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Other Offices in: Fayetteville, Durham, Dunn, New Bern, Southern Pines, and Wilmington



Call or visit www.asklawyernc.com and enter your questions. You will get answers by an attorney the same day, confidentially and with no obligation.

North Carolina Workers' Rights At Risk

If you have been watching the news lately, you might be familiar with the uproar in Wisconsin. In a nutshell, the newly elected governor of Wisconsin is attempting to take bargaining rights away from Unions. The Unions include many hard working men and women of the state. The story has been covered non stop by the mainstream media, but did you know your rights as a North Carolina worker are currently at risk as well?

The North Carolina Legislature is considering new legislation to reduce the amount of workers' compensation benefits available to the hard working people of the Tar Heel state. One of the proposed changes is placing an artificial cap on the number of weeks of weekly compensation benefits an injured worker can receive. That would allow weekly compensation benefits to be stopped even if someone is still disabled. Another change being considered is forcing injured workers to take any type job they can find if they can not return to the job they were doing when they were injured. An example of this would be a teacher, electrician, construction supervisor or any other worker being forced to take a job at minimum wage. The loss of



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income claim resulting from the job change would be capped. Several other reductions to benefits are being considered. Therefore, it is extremely important that your State House Representative and State Senator hear from you now. These new laws will probably pass if legislators don't hear from the people they represent. When you contact your representatives, please tell them how important your workers' compensation benefits are to you and your family. Let them know what the impact would be on you if your workers' compensation benefits were reduced or stopped. Tell them about your injury and how it has affected you.

In T.C.L

How To Find Your State Representatives

Go to http://www.ncga.state.nc.us/ and click on the button on the top right of the webpage titled "Who Represents Me?" On this page, you will be able to find your state representative and how to contact them or you may call Bill Campbell at Hardison & Cochran by dialing 1-800-738-0449 and he will help you find your state representative.

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!"

Robert Adams Melissa Ayscue Shirlene Peacock-Best Marshall Bundy Xarivera Burton Angela Crovador Joyce Davis Avante Edwards Monica Gonzalez Mark Grindstaff Roman Jacobs, Jr. Pamela Johnson Timothy Jones Paula Jones Paulette Kennison Lekeio Malloy Shelia McLeod Helen Nickerson Celeste Patterson Gerald Peterson-el Willa Reavis Tradisha Reid Maggie Stewart Natalie Tears Brian Turner Michael Vaughn Beverly West Carl Williams

PASS IT ON! Noteworthy news and information from Hardison & Cochran

Dangerous Product Alert: Fixodent & Super Poli-Grip

Popular denture creams, Fixodent and Super Poli-Grip, have been linked to serious injuries such as zinc poisoning and neuropathy. Lawsuits currently being filed against Procter & Gamble and GlaxoSmithKline allege that the manufacturers failed to warn consumers of the zinc poisoning and copper deficiency risks associated with the use of the product. An estimated 35 million people use dentures in the United States, therefore the alleged adverse effect of these products have been felt far and wide across the nation. Recently, GlaxoSmithKline, the manufacturer of Super Poli-Grip, announced that they will stop selling a number of their Super Poli-Grip products and will remove zinc from their current product line. While this is good news for consumers, to many long time users the alleged damage has already been done.

What is zinc poisoning?

Zinc, which is a type of metal, can be very dangerous to a person's health if they have an excess of it in their body. This is also known as "heavy metal poisoning." Symptoms of zinc poisoning include:

- Weakness in the arms or legs
- Numbness, tingling and pain
- Balance problems
- Feeling of wearing stockings or gloves when your hands or feet are completely bare
- Metallic taste in mouth
- Yellow eyes & yellow skin

Two long time users of Fixodent were quoted in a 2011 ABC News report as having "tingling" in their toes and fingertips before they discovered the high level of zinc in their body. One of the gentlemen quoted in the article is now restricted to a wheelchair after 20 years of using Fixodent.

If you are a user of Fixodent or Super-Poli Grip and have any of the symptoms listed above, you may need to speak with your doctor about conducting a blood or hair test to see if the zinc levels in your body are above normal. Even after the levels of zinc have fallen to a normal level, the negative effects can still be present.

Your Legal Options

Hardison & Cochran is currently investigating claims of users whose health has been negatively affected due to the use of these products. If you, a family member or friend have been affected, call us today to speak with Karen Collins, our lead Dangerous Drug and Defective Device attorney, who is conducting free consultations. You can contact Mrs. Collins by dialing 1-800-600-7969 or by e-mail at karen@lawynernc.com.

What's Cooking In Marilyn's Kitchen?

Baked Macaroni & Cheese

This is truly an old Southern recipe for comfort food. Every time I ask someone what I can bring to a family dinner, they all ask for this, in fact, I usually have to



make 2 just to have enough to go around - It's delicious!

Ingredients

- 4 cups cooked elbow macaroni, drained
- 2 cups grated cheddar cheese
- 3 eggs, beaten
- 1/2 cup sour cream
- 4 tablespoons butter, cut into pieces
- 1/2 teaspoon salt
- 1 cup milk

Directions

Preheat oven to 350 degrees F.

Once you have the macaroni cooked and drained, place in a large bowl and while still hot, add the cheddar cheese. In a separate bowl, combine the remaining ingredients and add to the macaroni mixture. Pour macaroni mixture into a casserole dish and bake for 30 to 45 minutes. Top with additional cheese if desired.

