

Makin' It Better Newsletter

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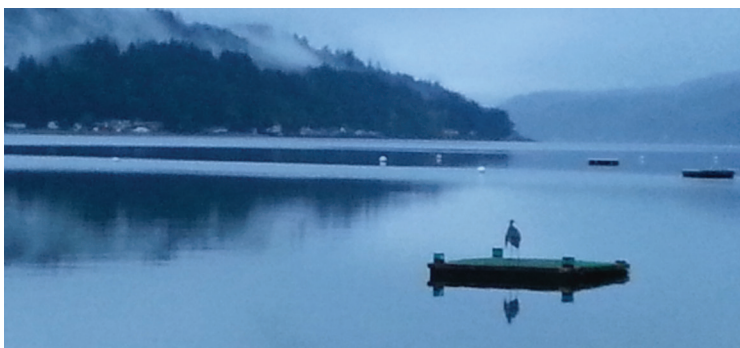
Cape D

From our offices in Astoria and Beaverton, we handle cases throughout Oregon and Washington, and that sometimes requires travel. There are few places in the world that offer more roadside beauty than the Pacific Northwest, but sometimes our schedules and deadlines create a tunnel vision mentality when trying to get from here to there. We might as well be driving through a concrete jungle. When you can, take a few minutes to stop and enjoy what is all around you.

In October, I attended one of the best legal education seminars I have ever experienced. Many of our seminars are informative, but often involve sitting in six to eight hours of lecture. This seminar was a trial workshop, forcing us to test our skills in front of other attorneys, sometimes with instant feedback. We met at Alderbrook Resort on the Hood Canal in Union, Washington, and on a break from the action, I captured a heron perched on a floating dock.

On a return trip to Astoria from depositions, I captured this glimpse of the Pacific Ocean from a viewpoint at Cape Disappointment. Take a minute to see some beautiful wood carvings a few miles east of the Highway 101 Junction right off the road on Highway 26. Check out the beautiful whale carving on our Facebook page.

If you have some great scenic photos to share, send them to joe@jdblawoffice.com, and we just may feature them in a future newsletter. ■



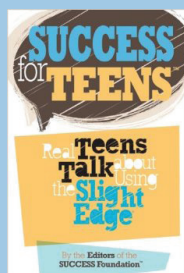
Heron



Wood Carving

SOME LAST MINUTE HOLIDAY gift ideas

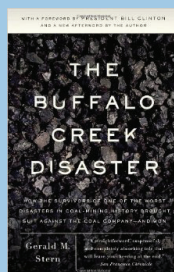
If you are looking for some holiday gifts, we not only have a few good book recommendations, but the books as well.



For the teen in your life, we recommend *Success for Teens, Real Teens Talk About Using the Slight Edge*. This book and CD set is offered by the Success Foundation, and is a spin-off of Jeff Olson's *The Slight Edge*. We have several copies available. Call or email us with your contact information and we can get

this out to you. By the way, we still have a few copies of *The Slight Edge* for the adult reader on your list looking to succeed in any endeavor, whether it is school, career, or even the ominous home project. This is a great book.

To get a real and accurate portrayal of the civil justice system, we recommend *The Buffalo Creek Disaster*, which recounts a class action lawsuit filed against a mining company for the 1972 failure of an impoundment dam that killed 125 people instantly, injured 1,000 others, and left several more homeless. If you are looking for the real story about what people face when seeking justice, this book debunks many of the tired and inaccurate myths that pervade mainstream media. We have a few copies available, and if you want one, contact us, and we can rush the book out to you.



Gideon's Trumpet chronicles Clarence Gideon's effort to obtain a court appointed attorney after being charged and convicted of a crime. With pencil and paper, Gideon successfully petitioned the United States Supreme Court to review his request to have an attorney appointed to represent him in court.



Gideon succeeded, and changed legal history. In telling Gideon's story, the author provides an interesting insight into the inner workings of the Supreme Court, including how the Court decides to accept a case, and how Court Justices interpret and apply the Constitution. Call to claim a copy. We have about a dozen copies of this title.

Enjoy your holiday season! ■

company data breaches ON THE RISE

An alarming 43 percent of American companies have reported data breaches within the past year, according to the Ponemon Institute and Experian Data Breach Resolution. The number



continues to rise, and the scope of the breaches is expanding.

More than 80 percent of data breaches have their root cause in employee negligence. A company may be spear-fished (an e-mail is received that appears to be from a familiar individual or business, but it's actually a hacker who's after confidential financial information); an employee gives out their password; a USB is lost; someone mishandles files; or the network operations hub is not properly secured, allowing someone with nefarious intent to waltz right in.

