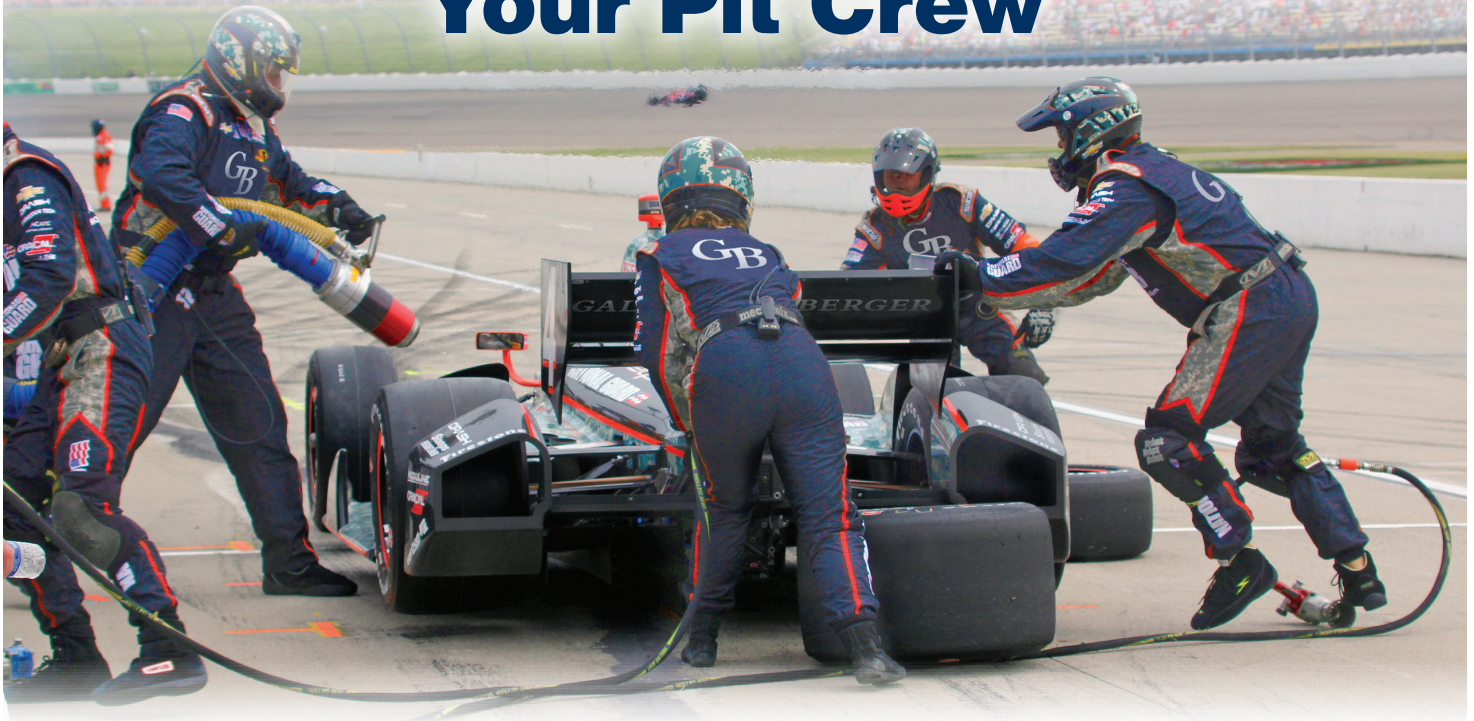


Your Pit Crew



We know many of our clients enjoy autoracing. They look forward to the energy of the track as cars move at dizzying speeds; the smell of the rubber on the asphalt; the roaring engines and loud crowds. It's intoxicating. But those racers don't make it to the finish line on their own. They have a pit crew to make sure their cars are race-day ready.

As a Galfand Berger client, you have your own pit crew: a team of lawyers and staff who make sure your case is road-tested and ready-to-go. It starts the moment you call our office and doesn't end until your case is resolved. A race car driver pulls into the pit when he needs help from his crew to finish the race. When you've been injured, what do you do? You call your pit crew at Galfand Berger!