5 Questions With: Investigator Justin Fagge

- **Q1. Where were you born and raised?** High Point, NC. The Furniture Capital of the World
- Q2. You have a background in landscaping, so what is your favorite tree? Acer palmatum Dissectum' Greenleaf Japanese Maple.

Aver paimaium Dissectum Greenieaj japanese Mapie. A beautiful deciduous dwarf tree with a vibrant green leaf that changes shades throughout its cycle.

- Q3. If you could have any kind of automobile, what would it be? Late 80's to early 90's Porsche 911 Turbo
- **Q4. What was your favorite event you attended last year with the firm?** Sandhills Bike Festival and I can't wait to go back this year. Check it out online www.sandhillsbikefest.com
- **Q5. Why do you like working at Hardison & Cochran?** Being able to play a role in helping so many wonderful people with a variety of unique situations.



5th Annual George Almond Officer of the Year Award Banquet

In late February, members of Hardison & Cochran had the opportunity to attend the George Almond Officer of the Year Award put on by the North Carolina Police Benevolent Association Cary Chapter. The Cary Chapter Board, in their first year chose to sponsor an Officer of the Year award in honor of retired Detective George Almond. Almond, a PBA member, was shot in the line of duty in October of 2001. He survived the shooting and returned to duty as a detective in juvenile investigations before retiring in August of 2004. The award recognizes outstanding achievement in the areas of leadership, community service, mentoring, excellence in performance, and valor.

The winner of the 2010 Officer of the Year award was Officer Matt Pearson. Congratulations to Officer Pearson for his dedication to making Cary, and ultimately North Carolina, a safer place to live.



Investigator Justin Fagge (left) and Ben Cochran at the 5th Annual George Almond Officer of the Year Award Banquet.

MARCH MADNESS

If there is one thing that can get the people around the offices talking, it is college basketball. That isn't uncommon for people in North Carolina, but when you print your prediction of who you think is going to win it all in the Firm newsletter, well you can't go back on your pick that easy. So before the tournament started we asked a simple question, "Who is going to win the NCAA Tournament?" Below is the feedback:

Mike Garland:	North Carolina
Kim Oyler:	Who's playing again?
Stefanie Duncan:	Duke
Mary Jones:	Kansas
Pam Dowdy:	Duke
Crystal Stone:	North Carolina
Bill Campbell:	Ohio State, but Go Vols!
Gaysha Kelley:	Duke will win, of course
Davis Wood:	Kansas
Clay Douglas:	Kansas
Jack Hardison:	Kansas, but go Heels!





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Hardison & Cochran Employee Spotlight Santora Evans Social Security Assistant

Case Manager Santora Evans is without a doubt one of the most traveled members of the team at Hardison & Cochran. Due to her father being in the Navy, Santora has spanned the globe with stops in Guam, Cuba and the Philippines. She was



born in Long Island and made her way to North Carolina because it is where most of her family reside.

Santora has been with Hardison & Cochran for six years. All of her time has been spent in the Social Security division. She notes that the favorite part of her job is getting to speak with and listen to the clients each day. "I feel my job here is not only to gather information from our clients, but to also listen to their story and let them feel comfortable with talking to me. I want to let them know that I'm here for them," said Santora when asked about speaking with the clients of Hardison & Cochran. When speaking with clients, she says she always keeps the following quote in mind, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Santora is married with three children (Maya, Iyana and Ty) and spends her leisure time with her friends and family and enjoys shopping. She loves to read and says Their Eyes Were Watching God by Zora Neale Hurston is her favorite book.

Referrals

We want you to think of us as your law firm. If you have a legal matter that needs attention, let us know. If we can't handle the matter, we will refer you to a firm that can. Please feel free to refer us to your friends and family for their legal needs. We welcome the opportunity to help.



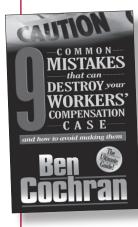
We make it happen by putting you first.

The Law Firm with The Client Bill of Rights

We believe as our client you have the:

- 1) Right to talk to your attorney the same day you call.
- 2) Right to be updated regularly and in a timely manner as to the progress of your case.
- 3) Right to our respect.
- 4) Right to expect competence from our firm and all who work here.
- 5) Right to know the truth about your case.
- 6) Right to prompt attention from us.
- Right to have your legal rights and options explained in plain English without legal mumbo jumbo.
- 8) Right to a fair written fee agreement with our firm.
- 9) Right to a fair fee for the work we do.
- 10) Right to make the ultimate decision on your case.

Hardison & Cochran Books For FREE

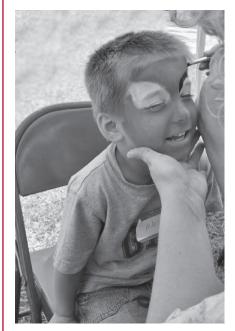


Ben has written a new book that the insurance companies hate - 9 Common Mistakes that can Destroy your Workers' Compensation Case and how to avoid making them.

You can get your FREE copy by calling: 1-800-600-7969 and give them your name and address and it will be mailed to you.

We guarantee you will learn something new by reading this new book!

SAVE THE DATE: 3rd Annual Client Appreciation Day



Hardison & Cochran Attorneys at Law

Raleigh, NC 27609

4800 Six Forks Road, Suite 220

We're currently planning our yearly celebration of you and how much we appreciate your choosing us as your law firm. We're doing it a little earlier this year because it has been so hot the past two years, so be sure you save the date of Sunday, May 22nd. Make sure to look out for the formal invitation in your mailbox in April.

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