

SCHAFFER NEWS

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INSIDE THIS ISSUE:

THE GRAND TOUR	2
MALTA	2
THE ELUSIVE CIRQUE	2
MEET JULIE	3
BEAT KNEE PAIN NOW	3
YULEE'S RECIPE	3
7 POTHOLES	4

TWO CELL PHONE BILLS BEFORE THE KENTUCKY LEGISLATURE

There is an ongoing debate about the effectiveness of bans on the use of hand-held cell phones while driving. The National Safety Council feels that the distractions caused by hand-held cell phones are dangerous and their use while driving should be banned. The cell phone industry's response is not laws but education on safe use of hand-helds while driving. They have cited many other activities that are equally distracting; eating, putting on make-up and adjusting music, and don't see the call for bans on those activities.

The first bill before the Kentucky legislature would, if passed, ban the use of hand-held cell phones while driving. The second bill would, again if passed, prohibit anyone under the age of 18 and possessing a driving permit or license from using a personal communication device while operating a motor vehicle. A personal communication device is not limited to cell phones but includes pagers or any device capable of audio or text communication. These bills would authorize fines of \$20 to \$100 for violations. Both bills

have exceptions for certain emergencies.

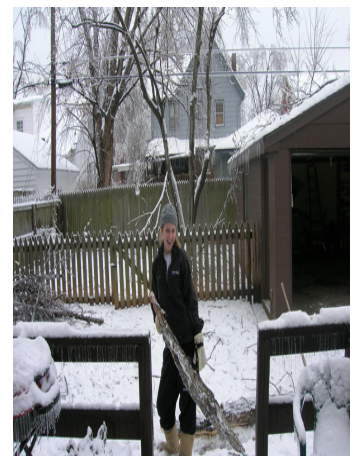
I hope to see both bills passed. When you get behind the wheel of a car, it is your responsibility to remain focused and be aware of all of the activities around you. If you are doing something that takes your attention away from driving it is your duty to either stop that activity or pull off the road. This is another step in accident prevention.

THE GREAT ICE STORM OF 2009

Wow what a great title. To some people it was a great week. Those were mostly kids who got about a week off of school. To others it was not the most wonderful week of their lives. Having more than ¾ of the city standing without power, having tree limbs falling on their houses and cars causing great damage. This was not just happening in Kentucky. According to the new castings, this was happening across the country. Well not in

like California but in a few states not just Kentucky. My friend Faye said "that no power has really effected me. I have been staying with my friend that has had power the past few days". And my poor animals had to move from the comfort of our home to someplace else so they would not freeze. As you can see it is not just people that have suffered from this, also animals.

-Savannah Schafer- Sophomore, Assumption High School



Savannah Schafer hauling icy debris from her aunt's yard.

MARDI GRAS FACTS:

- Mardi Gras began in Mobile Alabama in 1703
- The three colors of Mardi Gras are purple- which represents justice, green- represents faith and gold- represents power
- Every year 750,000 King Cakes are sold in New Orleans

THE GRAND TOUR

Last November my mother-in-law and sister-in-law took what can only be described as The Grand Tour. They boarded the Queen Elizabeth II for her final voyage. The ship has been sold to the United Arab Emirates where it will be permanently docked in Dubai and serve as a several star hotel.

Their voyage started in England (Southampton) and from there they sailed to

Portugal, Spain, Italy, Egypt, down through the Suez Canal, around Saudi Arabia and ending in Dubai. Along the way there were several stops with opportunities to see many historic sights. A few of the highlights include visiting the Barbary Apes in Gibraltar, hearing the bells of the Vatican on a Sunday morning, smelling the lemon trees in Southern Italy, visiting the Valley of the

Kings and a barge trip down the Nile.

This trip has given them memories and stories to last a lifetime. Of all the trinkets and such they came home with my favorite is a photo of my 75 year old mother-in-law riding a camel in front of the pyramids. Priceless.



Granny, also known as Neda Triplett, riding her camel she named Spitty in the Valley of the Kings.

MALTA-ELIZABETH TRIPLETT-THIEMAN

Occasionally we do something right. Granny and I did not plan an organized tour for Malta. When we got off the ship, we hired a driver for a the morning who took us all over the place and gave us a wonderful tour. We told him the things we wanted to see and he told us the things we ought to see. It worked out beautifully.

Put Malta on your list. It is

one of the places you should see. It was certainly a favorite. The medieval city of Mdina on the hill is absolutely stunning. The fortresses around the port at Valletta are unbelievable. You just find it hard to believe that it all exists as it does. St. John's Cathedral in Valletta is like nothing else I've ever seen. Mom thought it was better that the one we saw at the Vatican but I don't know. I

would say it ranks high on the list of things you need to see in your life.

I did make it to the pub where Oliver Reed died and had my photo taken out front.

Malta is known for it's hand blown glass. The driver took us to the place to get the best prices.....Just what you need when you travel half way around the world - a suitcase full of blown glass!

The hopes and dreams of so many around the world are with us.
-Neda Triplett
after the Grand Tour

THE ELUSIVE CIRQUE

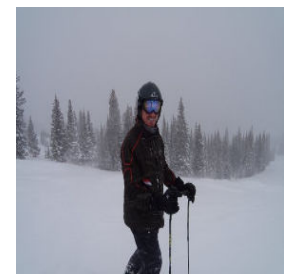
Every year my wife Yulee and I take a "grown-up" only ski trip. There are usually 12-16 of us and we always go out west. This year we traveled to one of our favorite ski hills, Snowmass, Colorado. Snowmass is near Aspen and is a huge mountain.

