

Makin' It Better Newsletter

Oregon Workers' Compensation | Personal Injury | Social Security Disability

YOUNG ENTREPRENEUR COMES HOME TO follow her dream

what's inside

page 2

Tomato and basil salad: A perfect summer treat

Mastodon plus bachelor party equals science

page 3

Herniated discs and social security disability

FYI – Recall of personal emergency transmitters

page 4

NASA Hoping to launch a "flying saucer"?

"I have always wanted to travel and own my own business, and now I am doing both" says Hayley Clark, the owner of Downtown Coffee in Astoria. We caught up with Hayley just three weeks after taking over the coffee shop located between Duane and Commercial on 10th Street in Astoria. Hayley's story shows us that you may always know what you want, but not exactly how you are going to get there.



Hayley grew up in Astoria, raising livestock, and competing in the Clatsop County Fair. She was heavily involved in 4H and Future Farmers of America, serving as FFA District President in high school. After two years living in Eugene, Hayley decided to return home to be closer to family.

Back in town looking for work, a friend helped Hayley land a job at Downtown Coffee. "I hated coffee until about two years ago," she explains, but that did not prevent Hayley from perfecting her barista and baking skills. Never having baked in her life, Hayley considers baking "like therapy to me now."

After two years working as an employee, Hayley left Downtown Coffee, but learned quickly that a "desk job" was not for her, and returned to the shop. Within months, Hayley found herself a business owner. Clark, without hesitation, identified administrative tasks, like payroll and purchasing supplies as the biggest change from employee to business owner.

In a part of the world where coffee shops dominate just about every street corner, what makes this coffee shop different? "We bake everything here" answers Clark. Two current favorites are the bacon and maple scone, and the coconut thumbprint cookie with a caramel center. Hayley also serves breakfast burritos and sandwiches, and features a daily lunch special Panini sandwich, cold sandwiches, soups and salads.

Summer hours are Monday through Friday, 7 a.m. to 4 p.m., and Saturdays, 8 a.m. to 2 p.m.

Congratulations and good luck to Hayley! ■

tomato and basil salad:

A PERFECT SUMMER TREAT



In my youth I spent many summers running around on my grandparents' farm, which included a roadside produce stand. We sold a lot of corn and tomatoes out of that stand, and along with just about every purchase, gave away a bunch of basil. Many customers had never heard of basil, and knew nothing about how to use it with their summer produce. Things have changed.

Our family enjoys a simple tomato and basil salad. As with any recipe, the key is good ingredients. Heirloom tomatoes are a must, as is good extra virgin olive oil, and some aged balsamic vinegar. Cut your tomatoes into bite sized pieces, and gently chop six to eight basil leaves. Drizzle in some of the olive oil, and sprinkle in the balsamic vinegar. Test taste to get the right balance. You can then add some sliced sweet onions or shallots. Add salt and pepper to taste. Marinating the salad enhances flavor.

A few mozzarella balls or some sliced parmesan cheese can only help, and a fresh loaf of crusty bread on the side is a must. Enjoy. ■

MASTODON PLUS BACHELOR PARTY

equals science

The tales originating from bachelor/bachelorette parties are sometimes on the wild side, but there probably aren't too many that involve a mastodon skull. A group of revelers can make that claim now, and scientists are thrilled.

Elephant Butte Lake in New Mexico is a popular tourist oasis in the middle of the desert, replete with hiking trails, sandy beaches along a large lake, and scenic views. Recently, after a small group of bachelor party attendees stopped to help someone whose vehicle was stuck in the sand, they walked back down the shore and stumbled across an ancient mastodon skull, complete with tusks. Paleontologists stated that the fossil likely was submerged under water for eons, and emerged due to water recently being drained from the lake, exposing its formerly secretive abode.

Mastodons were prehistoric relatives of elephants that migrated to North America some 15 million years ago. They stood 10 feet high and shared the landscape with saber-toothed tigers, giant sloths, and American camels. They ranged throughout the continent before meeting with extinction approximately 10,000 years ago.

The fossil the partygoers discovered is roughly 10 million years old and is in excellent condition. Because it was buried in sand and not rock, it was much easier to excavate. It will take six months to fully clean, and eventually will be put on display in a New Mexico museum.

