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Great News! The Number Of High School Athletes With Concussions Has Doubled!

New research published in the American Journal of Sports Medicine reports that the number of high school athletes in the U.S. who have experienced a concussion has more than doubled from 2005 to 2012.

This is great news.

Why?

Dr. Joseph Rosenthal, from Ohio State University, admits that on its face, the results can be startling.

But Dr. Rosenthal and the other researchers don't think the number of concussions is actually increasing, they just think doctors, coaches, and others in the field are getting better at diagnosing concussions.

That is great.

Dr Rosenthal explained, "A lot of injured athletes don't want to come out of games or stop practicing because they don't want to lose their positions. But they can have symptoms that can last for an extended time period that can affect day-to-day life, school, and personal relationships — they can experience

irritability, pain, difficulty concentrating, and sleep problems."

He continued, "Furthermore, if they continue to play while symptomatic, they are at risk for a second impact that can lead to severe disability and death. If you have symptoms, you've got to rest your brain and prevent further injury in order to recover."



If you know about my son's battle with his concussion, you know that one of the difficulties we had was figuring out when he was "symptom-free."

In our case, we thought he was okay—that he was symptom-free and ready to return to baseball, PE, and the rest of his life.

But when we took him back to his doctors and they ran him through their battery of tests, they noted that he was still having difficulties in many areas. Thus, we held him out of sports and activities.

While he was frustrated, it was well worth it to protect his future. And the increased diagnoses of others will help make it easier to protect them as well.

- C. Brooks Schuelke



Summer Is Here: Keep stay at home children safe

As summer arrives and kids are out of school, there are more instances where we have to leave our kids at home alone—and we worry about their kids' safety. Here are some guidelines for protecting the kids when you're out:

- Don't make rules for every moment. This is almost counter-intuitive, but it's really important. Set rules only for the really important things: not letting strangers into the house, behavior when friends come over, safe activities, and the like. Setting too many rules actually makes it less likely that our kids will follow the rules.
- Keep rules visible. Write them down and post them in your kids' rooms and in the kitchen so they're easy to remember.
- Get the kids' input. Rules are more enforceable, make the most sense, and are more likely to be followed when kids have a say.

Quotes Of The Month

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.

—Doug Larson

To think about your life is to create it. You have to take ownership of where you are right now and know where you want to go before you can get there. Keep collecting evidence for your success. You can believe it, and you can be it.

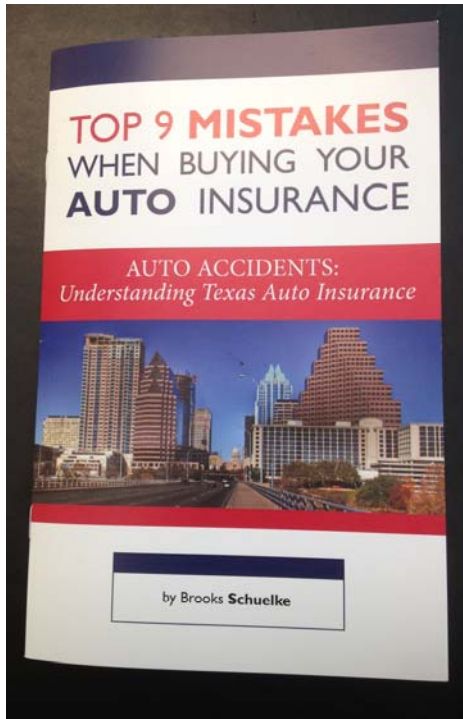
—Ali Vincent

If you pick the right people and give them the opportunity to spread their wings— and put compensation as a carrier behind it—you almost don't have to manage them.

—Jack Welch

I believe the real difference between success and failure in a corporation can be very often traced to the question of how well the organization brings out the great energies and talents of its people.

—Thomas J. Watson Jr.



Buying Auto Insurance? Ask For A Copy Of My New Book

Much of my practice is dedicated to helping those who have been seriously injured in vehicle wrecks. Unfortunately, over the last few years, there has been an increasing trend, especially amongst “low cost” insurance carriers, to start offering policies that are cheap, but that don’t provide much protection for you or your family.

I’ve been griping about it for a while now, but I have finally decided to do something about, so I put together a short booklet that provides a general overview of automobile insurance, describing the types of coverage that you can buy and explaining the advantages and/or disadvantages of each. The booklet also talks about some of the common mistakes that consumers make when buying insurance.

So if you’re in the market for insurance, feel free to give us a call and ask for a copy of the booklet. If you’re shy, and you don’t want to talk to us, an electronic copy should be available for download off our website (www.civtrial.com) in the coming weeks.

And if you happen to be an insurance agent (or a friend or family member of an agent) and think the information might be helpful for your customers, let me know, and I’ll try to get you several copies.

CHILD SAFETY TRAVEL TIPS



Sometimes kids can be fun to travel with but they can also be very troublesome, being mischievous and also naturally inquisitive about the various things they encounter while travelling. Therefore, it probably goes without saying that you need to keep an eye (or two) on your children at all times so they don’t dart off with all of the interesting things going on.

Small children are often very clumsy and this can create problems during travel and even result in delays. For this reason it is a good idea to plan an early start to your journey and to allow for extra time.

If you’re flying and going through security, think about what your kids are wearing. Leave the layers or difficult shoes at home or in your bag. Have them dress so that they can easily be prepared to go through the security line.

Before you go on a journey with children consult your pediatrician. Some children could become claustrophobic while others may develop motion sickness. Be certain that you have the necessary medications to give to your child.

This newsletter is informational and not legal advice. If you need legal advice, feel free to call us to set up a consultation.



THANKS FOR THE REFERRALS

We always thank you for the referral of your friends and family to our firm. Most of our clients come from referrals from other attorneys and former clients. I'm hesitant to identify former clients here, but I did want to thank others who have referred cases to us in the last couple of months. So thanks to:

Tom Ausley (attorney)

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David Gonzalez (attorney)

David Valenti (attorney)

Heather Sterling (attorney)

Arthur Troilo III (attorney)