



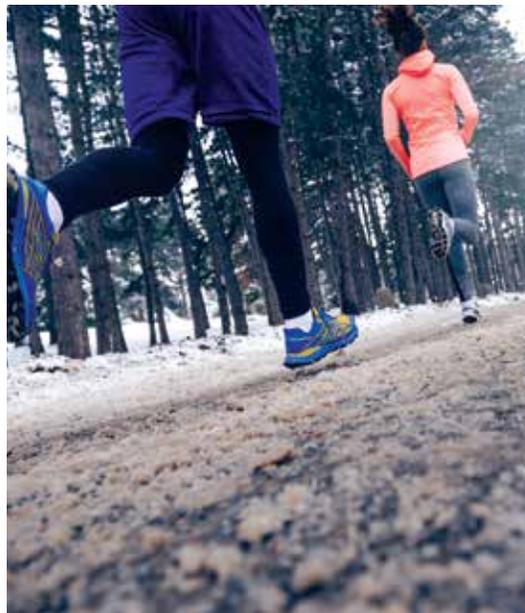
THE CARPEY CHRONICLE

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THE Information Resource For Accident Victims In Pennsylvania



Avoiding Injury While Running in the Snow or Ice



In addition to wind chill, the most harmful environmental winter condition for runners is ice. Ice can develop on streets, sidewalks, and walking trails and it can easily be covered underneath snow. Running on ice can lead to falling accidents, which often result in broken or fractured bones, bruises, and severe head injuries.

Property owners have a duty to ensure that the sidewalks and walkways are safe, including clear from snow and ice. If an injury occurs as a result of a dangerous or hazardous condition on the property, which the owner knew, or should have known about, then he or she may be responsible. It's fairly easy for property owners to spread salt, sand, or kitty litter once the snow begins and should shovel or sweep away all snow after bad weather hits.

While it is a mistake for property owners to avoid clearing away ice and snow with the expectation that others should be careful, runners can also take precautions to prevent injury by:

- Running at mid-day when the sun is high in the sky,
- Running in spikes,
- Wearing dark colors that contrast with the snow,
- Wearing thin layers of clothes (avoid cotton because it retains moisture),
- Staying hydrated, and
- Stretching properly prior to and after running

Every year 45% of Americans make a New Year's Resolution, most of which are focused on being more active and exercising consistently. Since running indoors on a treadmill can seem boring, many will take to the streets, which can be both helpful and disastrous to one's health. For example, running in the snow can be beneficial because freshly fallen snow acts as a shock absorber to help decrease the pressure on joints. Additionally, deep snow can be great for resistance training. On the other hand, exercising in the cold can result in frostbite, hypothermia, dehydration, pulled or strained muscles, and broken bones. Before you lace up those running shoes read the tips below on how to stay safe while exercising this New Year.

WE ARE COMMITTED

To providing exceptional legal services to each and every one of our clients.

OUR 4 SATELLITE OFFICES

■ Bala Cynwyd

Two Bala Plaza, Suite 300
Bala Cynwyd, PA 19004

■ Malvern

101 Lindenwood Drive,
Suite 225
Malvern, PA 19355

■ Radnor

Radnor Financial Center
150 N. Radnor Chester Rd.,
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A REMINDER FOR THE NEW YEAR: WE'RE HERE TO HELP

We get asked all the time by callers which situations Carpey Law can help with. Although we handle a variety of personal injury cases, here are a few of the things we can help you with:

Car Accidents

Were you or someone you know recently involved in a car accident and the insurance company told you something along the lines of “you don’t have a claim” or “we can’t help you unless you do the following by this date”? BE ADVISED: these are standard scare tactics that insurance companies use all of the time. If an insurance company is giving you the run around, you should consult a lawyer.

Motorcycle Accidents

Motorcycle accident victims can suffer very serious and sometimes life-threatening injuries in motorcycle crashes. Unlike in car accident cases, your own insurance company will not pay any of your medical bills. Talk to us to find out how and why you are entitled to payment of medical bills, and compensation for your injuries.