One of my goals for this trip was to ski the "Cirque". The

Cirque is the highest part of the mountain at 12,510 feet elevation. To get to this area you have to hike even after you get off of the chairlift.

While we were in Snowmass we experienced a ferocious snow storm. Because of the storm The Cirque was not opened, avalanche issues. Our last day they opened my

Cirque. A few of my buddies and I made the trek, it was 5 degrees below 0 when we got off the lift, we hiked and we froze only to realize that at the end of our hike we missed the sign for the Cirque. At that point it was too late in the day to make the trek again. Maybe next year.



"Ski Dad" in search of the daunting and elusive "Cirque"

MEET JULIE FASKE

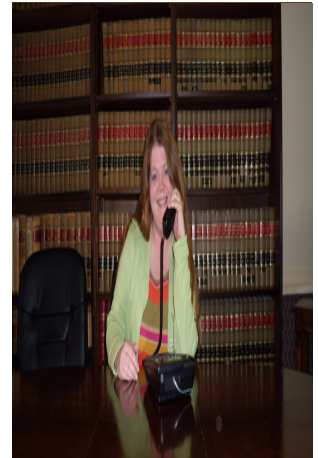
It is a great feeling to have someone on your staff that when you think of them you think "I am so glad they are on my side!". Julie Faske, my legal assistant, is just that person. She is tenacious and dedicated. She will not leave a project, question or detail unfinished. This is great for me and my clients.

Julie has so many responsibilities as my assistant, too numerous to mention them

all. She tracks down necessary records, billing invoices and police records. She is my follow-up person with doctor's offices and other agencies when records are requested and not fulfilled. She builds and maintains files for me and keeps track of the amount of time I spend on each case. Julie does so much more and adds so much to the personality of the office. She has incredible

energy, a passion for detail and is a fun person to be around.

Julie is married with a six-year-old son, Creighton, and a 13-year-old stepson, Aaron. When she is not working she enjoys playing with her children, playing the piano, playing basketball and most of all she loves her bunco time with her friends. I am lucky to have Julie on my staff.



Julie Faske
Legal Assistant to Mike Schafer
The Schafer Law Office

BEAT KNEE PAIN NOW

Millions of Americans suffer from debilitating, chronic pain in the knee. Thankfully, new natural treatment methods help many find the relief they have been looking for. And it's covered by insurance.

If the knee pain you are experiencing is caused by osteoarthritis, you may be a candidate for non-surgical, non-pharmacological pain

relieving therapy called SUPARTZ. SUPARTZ is used for the treatment of pain in osteoarthritis of the knee in patients who have failed to get relief from simple painkillers or from exercise and rehabilitation.

SPUARTZ is a solution made of highly purified sodium hyaluronate (hyaluronan). The body's own hyaluronan acts like a lubricant and

shock absorber in synovial fluid of a healthy joint.

It is amazing the results we are getting with this therapy. Patients who have suffered for years with knee pain are getting the relief they need to live life normally.

-Dr. Paul Constante, DC

Dynamic Medical&Rehab

(502) 426-9200

The goal of Dynamic is to create a multidiscipline facility where patients could receive the best and most advanced level of healthcare under one roof.

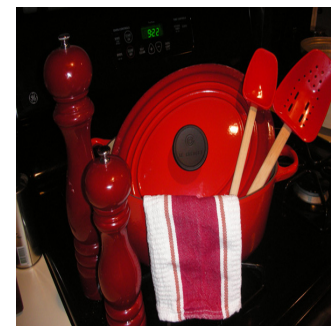
RED BEANS AND RICE WITH COLLARD GREENS

*1 tablespoon vegetable oil * 1 medium onion, chopped * 2 ribs celery, chopped * 1 green bell pepper, chopped * 2 cloves garlic, minced * 1/2 pound smoked sausage, cut into 1/4-inch slices * 1 tablespoon Cajun seasonings * 1 teaspoon dried thyme * Salt and freshly ground black

pepper * 2 (12-ounce) cans red beans, drained and rinsed * 3 cups chicken stock * 2 bay leaves * 4 cups of cooked rice *one can of seasoned collard greens

In a large skillet heat the vegetable oil over medium-high heat. Saute the onion, celery, green bell pepper, and

garlic until tender. Add the smoked sausage, seasoning, thyme, salt and pepper. Saute for about 5 minutes then add the red beans, chicken stock and bay leaves. Let simmer uncovered on low for 1 1/2 hours. Stirring occasionally and adding water, if necessary. Serve over rice



Celebrate Mardi Gras with Red Beans and Rice. Finish the meal with King Cake for luck.

Check out my web site

www.mikeschaferlaw.com

This is an advertisement

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The Schafer Law Office

D O N ' T G E T H U R T T W I C E

NEW BOOK COMING SOON

I have just finished writing my second book, "**Seven Potholes That Can Destroy Your Kentucky Car Accident Case**". It is currently being edited and it is my hope to have the hard copies in six weeks.

As with my first book, "**What You Don't Know About Buying Car Insurance Can Hurt You**" it is my goal to arm the consumer with information that will place them on an even playing field with the insurance industry.

In my Seven Potholes book I

have taken my twenty years of experience and outlined what I have seen as the most common mistakes people make after they are in an accident. I have addressed these mistakes and explained how they can harm your case.

Some of the different potholes I have cited in my book are not taking immediate action at the accident scene, not documenting everything that happens after the accident and exaggerating your injuries. Any of the potholes

listed could cause damage to the value of your case. I have also attempted to outline how to avoid these obstacles.

You can get a free copy of my insurance book by going to my website, www.mikeschaferlaw.com. There you will also be able to check on the availability of my new book.

