

Noteworthy news and information from Hardison & Associates



New Arrival - Part 3

It seems like each time I write this opening article to our newsletter, I have exciting news to share with all of our past and current clients. This article is no different as I'm excited to announce that we have hired a new attorney.

Last month, we hired John Paul Godwin as an associate attorney. John is a native of Dunn, North Carolina. He is a graduate of Triton High School where he also lettered in football and baseball. After his high school days in Dunn, John moved to Wilmington, North Carolina where he earned his B.S. in History at the University of North Carolina - Wilmington. Upon completion of his second year at Norman A. Wiggins School of Law, John served as a law clerk for our office. We are excited about John being a part of the firm and invite you to send him a welcome e-mail at john@lawyernc.com.



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New Colors?

No, we didn't change our firm colors to orange and black. We just wanted to change up the colors a bit to reflect our Halloween edition. Check inside for safety tips on taking out the kids on Halloween night and Marilyn's special Halloween recipe. Be sure to check the back page to see all the information for our first ever Client Halloween Costume Contest. I can't wait to see some of the entries we get.

As we move into autumn, I hope everyone is doing well and I hope you are satisfied with the client service we have and are currently bringing you. If you have any questions or comments, I welcome you to give me a call at the office or shoot me an e-mail at ben@lawyernc.com.



Inside this Issue:

- New Arrival - Part 3 1
- What's Cooking In Marilyn's Kitchen? 2
- Drug Alert: Fosamax 2
- The Firm Question 2
- 10 Halloween Safety Tips 3
- Hardison & Associates Employee Spotlight: Dara Bigby 3
- Halloween Contest 4

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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.

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!"

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|--------------------|-----------------------|-----------------|----------------------|------------------|
| Harold Glenn Autry | Christopher Daniels | Crystal King | Linda Overton | Dennis Williams |
| Bill Bauer | Ignacio Del Rio | Tina Lane | Dorothea Rhone | Kenneth Williams |
| Stephanie Bradsher | Charles Epps | Chris Leone | Carl Riggsbee | Lakisha Williams |
| George Brown | Anthony Everett | Lisa Martinez | Ladamion Sampson | Sandra Williams |
| Kirby Buckner | Brenda Grooms | Frank McLean | Toni Sullivan | James Zilmer |
| Rodney Callahan | Angela Harris | Barbara McNeill | Pamela Thorne | |
| Mike Carter | Christopher Henderson | Charles Outlaw | Laqueila Wilder-Shaw | |

Drug Alert: Fosamax and Femur Fractures

What is Fosamax?

Fosamax is used for the prevention and treatment of osteoporosis. It can also be prescribed in the relief of Paget's disease of the bone. Fosamax is part of a class of drugs called bisphosphonates.

Fosamax Use and Femur Fractures

A March 2009 article in "Drug Safety Update" shared the following findings in connection with taking bisphosphonates and Fosamax.

1. A typical stress fractures (also known as insufficiency fractures) of the proximal femoral shaft have been reported in patients treated long-term with alendronic acid (in most cases, time to onset ranged from 18 months to 10 years).
2. Fractures occurred after minimal or no trauma, and some patients experienced thigh pain weeks to months before presenting with a completed femoral fracture. Fractures were frequently bilateral; therefore the contra lateral femur should be examined in patients treated with alendronic acid who have a femoral shaft fracture. Poor healing of these fractures were also reported.

Dr. Kenneth Egol, professor of orthopedic surgery at NYU Langone Medical Center said the following concerning Fosamax in an ABC News article: "We are seeing people just walking, walking down the steps, patients who are doing low-energy exercise. Very unusual, the femur is one of the strongest bones in the body."

An expert panel has concluded that the group of bisphosphonate drugs, which includes Actonel, Boniva in addition to Fosamax, can raise the risk for a rare fracture in the thighbone. Due to the findings of the expert panel, they are urging the United States Food and Drug Administration (FDA) to add special warnings to the labeling of these drugs.