At Galfand Berger, you don't get just one attorney, you get a team of lawyers, paralegals and secretaries, all ready to take your case across the finish line. Our

skilled attorneys regularly communicate with each other so that you get the benefit of each lawyer's experience. Combined, Galfand Berger attorneys have over 220 years of experience! All of the lessons learned in that time help you get the best representation possible.

Like the pit crew's mechanics who have specialized responsibilities when the race car pulls in, Galfand Berger's attorneys excel in particular areas of personal injury law. Whether you were injured at work, by a product, in an auto accident, or have a medical malpractice claim, Galfand Berger

has a team of attorneys and staff who focus their energy specifically on your type of case.

And, you don't just get the attorneys. Each Galfand Berger lawyer is supported by skilled paralegals and legal secretaries who make sure the attorneys have all the information they need to successfully represent you. Our hard-working staff know your case and will get to know you! Just as pit crew members are constantly talking to each other through headsets, the Galfand Berger attorneys and staff working on your case keep each other informed so that no one misses a beat and your case is running on all cylinders.

Whether it's on the racetrack or in the courtroom, you want a team of organized and skilled people to have your back. At Galfand Berger, you get just that. So when the checkered flag is waived, you finish first!

GALFAND BERGER, LLP

1835 Market St., Suite 2710, Philadelphia, PA 19103 Tel. (215) 665-1600 Toll Free 1-800-222-8792
www.galfandberger.com Visit us online with your smart phone by scanning the QR code



Galfand Berger Attorneys Selected to the 2016 Super Lawyers List

Galfand Berger is proud to announce that five of our attorneys have been honored by Super Lawyers and Rising Stars for 2016.



Richard M. Jurewicz, Senior Partner, has been selected to Super Lawyers 2016 as a top rated products liability attorney in Pennsylvania for the 13th consecutive year. Mr. Jurewicz is a skilled trial attorney who zealously represents clients in products liability and personal injury cases. Rick has been responsible for achieving some of the largest recoveries and verdicts in Galfand Berger's history.



Arthur L. Bugay, Partner at Galfand Berger, has been selected to Super Lawyers for the seventh consecutive year. Mr. Bugay is known for his excellence in litigation and advocacy in the practice of products liability and motor vehicle law.



Michael P. Malvey, Senior Partner, has been recognized as a Rising Star in the practice of personal injury law in Pennsylvania. 2016 marks Mr. Malvey's ninth year as a Rising Star. Selection as a Rising Star is an honor realized by fewer than 2.5% of attorneys in Pennsylvania. Mr. Malvey has successfully represented clients in personal injury cases involving automobile accidents, premises liability, construction site accidents, products liability and medical malpractice.



Peter M. Patton, Senior Partner, has been honored by Super Lawyers as a top rated products liability attorney in Pennsylvania for the fifth consecutive year. Mr. Patton has won some of Galfand Berger's largest jury verdicts, and his trial experience has helped achieve multi-million dollar settlements in products liability and construction accident cases.



Norman J. Weinstein, Of Counsel at Galfand Berger, has been selected by Super Lawyers as a top rated Workers' Compensation attorney for the 12th consecutive year. Mr. Weinstein focuses his practice on Workers' Compensation and Social Security Disability law in Pennsylvania, consistently obtaining favorable results for his clients and earning the respect of his peers.

Inclusion in Super Lawyers and Rising Stars is determined by a highly selective rating process developed to recognize great lawyers for their exceptional dedication, work ethic, community service, professional excellence and strength of character. Nominees are selected in each state and undergo a rigorous selection process. Only five percent of Super Lawyer nominees are selected, and only 2.5% of Rising Star nominees are selected. Rising Star nominees are subject to the same selection process as Super Lawyer nominees; however, Rising Star recognition is reserved exclusively for lawyers under the age of 40 or those that have been in practice for under 10 years.

Our highly skilled team of lawyers are dedicated to serving the interests of our clients. To schedule a free, confidential consultation, contact us online www.galfandberger.com or call **800-222-USWA (8792)**.



