



News to Use

We make it happen by putting you first.

Bring on Spring!

Welcome to our Spring Newsletter, and not a moment too soon! I don't know about you, but this has been one long, tough winter. We've had sub-zero temperatures, frozen pipes in the building, (Not once, but twice!) the economy still sucks, and to top it off, the ice storm knocked out power to our building for an entire week. Whew!

Let's hear it for warm weather and better luck all around! And keep in mind that the better we look out for

ourselves and loved ones, the better our "luck" tends to be. Therefore, in no particular order, I give you Frank's tips for Spring:

If you get laid off from a job, apply for Unemployment Benefits ASAP. Check out www.oet.ky.gov for a bunch of good information.

If you're hurt in a car wreck, DO NOT give a statement to an adjustor before you talk to an attorney. Call us at 1-800 CAR WRECK! and we will answer your questions. Or check out

frankjenkinslaw.com for lots of good info.

If you want to trim down for swimsuit weather, get up and get moving now! Check out the YMCA, at www.ymcaof-centralky.org for info on programs, childcare while you work out, and financial aid programs if you need help

paying. (There are lots of other YMCA chapters in Kentucky, so check local listings, and call if you don't have internet)

If you get hurt on the job, be sure to report the injury, and make sure that an injury

report gets sent to Frankfort. If the boss tells you to lie, don't do it! Unreported injuries go unpaid. Call us with your questions.

If you want UK to make a dent in March Madness, do like me and keep them fingers crossed!

Have a good Spring, folks!



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1-800-CAR-WRECK

Thank you...

A referral from a former client or friend is the greatest compliment our firm can receive. We are grateful for every referral – below is a list of the people who recently referred a friend or family member to our firm. We would like to publicly thank each and every one of them by listing them in our newsletter. And again, we say, "Thank You!"

Arthur Black
Raymond Burnett
Richard Cain

Hillard Cecil
Patsy Craft
Todd Dove

Bob Evans
David Franklin
Marcus Highley

Glenn David Hoskins
Yvette Hourigan
Russell Inman
Gary C. Johnson
Rick Jones
Lee Kimbrell
Joseph E. Mainous
Deborah Morris
Kim Wayne Mullis
David Naylor

Darrell Newsome
Roger Robinson
Dale Rutley
Dr. Larry Smith
Angela Stidham
Rodney Thomas
Tonya Todd
William Wethington

Recipe Contest Winner: **Kenneth Tucker**

Grandma's Fried Chicken & Gravy

4 eggs
1 cup Flour
½ cup cornmeal
Cut up chicken
Oil or Lard
Milk

Rinse chicken with cold water; Coat chicken in egg; then coat with flour, then lastly with corn meal

Make sure bottom of frying pan is covered with oil or lard on medium heat. Wait 3 to 5 minutes until pan is good and hot. Place chicken in pan. Let fry for 4 minutes then turn over for another 4 minutes. Repeat this process 4 times or until both sides are good and brown.

Once chicken is done to your liking, turn heat down on pan to medium-lo. Put 2 big helping spoons of flour in the pan. Stir in real good. Let it simmer for 5 minutes. Add a cup of milk. Turn on HI heat. Stir often until gravy comes to a boil. If it is too thick for your mashed potatoes, add more milk until you get it the way you like it!

The longer you let your gravy simmer, the better it is!

Please keep the favorite recipes coming!



Free Baby/Kid Clothes

We've given away the baby furniture and a lot of the clothes, but we still have some clothes left!

Used Clothes: Girl: Size 3T, 4T

Boy: Size 4 & 5

Call the office and let us know what you need.

STAFF RECIPE

Simple Spaghetti Salad

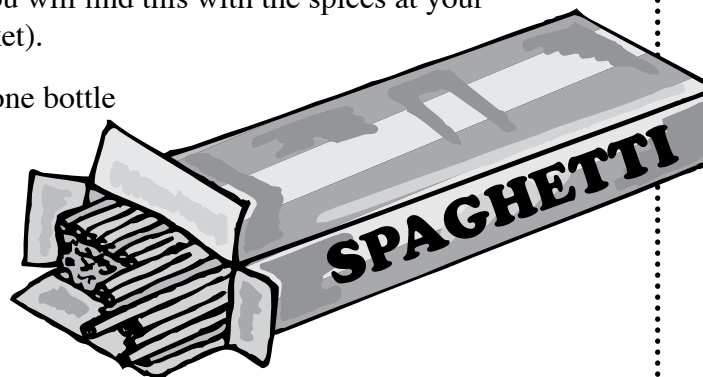
By: Sylvia Delaney

Boil one box spaghetti noodles until done. Put aside to cool.

Dice one cucumber, one green pepper and one medium onion. Toss into cooled spaghetti noodles.

Stir in one-half to two-thirds bottle of salad supreme seasoning (you will find this with the spices at your supermarket).

