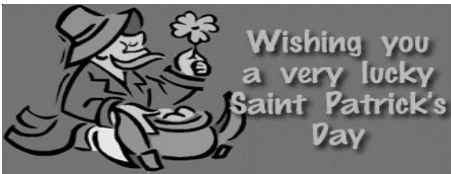
For more information about risk factors and prevention, see www.stroke.org.

Cases We Handle

We are often asked what kind of cases we handle. Our practice focuses on people - people who are injured or disabled and not insurance companies. Our primary concentration is workers' compensation for on-the-job injuries. Mr. Jernigan wrote [N.C. Workers' Compensation, Law and Practice](#) and our attorneys are board-certified in this field. We also handle civil cases (jury trials) involving claims of serious injuries. Our practice is statewide and not limited to Raleigh or the Wake County Area.

If you, a family member, friend or co-worker needs assistance, please feel free to [contact us](#). **There is no consultation fee for the initial interview.** If we don't handle your particular case, we will try to point you in the right direction and refer you to some other lawyer who might be able to help you.

Call us at our Raleigh office at 919-833-1283 or 800-849-4478.



*The Jernigan Law Firm
Wachovia Capitol Center
150 Fayetteville Street
19th floor, Suite 1910
PO Box 847
Raleigh, NC 27602*

Client Reminders

We need your help to serve you better and we depend on you to call us whenever:

1. You have just been to your doctor.
2. Your medical condition changes.
3. Your address or phone number changes.
4. You have a question or concern about your case (for example, should you sign a document given to you by your employer).
5. You need a referral to a lawyer who handles a type of case we don't (real estate, domestic, criminal, etc.).
6. You have an accident or have a criminal and/or traffic charge of any kind.
7. You have been offered a job or you are thinking about returning to work (if you are out on disability).
8. You have any activity or change in your Social Security status.

This information is vital. If we do not receive it as soon as it happens, a successful case outcome may be jeopardized. Thanks!

Client Comments

We sometimes receive comments from our clients and wanted to share some recent ones:

-Thank you so very much for all the wonderful advice you have given me and all the legal things you have done for me the last several years. You're a real treasure! -J.M.

-May God bless you all for helping me over a bump in the road of my life! -M.H.

-The Jernigan Law Firm treated me like family and took outstanding care of me! -D.B.

-I am so pleased with the help that I get from you. Even though my case is over, you guys still really impress me with your willingness to help! -E.B.

Looking for a rental movie?



Watch "The Smartest Men in the Room." It's about the ENRON collapse and it will show you an insider's view of deregulation, politics and greed.