Smoking Cessation: Tips to Help You Quit

Cigarette smoking is a difficult habit to break. Not only is it a highly-addictive habit, but it can also be extremely fatal, causing over 5 million deaths in the United States each year. Most of those who lose their lives from cigarette smoking are smokers themselves, while some others are those who suffer from secondhand smoke exposure.



The good news is, quitting smoking is possible. The injuries, illnesses and deaths that are caused by cigarette smoking are preventable, and the overall health of cigarette smokers who do indeed quit can improve not only dramatically, but fairly quickly. Positive changes in the body begin to occur quickly. Within 2-4 days, physical changes begin to take place as the body works to do what it does best: to heal.

We know that cigarette smoking is a hard habit, and one that many of our clients may be struggling to break. We recently read the below recommendations and wanted to share with you. However, before making any changes to your lifestyle, please contact your health care professional or physician.

Quitting Smoking Tips

- Set a quit date for yourself. It doesn't have to be right away, in fact, it is usually anywhere from two to four weeks away from the date you make the decision.
- There are two main options most commonly used: either completely stop smoking on your quit date or reduce cigarette smoking slowly in the days and weeks leading up to your quit date.
- Studies show that there may be slightly higher success rates for those who quit smoking altogether on their quit date as opposed to reducing the amount of cigarettes smoked beforehand.
- If you do relapse, do not give up. Over 22% of smokers relapse within the first three months after trying to quit smoking. If this happens, consult your health care professional and to discuss possible prescription options.
- Work closely with your health care professional: they are there to help you quit safely and effectively.
- Don't be embarrassed or ashamed to ask for support from family and friends, as well as your doctor. Studies show that with support, one's chance of quitting increases greatly.

While smoking cessation is a hard and often long journey to take, the benefits greatly outweigh the struggle. Not only is cigarette smoking an expensive habit, but it is a deadly one. We wish you the best should you be trying to quit, and once again remind you to please consult directly with your health care professional to answer all of your health and smoking cessation questions.

Possible Link Between Baby Powder and Cancer

Johnson's Baby Powder is a staple in many Americans' medicine cabinets. This popular talcum powder has been used for decades by millions of consumers without a second thought. However, studies have suggested that there may be a link between the genital use of talcum powder and ovarian cancer. Johnson & Johnson, the consumer products giant that manufactures Johnson's Baby Powder, claims that the research is flawed. Yet, many find the information hard to ignore when the results suggest that the talc particles found embedded in patients' cervical and ovarian tumors may have caused the cancer.

In 1982, a group of Harvard researchers compared 215 women who had ovarian cancer with a control group of 215 women who did not have cancer. When compared with non-users, women who used talcum powder were at almost twice the risk for having ovarian cancer. The women who used talcum powder regularly, either on their genitals or on sanitary pads, were at three times the relative risk of having ovarian cancer. In addition, when researchers collected the pooled study results involving close to 20,000 women, the use of talcum powder was associated with a 24 percent increased risk for ovarian cancer.

The Research Raises Questions About Talcum Powder

Considering the fact that talcum powder is not a product that is necessary to use, an epidemiologist with the Fred Hutchinson Cancer Research Center in Seattle questions why people would use it, particularly in the genital area, if there is even a small chance that it could cause cancer. Studies show that talc can travel up the genitourinary tract and become embedded in ovarian tissue. At the very least, this can cause inflammation, which is believed to contribute to the development of cancer in the ovaries.

Thousands of women have filed talc powder cancer lawsuits against Johnson & Johnson. And, in the first cases, at least two juries agreed with the science. They awarded \$55 million dollars and \$72 million dollars to woman diagnosed with ovarian cancer who regularly used J&J Baby Powder.

Despite these recent multi-million dollar verdicts against J&J, the company stands by its trademark baby powder, claiming that it is perfectly safe and that it does not cause cancer.

If you have been diagnosed with cancer, and you have used talcum powder on a regular basis, contact Galfand Berger, LLP so that we may thoroughly examine the details of your case and provide the experienced legal counsel you need. With offices conveniently located in Philadelphia, Reading, and Bethlehem, we serve clients throughout Pennsylvania and New Jersey. For a confidential consultation, call us today at **800-222-8792** or contact us online.