Top with one bottle of Zesty Italian Salad dressing.



The Defense Medical Exam

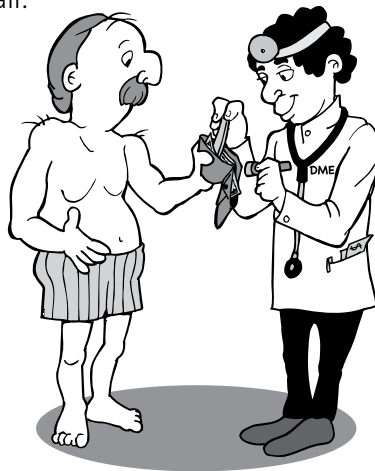
No matter what type of injury case you have, you may have to go through a medical exam (Known as a "DME") set up by the insurance company. The doctors that do these exams are not hired to be fair.

They are hired to help the insurance company, and they get big money for it.

Here are a few simple rules to follow at your DME:

Tell the doctor the plain and simple truth.

Tell how you feel, but do not exaggerate your pain or over-do your symptoms.



Be polite. Even if the doctor is a jerk. (and sometimes they are)

Give your best effort, but don't hurt yourself. Don't let the doctor hurt you, either.

Make a note of how long the doctor spends with you, and what tests are done. Don't pull out your stopwatch, just be aware of the time.

If you're on pain meds, don't take them beforehand. The doctor should see the "real you", not a medicated person who's not feeling the pain of their injury.

You can be a totally honest person, but the IME doctor may still try to make you out as a liar and a faker. If you follow these rules, you should be in good shape. ■

Keeping Up with my Mouth

Have you ever had a problem with your mouth getting out in front of your brain? You know the drill, a thought pops into your head, and before you know it, out it comes! Sometimes it causes problems. Like at the dinner table, and your wife asks if you like the "new way" she cooked those green beans?

Often it is better to pause, think, and then talk. Of course, some people never want to be told anything.

Take my four-year-old daughter, Josie. Last night I say, "Josie, stop lick-

ing your rice off your plate



like a dog."

She looks up at me, annoyed, and says, "Daddy, you can't say that to me."

"Yeah, I'm pretty sure I can say anything I want to you. I'm the Dad."

My wife just shrugs. Josie licks up some more rice.

Some folks think that awkward topics should never be mentioned. Not me! For example, I made a new TV commercial that talks about Florida injury lawyers setting up shop in Kentucky. I say I think it's weird for someone in Florida to work on a Kentucky case.

Don't get me wrong, as long as these guys follow the rules, they can do what they want. But then I can

tell you about it. You have every right to ask your lawyer whether the folks doing the work are sitting in Kentucky or Florida.



Call me crazy, but it would matter to me. Then again, sometimes my questions make people mad. For example, the other day when I asked my lovely wife, "Honey, why do you insist on storing the toaster in a drawer, instead of on the counter-top like normal people?"

I can't print her exact answer, but she did tell me where she'd like to store it! ■



Rickey Smalley
Rickey's Smoky Mountain Biscuits

Bessie Wyrick
Bessie's Sugar Free Strawberry or Blackberry Pie

Wendell Hardy
Wendell's Broccoli Casserole

Check out their Recipes on our Website!
www.frankjenkinslaw.com



JOSIE



What We Do

We want you to refer friends and family for all types of injury cases. If you wonder whether we handle a particular type of case, give us a call and let's talk about it. We do all of these:

- Car Wreck Injuries**
- Work Injuries**
- Wrongful Death**
- Social Security Disability**
- Slip and Fall Injuries**
- Injuries caused by Faulty Products or Drugs**
- Dog Attack Injuries**

NOTE: If you have a case that doesn't fit, call us and let's talk about it anyway! It costs you nothing to call and talk to us. We want to be your legal information resource. ■

Ask the Expert:

Is it smart to get the cheapest car insurance?

ANSWER:

It is, as long as you never get in a wreck!

If you do get hurt in a crash, having "minimum coverage" can be a big mistake. I tell everyone: Read your policy and see what coverage you really have!

Kentucky law requires "no fault" PIP coverage in the amount of \$10,000. This is paid through your insurance company, regardless of who caused your injuries. I recommend increasing your PIP to \$30,000. This costs only a few dollars a month, and the added



protection it provides can be huge.

If you're hurt by a driver with too little insurance, or none at all, then you'll need to claim through your own policy. UIM is underinsured coverage, and it pays if the other driver had not enough coverage. UM is uninsured coverage and it pays if the other driver had no insurance. (Ask anyone in my office: The roads are full of people driving with no insurance!

Folks, please consider upping your PIP coverage, and make sure you have UIM and UM. It's not that expensive, and if you do get hurt in a wreck, you will be glad you did it! ■

FRANK JENKINS LAW OFFICE

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We appreciate referrals from friends and family!



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