

Makin' It Better Newsletter

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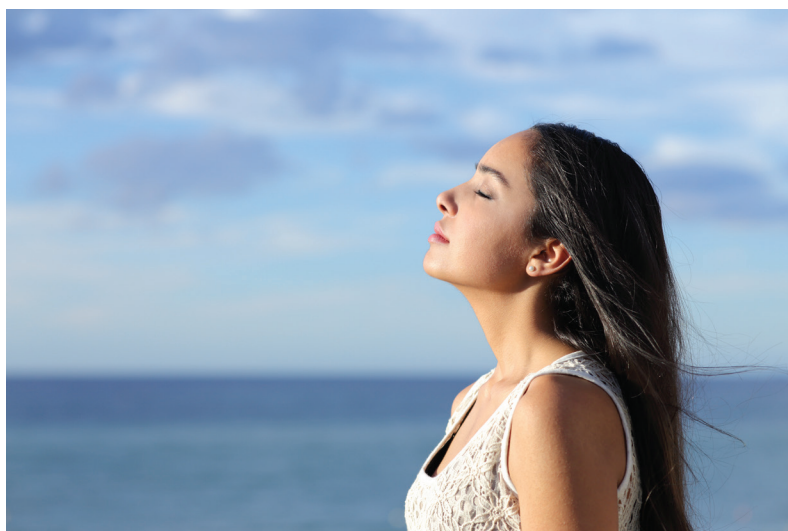
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All hail the king cobra

For the last 20+ years, Dr. Raed Dweik of the Cleveland Clinic's Respiratory Institute has been studying the molecular patterns of exhaled breaths of air. These breaths carry signature traits that reveal what is going on in a person's body.

Anything in your body that can eventually find its way to the bloodstream will pass through the lungs and make an imprint on your breath, says Dweik. Some "health breathalyzers" highlight higher concentrations of certain molecules; others give a full accounting of exactly which molecules are present and at what levels.

The ramifications are monumental. Liver disease, lung cancer, heart disease, and inflammatory bowel disease are a few examples of diseases that leave breath signatures. The breath-testing devices are just as accurate as traditional blood testing or biopsies—but are completely noninvasive and far less expensive. In addition, breathalyzers can be repeated without consequence, whereas other medical tests may be limited due to safety concerns. Not every disease has a distinctive breath



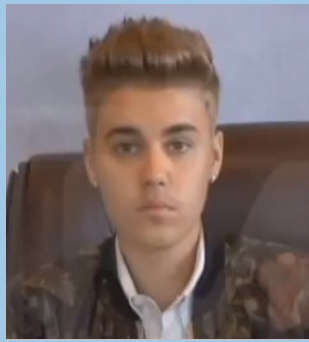
signature; breathalyzers would be a complementary piece to the diagnostic arsenal, not a total replacement.

Dweik says the "holy grail" is to develop a small, portable device that can be used at any time. A person could purchase their own breathalyzer, monitor themselves, then call their physician if there's something noteworthy. Currently, health-breathalyzer products are too unwieldy and/or need a consistent power source, rendering them not fully portable.

Our breath has a story to tell, and it's not just what we had to eat or drink. ■

WHAT JUSTIN BIEBER CAN teach us

By now (for better or worse), you've probably heard of Justin Bieber. Recently, he managed to land himself in a lawsuit with a former employee, and on March 6, as part of that suit, Bieber was deposed (you can watch the deposition at <http://www.youtube.com/watch?v=emsLrZg160s>).



All jokes aside, Bieber's deposition is a perfect example of what **NOT** to do during a deposition. Here's where he went wrong:

- 1. Don't be a jerk. Ever!** Look, if you're being deposed, it's not going to be fun. You're going to have to sit in front of an attorney and answer personal questions that are being recorded. Perhaps that attorney is a jerk. The last thing you should do is lower yourself to that standard. No matter what question is asked (or how it is asked), always be polite, respectful, and calm. You gain credibility with the attorney deposing you, and the last thing he/she wants is a credible witness – it's bad for his/her case!
- 2. If you don't understand the question, simply ask that the question be repeated.** Attorneys are people, too. Oftentimes, they ask unclear, poorly worded questions. Heck, I know I do. If you find yourself not understanding the question, simply say, "I don't understand the question; could you repeat it?" Attempting to be argumentative, non-responsive, or sarcastic will not get you far in depositions. And all it does is make you lose credibility – that's bad for your case!
- 3. You don't get to decide what questions you have to answer.** Depositions are not like court. In court, there are Rules of Evidence that your attorney can employ to prevent irrelevant/improper questions. In depositions, permissible questioning is much more far reaching. In fact, the questions don't even have to be relevant! If an irrelevant/impermissible question is asked, it's your attorney's job to make an assessment as to whether to object to it. And even if he objects (except in very limited circumstances, such as privileged information), you must still answer the question. The quickest way to get sanctioned by a court is for a judge to find out that you didn't answer a question that you should have.
- 4. Claiming "I don't remember" when you do remember is lying.** Don't do it. Before the deposition, you are required to swear under oath to the truth of the answers you give. Lying to avoid answering a question that may be harmful is simply unacceptable. Our law firm represents honest clients who have legitimate cases. The quickest way for you to be fired by us (and yes, we have the ability to fire you, too!) is to lie under oath (or at any time, for that matter).

