



# Seufert Law Offices, PA

*We'll Get You Through It*

## From the Captain's Log Hope Springs Eternal



Finally, the sun has begun to shine. The flowers at the office have broken their silence. Every winter just seems a bit longer as I get older and the summers shorter, or perhaps just my perception. I really am hating winters lately as I don't ski, snowmobile, ice skate, or do those other careless and youthful things I did while younger. I shovel the walkway, make sure the heat stays on and the pipes don't freeze, and read my boating magazines waiting for summer to begin.



And then the days start to get a little longer as sunlight graces us before 7 am and after 7 pm. The boatyard is open to owners 24/7 so that you can take the cover off the boat and survey the spring commissioning list, which seems to get longer every year. The grass starts to turn from brown to green. The lawnmowers need their batteries reinstalled from the winter slumber. The last thing that signals that winter is over is the Japanese apple trees at the office come into bloom. A new season is upon us then all is well with the world again. ●

May 2024 News







## *Asphalt Vs. Flesh: Asphalt Wins*

Motorcycling may be exhilarating, but cyclists are extremely vulnerable. In crashes, injury rates for cyclists range from four to seven times higher than those for car and light truck occupants. Makes sense. Motorcyclists have no protective frame surrounding them, no airbags, and the only barrier between them and the asphalt is what they're wearing.

Not surprisingly, road rash is one of the most common motorcycling injuries. Road rash, in many cases, is not just a mere abrasion or scrape. There are three classifications:

- **First-degree road rash** is marked by notably red skin, possibly slight bleeding, and tenderness. It is typically limited to the top layer of skin and treatable at home. Count yourself lucky to fall under this classification.
- **Second-degree road rash** can affect down to the second or third layer of skin (the skin has three layers). Bleeding and swelling may be accompanied by nerve irritation. These rashes are obviously more painful and frequently lead to permanent scarring. Seek professional medical attention.
- **Third-degree road rash** involves skin that's peeled back or torn off, exposing muscles, tendons, and fat layers beneath the skin. This one's a medical emergency. Severe pain, nerve damage, and possibly disfigurement will result. Permanent scarring is practically guaranteed. Skin grafts and hospitalization may be necessary to repair the skin and underlying structures.

For all categories of road rash, proper wound cleaning is critical to prevent infection.

Leather chaps or long pants made of sturdy material, boots that cover the ankles, a padded jacket, shin guards, gloves, and a helmet give you the best shot of minimizing injury in the event of a crash.

If you are injured due to the negligence of another, contact our firm for skilled and thoughtful representation. •



# Don't Feel Guilty Over a Personal Injury Claim

A shocking number of people who have been injured due to someone else's negligence don't bother to seek compensation for their injuries. Others may take the initial step of consulting an attorney, but then drag their feet on going any further.

Some people have an objection to seeking money they didn't "earn." In other situations, sensationalized media accounts of cases for which facts have been misconstrued or pertinent information omitted have conditioned people to shy away from pursuing compensation.

Filing a personal injury claim is not akin to cashing in a lottery ticket. You are asking for compensation for an actual loss, such as lost wages, loss of enjoyment of life, or physical or emotional pain and suffering, among many others.

For those who think maybe it was "just an accident," keep in mind that there's a huge difference between an accident and negligence. If a light bulb burns out on an apartment stairwell an hour before someone falls due to the darkness, that's likely an accident. If it burned out a week prior, the landlord had been notified immediately by tenants, and nothing was done...that's negligence.

In a personal injury case, the law states that you have the right to compensation for pain and suffering, lost wages, and medical bills. In addition, insurance is there to pay in most situations (with legal persuasion when necessary). The negligent party's life/business is rarely brought to ruin. And the insurance industry thrives on us all paying premiums for car insurance, health insurance, business liability insurance etc. so when it is time for us to place a claim the insurance industry has been collecting handsome premiums over the years to cover those claims.

If you've been harmed as a result of someone's negligence, contact a personal injury attorney to protect your rights. You've got nothing to feel guilty about. ●

2024 Notable Dates

**May 4**  
Kentucky Derby

**May 5**  
Cinco de Mayo

**May 11**  
National Train Day

**May 12**  
Mother's Day

**May 22**  
Buy a Musical  
Instrument Day

**May 27**  
Memorial Day

**May 28**  
Hamburger Day



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*Protect Your Family, Protect Your Rights*



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This publication is intended to educate the general public about personal injury, medical malpractice, 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.

# Beware of Energy Drinks

According to the American Heart Association and Statista, over 30% of young people ages 12–29 consume energy drinks on a regular basis. Besides having caffeine levels that leave coffee and soda in the dust, many drinks are loaded with sugar, too.

The Food and Drug Administration advises healthy adults to limit their caffeine intake to 400 mg per day (4–5 cups of coffee); teens should not exceed 100 mg per day, which one 12-oz. can of energy drink approaches. In addition, many contain hidden stimulants such as guarana and also exotic ingredients like panax ginseng and taurine, which sometimes spur unexpected physiological reactions.

Health consequences of caffeine overload include electrical disturbances of the heart, spikes in blood pressure, anxiety, sleep issues, nausea, and caffeine intoxication and withdrawal. Instances of strokes, seizures, kidney failure, and heart attacks have also been reported.

Since September 2022, Panera Bread has faced two wrongful-death lawsuits over their Charged Lemonade drink and its alleged role in the deaths of two patrons: a 21-year-old woman and 46-year-old man. Charged Lemonade in its larger size contains a staggering 390 mg of caffeine. In general, the lawsuits claim a lack of product transparency and a failure to issue appropriate warnings on the product's potent caffeine content. In one case, the product was placed on the shelf alongside regular, noncaffeinated beverages.

Energy drink manufacturers must list caffeine as a product ingredient but are not required to disclose caffeine amounts. Bottom line, children, pregnant and breastfeeding women, and those with underlying health conditions should avoid energy drinks.

If you or a loved one has been harmed by someone's negligence, we can help you attain rightful compensation for your injuries. ●