How your cellphone can save your life

Did you know that iPhones come equipped with an app called "Health" which is identifiable as a white box with a small heart in the corner. When the application is opened you will see a star-shaped icon: this is the **medical ID** and it stores a user's **emergency contact information, medical conditions, allergies, blood type** and even more. Sometimes this information is referred to as **ICE** info, or "in case of emergency." In other words, this application is a game-changer in terms of treatment possibilities. Even if your iPhone is locked, the **medical ID** can be opened and viewed. Make sure the "Show When Locked" option is enabled under the app's edit button. This allows for medical professionals and others to access incredibly important information in emergency situations when you can't communicate. Some Androids have a similar **ICE** application, though not all.



Favorite Picnic/Barbecuing Recipe

This is a go-to-recipe for a fast dinner. It comes courtesy of grilling master, Wayne Hamilton, our firm's Director of Administration.

Like so many of our clients, Galfand Berger attorneys and staff move our dining outdoors in the warmer weather. We have fun celebrating long summer days with family and friends. Here is one of our favorite recipes we enjoy at our backyard BBQs and picnics! And for dessert, check out the recipe at the bottom of the page.

Flank Steak

Ingredients:

- 2 lb. Flank Steak

For marinade:

- ½ cup soy sauce
- ½ cup canola oil
- 1 tablespoon sugar
- 1 table spoon freshly grated ginger
- 2 minced garlic cloves

Mix all marinade ingredients in large Ziploc bag or Tupperware container. Add steak, and marinate overnight. An hour before cooking, remove steak from refrigerator and let come to room temp. Cook on hot grill about 4-6 minutes a side for medium rare. Remove steak from grill, tent with foil and let it rest for about 10 minutes. Slice thinly, on a diagonal, across the grain of the meat.

Find us on Social Media



Facebook:

www.facebook.com/GalfandBerger



Twitter:

www.twitter.com/galfandberger



LinkedIn:

www.linkedin.com/company/Galfand-Berger-LLP/



YouTube:

www.youtube.com/galfandbergerllp

Galfand Berger, LLP

1835 Market St., Suite 2710
Philadelphia, PA 19103
(215) 665-1600
1-800-222-8792

PRESORTED
STANDARD
US POSTAGE
PAID
PITTSBURGH PA
PERMIT NO 5450

ADDRESS SERVICE REQUESTED

Favorite Picnic/Dessert Recipe

Blueberry Zucchini Cake with Lemon Buttercream

Ingredients - Zucchini Cake

- 3 eggs, lightly beaten
- 1 cup vegetable oil
- 3 teaspoons vanilla extract
- 2 ¼ cups white sugar
- 2 cups finely shredded and drained zucchini
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 pint fresh blueberries (reserve a few for garnish, if desired)

Ingredients - Lemon Buttercream

- 1 cup butter, room temperature
- 3 ½ cups confectioners' sugar
- 1 lemon, juice & zest of (about 2 tablespoons)
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt

Instructions - Zucchini Cake

1. Preheat oven to 350° F. Prepare two 8-inch round cake pans.
2. Grate a large zucchini (or two small zucchinis) in a clean dish towel. Squeeze until most of the liquid comes out. You will want to have two total cups of shredded zucchini after it has been drained. Set aside.

3. In a large bowl and using a hand mixer, beat together the eggs, oil, vanilla, and sugar. Fold in the zucchini.

4. Slowly add in the flour, salt, baking powder, and baking soda. Gently fold in the blueberries. Divide batter evenly between prepared cake pans

5. Bake 35-40 minutes in preheated oven, or until a knife inserted into the center of the cake comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

This dessert was a team effort. One of our legal assistants found the recipe (on www.iambaker.net). Another made it. And, the firm devoured it. Thanks to Cheryl Smith and Cheryle Ricchini for finding this recipe, making it and sharing their efforts with the Galfand Berger team!

Instructions - Lemon Buttercream

1. Combine butter, sugar and salt, and beat until well combined.
2. Add lemon juice and vanilla and continue to beat for another 3 to 5 minutes or until creamy.
3. Fold in zest (If you are piping this buttercream, we recommend leaving out the zest).