Affected consumers need to protect themselves:

- Call one of the three major credit bureaus and place a one-call fraud alert on your credit report—Equifax, 1-800-525-6285; Experian, 1-888-397-3742; TransUnion, 1-800-680-7289. Creditors will be required to contact you before opening new accounts or increasing credit limits on current accounts.
- Most states allow consumers to place a security freeze on their credit reports, which forbids credit-reporting agencies from releasing any information without the consumer's written authorization.
- Order a free copy of your credit report and search for unauthorized activity.
- Monitor your financial accounts for suspicious activity.
- Beware of "phishing"—scammers pretending to represent the organization subject to the data breach, or claiming to be law enforcement, to dupe customers into giving out sensitive information in the guise of confirming account numbers or other financial data. Any doubt, don't give it out. Contact the company/organization yourself.
- Contact the Federal Trade Commission, 1-877-FTC-HELP or www.ftc.gov. ■

the nose knows

According to a study recently published by *PLOS ONE*, the inability of older adults to correctly identify scents could mean that trouble is on the way.

The study consisted of 3,005 subjects aged 57–85 (broken down into age groups of 57–64, 65–74, and 75–85) who were tested with Sniffin' Sticks, odor-dispensing devices that resemble a pen. Subjects were asked to identify odors (peppermint, fish, orange, rose, and leather), one at a time, from a series of four choices. A normal sense of smell equaled four or five successful identifications; moderately impaired, two or three; and severely impaired, one or zero.

Between round 1 of testing in 2006 and round 2 in 2011, some of the original participants (430) passed away, translating to an overall weighted mortality rate of 12.5 percent, which was in line with Social Security Administration life tables. However, the mortality rate was 39 percent for those with severe olfactory

impairment, and 19 percent for those with moderate impairment. Subjects with healthy sniffing ability registered 10 percent.

Loss of smell is more an outward indicator of overall health trouble, but on its own can take a toll on one's well-being. Smell has a direct bearing on taste, which impacts enjoyment of eating and good nutritional intake. Odors signifying danger, such as smoke or gas, may be missed, and issues with personal hygiene may go unnoticed. Aromas are also associated with memory, emotions, and social relationships.

Researchers believe that sense of smell has long been undervalued. Inexpensive scent tests may be a good way for everyone to keep tabs on their health. ■



December 2014 Important Dates

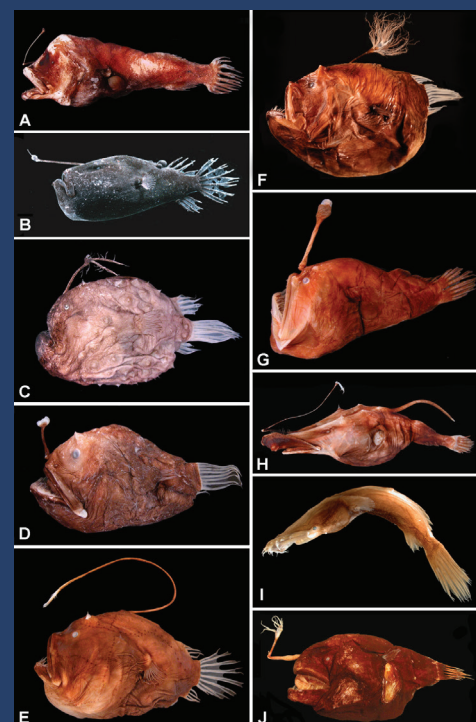
December 7 – National Pearl Harbor Remembrance Day
December 17 – First Day of Hanukkah (begins at sundown the evening before)
December 21 – First Day of Winter
December 25 – Christmas
December 26 – Kwanzaa Begins
December 31 – New Year's Eve

the old bait and switch

The deep-sea anglerfish lives up to a mile below the surface of the ocean in a dank, lightless, cold world, where its bizarre looks go mostly unnoticed. This normally 5–12-inch-long dark-scaled fish has a round body akin to a basketball, an enormous mouth filled with nasty-looking teeth, and an elongated dorsal spine extending from above the mouth that supports an organ called a photophore, which produces blue-green light. When hunger calls, the anglerfish becomes motionless, except for the dorsal spine it waves back and forth like a fishing pole (hence its name), enticing other creatures to investigate the blue-green luminescence. When one gets close enough, dinner is served! The anglerfish can extend its jaw and stomach, enabling it to engulf prey twice its size.

The deep-sea anglerfish male-female relationship is a strange one. Since the much smaller male does not possess the female's tantalizing lighted lure, food acquisition eventually becomes an issue. So the male follows a pheromone trail and the blue-green light to the female, bites into her belly, and latches on for life. An enzyme dissolves the skin in his mouth and that of the female's body. They essentially fuse together, including blood vessels, through which the male gets all his nourishment. Now-unneeded body parts—eyes, fins, some internal organs—wither away. It doesn't get more parasitic than that.

There is method to the madness. Since these fish live in a hostile, desolate environment, this fusion of the male and female guarantees sperm availability at spawning time, assuring the continuation of the species and creatures we can all marvel at. ■



"Representatives of ceratioid families" by Masaki Miya

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road side photos



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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.

Holiday Wishes

With 2014 coming to a close, all of us at our firm wanted to take a moment to wish you and yours the very best this holiday season, and it is our sincere hope as well that you have a happy and healthy new year. We are truly gratified to have had the opportunity to help and serve so many in our community, and feel blessed by the trust you have placed in us.