Slip and Fall Accidents

With the cold weather comes dangerous ice and snow conditions. Be careful this winter but if you fall due to lack of snow or ice removal, contact our office to find out if you can be compensated for your injuries.

So, give us a call at 610-834-6030! If you ever need us, you have an experienced legal team standing by to answer your questions and guide you through the process.

“Nobody Else Was Injured... Do I Have A Claim?”



Let’s just say that you were going to an Eagles game with a couple of pals. You were in the front seat of your buddy’s Jeep which has stopped at a red light. And the next thing you know it feels like you’ve been punched from

behind. It was a rear-end collision!

Unfortunately, you hurt your neck. But your pals were fine.

When you went to make a claim with the other guy’s insurance company the adjuster made it clear that ‘he wasn’t buying your story...’ about being injured. ‘Your friends were in the same Jeep,

but you were the only one who got hurt. Very interesting!’

Remember, just because a group of people were involved in the same car accident doesn’t mean

What Is “Settlement Value” In A Personal Injury Case?

Settlement value is the amount of money that both sides believe a jury will ultimately compensate the accident victim for his or her injuries. Of course both sides typically have different amounts. Not all cases go to a jury trial. In reality, settlement value is the absolute rock-bottom number that you would accept for a settlement in your personal injury case. Keep in mind that along with the settlement value every case involves expenses for each phase of the lawsuit (discovery, trial preparation and trial).



that they’re all going to be injured. Or, to take it a step further, to have suffered the same injuries.

People are like snowflakes. They’re all different.

Your height. Your weight. The position of your body. Your muscular structure. Your health prior to the accident. These are only a few of the factors that can determine why certain people are injured in a car accident while others aren’t.

REMINDER ABOUT OUR FIRM’S COMMUNICATION POLICY

About us: We perform very high quality legal work. We are highly competent and we have a highly competent support staff, but we are not perfect. We can make mistakes. We will correct a mistake if we find it or if you point it out.

It is our policy to return phone calls in the order they are received and based on the priority of the

situation. If you leave a message, your call will be returned usually within 24 hours. Some clients feel that calling multiple times in a day will get their call answered faster, but that is not the case. Email is the quickest way to get a response from anyone in the office.

We work by appointment only. Without an

appointment, it is unlikely Mr. Carpey would be able to meet with you.

Please utilize our support staff to answer your questions and to give you status reports. Our legal assistants and paralegals are very experienced and will often be able to respond to your requests.

LAURA CARPEY'S RECIPE OF THE MONTH

Blueberry Coffee Cake

Servings: 12 to 16

Prep Time: 30 Minutes

Cook Time: 40 Minutes

Total Time: 1 Hour 10 Minutes

INGREDIENTS

For the Streusel Topping

- 6 tablespoons packed light brown sugar
- 1/2 cup all-purpose flour, spooned into measuring cup and leveled-off
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 4 tablespoons unsalted butter, cold, cut into 1/2-inch chunks

For the Cake

- 2 cups all-purpose flour, spooned into measuring cup and leveled-off
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 stick (1/2 cup) unsalted butter, softened
- 3/4 cup granulated sugar
- 2 large eggs
- 1-1/2 teaspoons vanilla extract
- 1 teaspoon packed lemon zest, from 1 lemon
- 1/2 cup milk
- 2 cups fresh blueberries (frozen may be used but do not defrost)

INSTRUCTIONS

1. Make the streusel topping: Combine the brown sugar, flour, cinnamon, and salt in a small bowl. Using your fingers, mix until no lumps of brown sugar remain. Rub in the butter with your fingertips until it reaches a crumbly state. Refrigerate until ready to use.
2. Preheat the oven to 375°F and set an oven rack in the middle position. Grease a 9-inch square pan with butter or nonstick cooking spray.
3. In a medium bowl, whisk together the flour, baking powder and salt. Set aside.
4. In the bowl of an electric mixer, beat the butter and granulated sugar until creamy, about 2 minutes. Add the eggs one at a time, scraping down the sides of the bowl and beating well after each addition. Beat in the vanilla extract and lemon zest.
5. Gradually add the flour mixture, alternating with the milk, beating on low speed to combine. Add the berries to the batter and fold gently with a spatula until evenly distributed. Do not over-mix.
6. Transfer the batter to the prepared pan and spread evenly. Sprinkle the streusel topping evenly over the batter. Bake for 40 to 45 minutes, until golden brown around the edges and a cake tester



comes out clean. Let cool in the pan on a rack for about 20 minutes, then serve right from the pan.

