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### Dear Valued Friends & Clients

At this unprecedented time in history, we want to stay in touch with you to keep you informed as we all deal with this crisis together.

The global coronavirus pandemic is affecting all of our families, our businesses, our communities, and our way of life.

First and foremost, our hearts go out to anyone who's been impacted by the virus, either directly or indirectly. Our thoughts are especially with those who are sick, to whom we extend our heartfelt wishes for a full recovery. And we're truly inspired by the selfless healthcare workers around the world who are on the front lines working tirelessly to care for people in need.

This moment reminds us that we're all connected like never before. We're called upon to be our best selves, with patience, understanding and compassion.

Last but not least, welcome to THE702FIRM Injury Attorneys Spring Newsletter. We are excited to introduce you to our 1st Quarterly Newsletter! We have created this with articles and features we think will be of interest to you. Please take a moment to check it out and let us know what you think. We welcome your comments and feedback.

**For an update on our appointments, we are meeting with clients over Zoom or Facetime and we can "meet" someone at any time you need us.**

### Protect Yourself from Dog Bites



According to the Centers for Disease Control (CDC), approximately 4.7 million people suffer a dog bite each year in the U.S. and of those, 800,000 require medical care. The severity of a bite can range from a deep cut repaired with stitches to severe injury and disfigurement requiring one or more surgeries. It's important to know how to protect yourself and your family from this danger.

#### Recognize Warning Signs

First, it's important to note that any dog—regardless of breed, size or cuteness, can bite. Even dogs that you've known to be friendly in the past can be spooked or feel threatened in certain situations and may respond by biting. According to the Humane Society, signs that a dog is feeling aggressive or fearful may include:

- Stiff Legs
- Pulled back ears and/or head
- Raised, stiff tail
- Rolling of the eyes so the whites show
- Flicking tongue
- Tense body
- Growling
- Intense stare

If you notice one or more of these indicators in a dog, stay away.

#### Preventing a Bite

It's never a good idea to approach an unfamiliar dog, especially if he is unleashed and no owner is present. You should also not try to pet a dog that is in a car or behind a fence—dogs often are protective of their home turf and may feel threatened if you reach in. Here are some other tips to avoid trouble:

- Do not interrupt a dog who is eating, sleeping or taking care of puppies. Dogs are more likely to bite if they are startled or taking care of their young.
- If an unfamiliar dog approaches you, remain motionless. Do not run or yell. Back away slowly once the dog appears to lose interest in you.
- Do not make direct eye contact.
- If a dog attacks, try to put a purse, backpack, jacket, bike or any other items you have between you and dog's mouth for him to grab onto.
- If knocked down, roll into a ball and cover your neck and ears with your hands and remain motionless if possible.
- Report any strays or animals in your neighborhood that appear to be behaving strangely to animal control promptly.

Knowing what to do ahead of time can help you prevent a dog bite injury.

### 6 Ways Missing Medical Appointments Can Hurt Your Claim



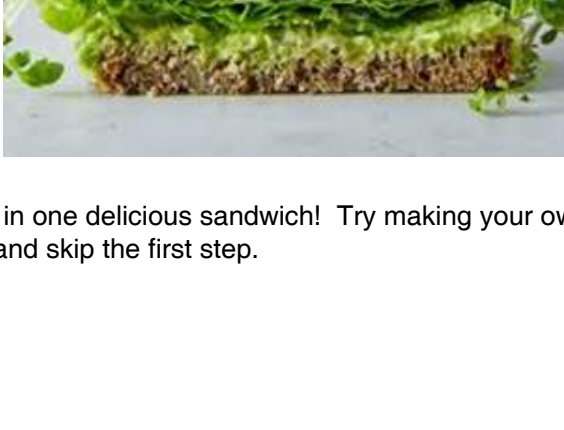
If you are in the process of pursuing an injury claim, missing a doctor's appointment, physical therapy session or a scheduled MRI, x-ray or other diagnostic tests can have a negative impact on your case. While it may not seem like a big deal to miss one appointment, it sends the message that you are not serious about recovery. One of the first things an insurance company will look for in your medical records is whether you missed any medical appointments. Below are 6 reasons to make sure there are no DNS (Did Not Show) or "late" notations in your records:

1. It sends a bad message: you must not really have been that badly hurt if you can afford to miss appointments.
2. You give grounds for an argument to be made that you are "refusing medical treatment," which can lessen or negate your claim.
3. It gives insurance companies evidence to claim that you do not care or are not committed to doing your part to be healed.
4. An insurer can file an application for a hearing to suspend your benefits which will cost you time and money.
5. Damage witness potential from your medical providers. If you are late for appointments or miss them altogether, doctors and therapists will become irritated and may also question whether you are serious about getting better. Providers with this attitude will not be good witnesses for your case.
6. Finally, if your case goes to a jury, it is very difficult to explain to jurors why you missed appointments.

Bottom line, until you are released from your doctor's care, be extra careful to put all medical appointments on your calendar and do not miss one. If there is an unavoidable reason why you cannot make an appointment, call the doctor or therapist's office well in advance and explain in detail why you cannot come in. Promptly re-schedule the appointment for a time you know you can make it and keep the appointment.

Do you need an injury lawyer for a [Personal Injury Accident](#), [Motor Vehicle Accident](#), [Trip and Fall Accident](#), [Slip and Fall Accident](#), [Product Liability](#), [Dog Bite](#) or [Insurance Claim](#)? THE702FIRM specializes in Personal Injury claims. Our [Lawyers](#) will fight for you until we have achieved the settlement you deserve. We understand that an injury accident can be one of the most unexpected things in your life. We realize that there are many personal and legal challenges you're facing, which is why we offer our [attorneys to come to you](#). One of our main goals as [Injury Lawyers](#), is to make the process after your [injury accident](#) as easy for you as possible.

### Recipe of the Month California Veggie Sandwich



Get all your vitamins in one delicious sandwich! Try making your own pickled vegetables or use store-bought and skip the first step.

#### Ingredients

##### Pickled Vegetables

- 2 cups apple cider vinegar
- ½ cup (packed) light brown sugar
- ¼ cup kosher salt
- 4 cups any combination shredded carrots, sliced cucumbers, sliced red onions, and/or sliced mild fresh chiles

##### Dressing and Assembly

- ¼ cup buttermilk
- ¼ cup plain whole-milk Greek yogurt
- 1 tablespoon fresh lemon juice
- 6 tablespoons olive oil, divided
- Kosher salt, freshly ground pepper
- 2 ripe avocados, halved
- 6 ounces fresh goat cheese
- 6 cups mixed lettuce leaves, ribs removed if thick
- 8 slices multigrain bread, toasted
- ½ English hothouse cucumber, thinly sliced on a diagonal
- 2 cups sprouts