Paleontologists plan to comb the area for further fossilized treasures...and maybe attend a local bachelor party or two. ■

herniated discs

AND SOCIAL SECURITY DISABILITY



Intervertebral discs are rubbery shock absorbers located between vertebrae in the spine. When a disc's tough exterior cracks due to natural wear and tear, sudden jarring that spurs abnormal disc movement, improper form while lifting heavy objects, or degenerative disc disease, "jelly" protrudes through the opening and may irritate neighboring nerves, sometimes causing debilitating pain, muscle weakness, impairment of reflexes, and numbness or tingling.

A herniated disc may severely impact your ability to perform your job duties, whether highly physical or sedentary. To be considered for Social Security Disability, your disability must have lasted, or be expected to last, at least 12 months. Since many herniated discs heal through various therapies or by way of surgical procedures within a year, the Social Security Administration often denies applications for this disorder.

Because of this, you may have to show that you have a back problem in addition to your herniated disc, including:

- Narrowing of the spine (spinal stenosis);
- Nerve root compression;
- Inflammation of the membrane around your spinal cord caused by arachnoiditis.

Even if you have one of these conditions, you will still have to clearly demonstrate how your herniated disc impacts your job abilities—e.g., range of motion is limited, reflexes and sensation have been diminished, muscle weakness—or that because of your age, education, and prior job skills combined with your physical limitations, you can't perform the requirements of your current job, or any job.

Applying for and receiving SSD for a herniated disc can be a complex and frustrating affair. If you have a claim for Social Security Disability, or are just thinking over filing a claim, call us or go to www.joedibartolomeo.com to learn about the application process. We offer free articles and a downloadable book. ■

August 2014 Important Dates

August 3 – Friendship Day August 6-9 – Astoria Regatta
August 9 – Second Saturday Art Walk in Astoria August 19 – National Aviation Day
August 23 – Seaside Beach Volley Ball Tournament August 26 – Women's Equality Day

FYI — RECALL OF PERSONAL EMERGENCY TRANSMITTERS

The U.S. Consumer Product Safety Commission (CPSC) has announced that Linear has expanded the recall of its Personal Emergency Reporting System (PERS) transmitters due to the possibility that the batteries used in the transmitters can fail to emit a low battery warning, leading the user to believe the transmitter is functioning normally even if the battery is no longer working.

Consumers are urged to contact Linear toll-free at (855) 554-2384 from 11 a.m. to 7:30 p.m. ET Monday through Friday or online at www.linear-pers.com and click on "Recalls" for more information.

The recall covers about 175,000 PERS transmitters sold between June of 2008 and July of 2011. ■



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SEE PAGE ONE

This publication is intended to educate the general public about personal injury, on the job injuries, Social Security, and other issues. It is for information purposes only and is not intended to be legal advice. Prior to acting on any information contained here, you should seek and retain competent counsel. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

NASA HOPING TO LAUNCH A “flying saucer”?

With increased scientific exploration of Mars, NASA is trying to figure out a more efficient way of safely landing there. Past experiences have been adventures, to put it mildly.

When a planet’s atmosphere is thick, a parachute will gently glide its payload to the surface upon a craft entering the atmosphere. If there’s no atmosphere at all (like the moon), friction and aerodynamics are not problematic; simple rocket power will suffice for landing. Unfortunately, Mars is the worst of both worlds. It has an atmosphere 1% as dense as Earth’s—too thin for a full parachute landing, but still thick enough to cause drag and heating problems.

NASA’s Jet Propulsion Laboratory has developed the Low Density Supersonic Decelerator (LDSD), a 20-foot-diameter hybrid dish-shaped vehicle of hard shell and inflatable bladder—or “flying saucer”—that they hope to launch into Earth’s stratosphere this summer from the Hawaiian island of Kauai. At 34 miles up, Earth’s atmosphere resembles Mars’. A massive balloon and then a rocket motor will elevate the LDSD to its high point, where it will then begin its plunge back to Earth at a speed of roughly 3,000 mph. Once that speed is reached, the inflatable bladder will fill with gas and expand to nearly 20 feet in diameter, which will cut the LDSD’s descent speed by half, enabling a massive parachute (110 feet across) to unfurl and gently guide it to the surface—theoretically.



So...no, NASA isn’t launching a flying saucer; just testing a way to make Mars expeditions a bit more practical. ■

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