If you have any other questions about depositions, or perhaps you will be deposed soon, our office has a lot of resources to educate you about the deposition process. Give us a call! ■



cooking with kale

With spring and summer comes locally grown produce. In recent years, Kale, a cabbage like vegetable has grown in popularity. This leafy green provides beta carotenes, calcium, and Vitamins K and C. Here are a couple of ideas on how to enjoy Kale.

Coarsely chop a pound or two of Kale. In fry pan, add a few tablespoons of olive oil, and sauté two or three cloves of thinly sliced garlic. After the garlic softens up, throw in your Kale, and a half cup of veggie stock or water. Cook five minutes covered, remove the lid, and cook the liquid down. Add some red vinegar, and maybe some sliced roasted nuts or almonds. Add salt and pepper to taste.

How about some Kale chips? Take a bunch of Kale, remove the stems, and chop your Kale into bite sized pieces. Place the Kale chips on a foil covered cookie sheet, and drizzle with a tablespoon of olive oil. Add some seasoned salt, and bake at 350 degrees for ten to fifteen minutes. This guilt free snack will satisfy any crunchy food craving. ■

not your father's computer...literally

Nowadays, we take our smartphones, tablets and laptops for granted, but how did computer technology evolve? The answer might surprise you.



- Herman Hollerith designs a punch-card system computer in the 1880s to help the U.S. Census Bureau. It clutters up several rooms, but saves the government \$5 million and lots of time. It's allegedly the last instance of the government saving money and time on anything.
- In 1941, J.V. Atanasoff and his graduate student, Clifford Perry, design a computer that can solve 29 equations simultaneously, marking the first time a computer can store information in its main memory.
- Douglas Engelbart unveils a computer with a mouse and graphical user interface in 1964, greasing the skids for general-public accessibility.
- The year 1976 sees the launch of Apple Computers by Steve Jobs and Steve Wozniak.
- In 1983, Apple's Lisa (eventually the Macintosh) becomes the first personal computer with a graphical user interface (GUI), a drop-down menu, and icons.
- In 1985, Microsoft announces Windows in response to Apple's GUI, which detractors believe was the harbinger of Microsoft's always-one-step-behind-Apple style.
- The first dot-com domain name is registered in 1985 to Symbolics Computer Company, prior to the formal existence of the World Wide Web.
- Tim Berners-Lee develops Hyper Text Markup Language (HTML) in 1990, paving the way for the World Wide Web.
- In 1997, Microsoft invests \$150 million in a struggling Apple company, essentially bailing them out in exchange for Apple dropping its lawsuit involving patent infringement, which looked like a sure victory for Apple.
- In 2007, the iPhone integrates phone and computer functions, enabling one to carry the Internet in their pocket or purse. ■

July 2014 Important Dates

July 1 – Canada Day
July 4 – Independence Day
July 14 – Bastille Day
July 27 – Parents' Day



did you hear?

According to data collected by Impact Databank, a sister publication of Wine Spectator, the United States is now the #1 wine consuming country in the world, finally moving past France to take the top spot.

In 2013, Americans drank a whopping 329 million cases of wine, a one percent increase over the previous year. By comparison, French wine consumption dipped seven percent to 313 million cases.

While the U.S. leads in total wine consumption, it's far down the list of per-capita wine consumers. So, who's the leader on that list? Vatican City, whose residents each drink over 74 liters of wine (nearly 20 gallons!) annually. ■

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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.

all hail the king cobra

The king cobra is aptly named as it is the longest venomous snake in the world. Averaging 13 feet in length and occasionally reaching **18 feet**, it can raise the top third of its body off the ground and assume a formidable pose.

The amount of venom a king cobra delivers is potent enough to kill 20 humans, or one elephant. Seeming to realize this, elephants take a wide berth when a raised, hooded, hissing king cobra is in their path. King cobras do not spit their venom, however, leaving that trick to a few smaller cousins.

King cobras inhabit the mainland and islands of Southeast Asia. They prefer densely forested habitats and are as comfortable climbing trees or swimming in ponds and lakes as they are navigating the forest floor. Their favorite food is other snakes, but they will settle for birds, rodents, or lizards if they have to.

King cobras are the only known species of snake to construct nests for their eggs, with the females amassing twigs and leaves to do the job. The mother dutifully stays with the eggs until they hatch, at which time she exits the scene. The newborns are born ready to rumble, with a full charge of venom from the outset.

Contrary to popular perception, king cobras are not charmed by the sound emitted from a snake charmer's flute. Instead, they are intently focused on the movement and shape of the flute. A pearl of wisdom – charm from a distance. ■



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