7. This cake is best served on the day it is made. Leftovers will keep well for a few days wrapped in foil and stored at room temperature.

Stuart Carpey Rated Superb With A Perfect '10' From AVVO!

Stuart Carpey is one of a select group of attorneys who has received a rating of "Superb" from AVVO. The highly respected AVVO Rating uses a completely objective mathematical model to evaluate attorneys across the country.

After analyzing a multitude of factors and criteria, the AVVO rating system has given Stuart one of the highest scores in the country.

Congratulations to Stuart Carpey for earning the highest ratings in his field for 2018 and being recognized by the legal community for excellent professional conduct and experience.



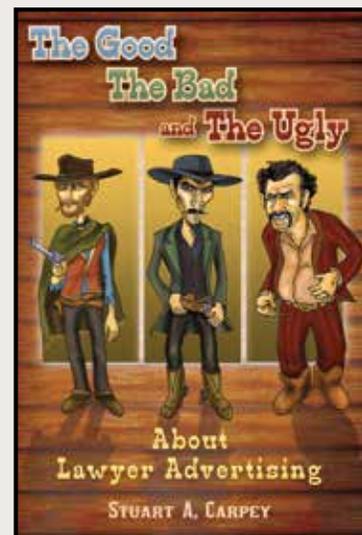
AVVO is an attorney rating system and Stuart A. Carpey is rated 10.0 - the highest rating AVVO offers.

Why Most Lawyer Advertising Stinks

If you were a personal injury attorney and you didn't have a perfect "10" rating on AVVO (Stuart was), weren't listed in the Top 100 Trial Lawyers in America and The National Trial Lawyers Association (Stuart is), and didn't have a track record of success and a long list of happy clients (Stuart does), what would you say in your advertising?

Right. "We are aggressive."

We would like to offer you Stuart's book "The Good, The Bad and the Ugly About Lawyer Advertising" for FREE! You can contact our office by phone, request by e-mail (tsontentag@carpeylaw.com) or download it direct from the website!





CARPEY LAW

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Happy New Year!

INSIDE THIS ISSUE:

- Avoiding Injury While Running in the Snow or Ice
- What Is "Settlement Value" In A Personal Injury Case?
- Laura Carpey's Recipe of the Month: Blueberry Coffee Cake
- Why Most Lawyer Advertising Stinks

THE CARPEY CHRONICLE



Call me with any legal questions about injuries from any accident or medical care.

I promise to give you a straight forward answer.

That's my guarantee.
610.834.6030

Why Call Carpey Law?



An AVVO testimonial from a non-client: 5.0 stars - Posted by Alisha

"Wish I had found Mr. Carpey 5 years ago!"

"I spoke with Mr. Carpey regarding my case which was ongoing, yet a few years old. My previous attorney withdrew his appearance and I found myself no longer represented. After a lengthy discussion, it was determined that my case was not a fit for this firm. That being said, Mr. Carpey was instrumental in assisting me with finding new counsel. He made referrals, emailed and called me to follow up. He was always available to take my calls, answer my questions and point me in the right direction. Mr. Carpey gave my situation attention, consideration and support. He reminded me that **"there are good attorneys out there, Alisha"** which restored my faith in the system. I feel very fortunate and incredibly grateful for his help. I would not hesitate to recommend Mr. Carpey to anyone. If ever I need a personal injury attorney again, Mr. Carpey will be my first call."

Stuart Carpey has an AVVO rating of 10 out of 10. This is in part because he makes an effort to help clients and non-clients alike, in any situation, however he can. It's folks like Alisha who are responsible for letting the public know that Stuart is one of the good guys and he'd like to help. We hope this testimonial helps the next person in need find us. If you know anyone who has a legal issue or question, have them give us a call. We'll help however we can.