##### Special Equipment

- 2 heatproof 1-qt. glass jars

#### Recipe Preparation

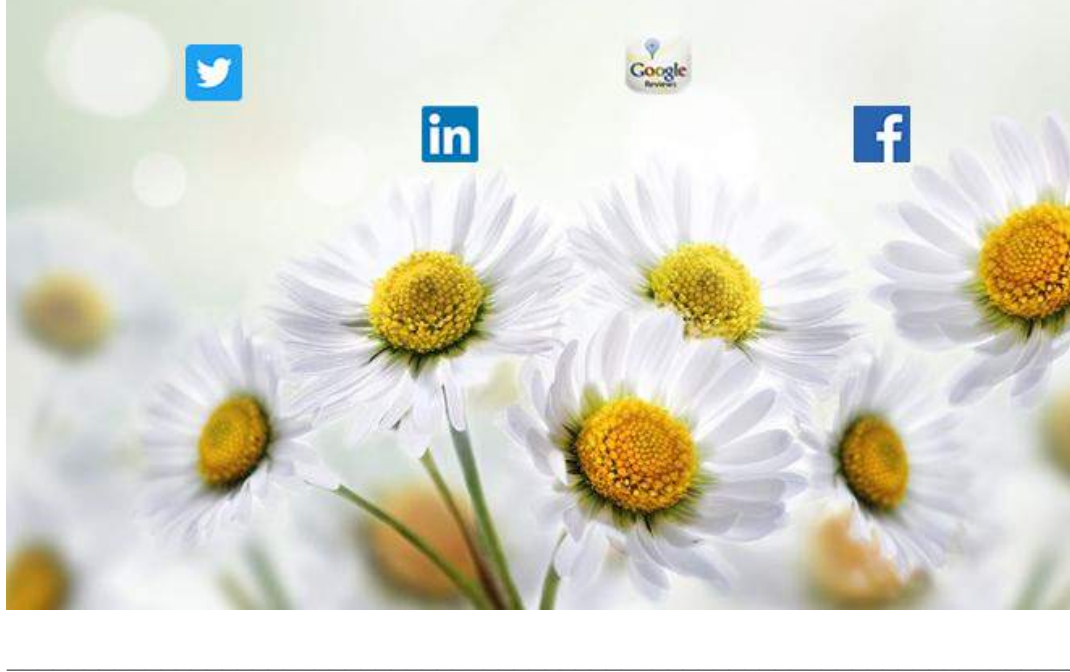
##### Pickled Vegetables

- Bring vinegar, brown sugar, and salt to a boil in a large saucepan. Meanwhile, pack vegetables into jars. Pour brine over vegetables. Cover and chill until cool. Do Ahead: Pickles can be made 2 weeks ahead. Keep chilled.

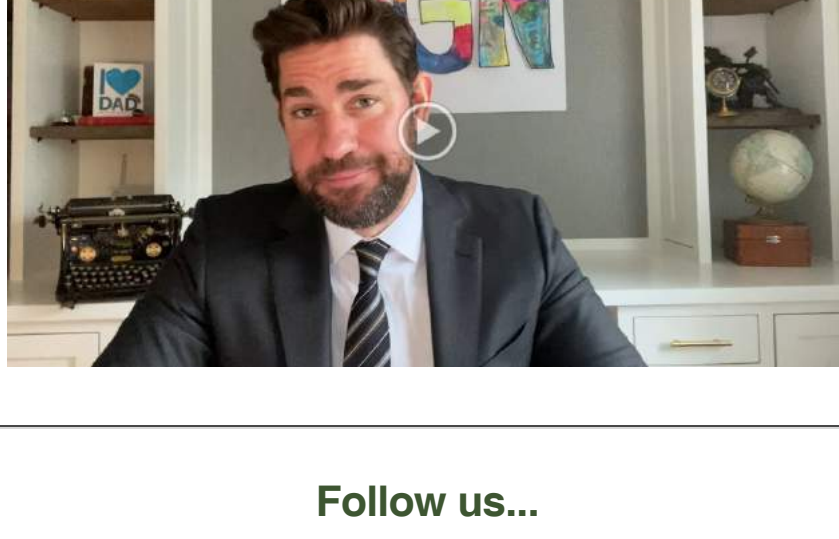
##### Dressing and Assembly

- Whisk buttermilk, yogurt, lemon juice, and 3 Tbsp. oil in a large bowl until smooth; season dressing with salt and pepper.
- Scoop avocados into a small bowl; add 1 Tbsp. oil and lightly mash. Season with salt and pepper. Mash goat cheese with remaining 2 Tbsp. oil in another small bowl until softened and spreadable; season with salt and pepper.
- Add lettuce to dressing and toss to coat. Season with salt and pepper. Spread avocado mixture over 4 slices of bread. Arrange lettuce over and top with cucumber, sprouts, and some drained pickles. Spread remaining 4 slices of bread with goat cheese and close sandwiches.

Recipe courtesy of [bonappetit.com](#)



**We know these extraordinary times come with stress and anxiety. We wanted to share something with you to make you smile and bring you joy. Warning: you may also want to have a box of tissues close by!**



### Follow us...



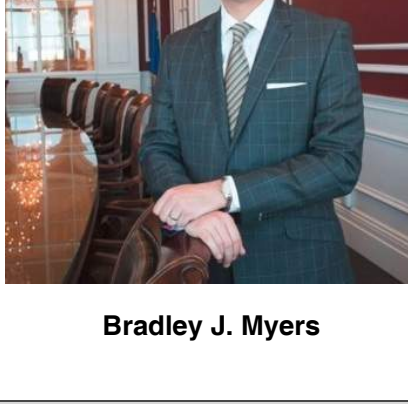
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