The expert panel reviewed 310 cases of "atypical femur fractures". Out of those 310 cases, 291 (94%) of the patients had taken some form of a bisphosphonate drug. Many of the patients had taken the drug for more than five years.

If you or a loved one has taken Fosamax and has suffered a fractured femur, call us today and speak with an experienced dangerous drug attorney to find out your legal rights in this matter.

What's Cooking In Marilyn's Kitchen?



BANANA GHOST STICKS

Try out this recipe on Halloween night!

What you need:

- Bananas (one banana will make 2 servings)
- Popsicle Sticks
- 1.5 ounces of White Chocolate Candy
- Round, Dark Candies
- Wax Paper



Instructions:

- Cut one banana in half and push a popsicle stick in the bottom of each end.
- Cover all your bananas in plastic wrap and place them in the freezer for 3 hours.
- After the bananas have frozen, place the white chocolate candy in a microwave safe bowl and melt. This will usually take around a minute.
- Spread the white chocolate on the frozen banana halves and place them on a piece of wax paper.
- Use the round, dark candies as decorations for the ghost's eyes and mouth.
- Return the pops to the freezer until the chocolate hardens and then serve.

Enjoy!

The Firm Question:

What was the best Halloween costume you had as a kid?

"Strawberry Shortcake"
– Stefanie Duncan

"A witch"
– Gaysha Kelley

"Raphael from Teenage Mutant Ninja Turtles"
– Bill Campbell

"Mr. Rogers. I had the blue shoes and zip up sweater!"
– Michelle Haag

"My sisters and I dressed up like the characters from the Wizard of Oz."
– Bethany Meeks

"Superman"
– Ben Cochran



10 STEPS FOR HALLOWEEN SAFETY

Take these steps to ensure your and your child's 2010 Halloween is a fun and safe one:

1. If you are going to let your children go into the neighborhood alone, make sure they check in with you every hour by cell phone or by stopping back by your house.
2. Make sure they know the route to take on Halloween night. Take them out in the neighborhood before the big night and walk them step-by-step where they are supposed to go.
3. If you don't want your children to go out in a group without adult supervision, but are unable to go yourself, see if there are any adults in your neighborhood who are walking their children around and see if they care if your child is included in their trip.
4. Make sure your child's costume is safe. It should be fire proof or treated with a fire retardant to ensure maximum safety. If they are going to wear a mask, make sure the eye holes are big enough where they have maximum vision.
5. Cook up some treats to feed your children before they go out for the night. This way they will not be tempted to eat any of the candy they receive before they bring it back and you are able to make sure it is all safe.
6. If your child's costume involves a prop (sword, knife, etc) make sure the sides and tips are smooth. Also, check to make sure it is flexible where it will not cause any harm if your child falls at some point during the night.
7. Make sure your child knows not to get into any cars or go into anyone's house during the course of the night.
8. If you have two children going trick-or-treating, make sure the older child knows to always look out for the younger one. This means holding their hand as they cross streets and making sure the younger one is always by their side when approaching houses.
9. Before Halloween, go out and buy each child in your family a flashlight. Even if your neighborhood is well lit, this will ensure they will not be in the dark.
10. To ensure your child is always noticed, buy your children reflective stickers, glow sticks or flashing Halloween decorations to put on their costume or around their ankles and wrists.



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Hardison & Associates Employee Spotlight

Dara Bigby Senior Case Manager

She is originally from New York, but she has been a country girl for years and absolutely loves it. We're talking about none other than Social Security Disability Senior Case Manager, Dara Bigby.



She has been with Hardison & Cochran for five years and has been assisting the Social Security Disability attorneys help our clients obtain their benefits the whole time. Her favorite part of working here is helping the clients get the benefits they deserve when they were not able to get them on their own.

In her leisure time, Dara enjoys walking to the lake, writing, reading and watching movies. She loves basketball and says LeBron James is her favorite player. Remember the country girl in her? Well, she likes getting out and riding four wheelers with her brothers and slinging the football around in the yard with her 12 year old son Fredi. "I just like having fun and enjoying life," says Dara. When asked about what she liked the most about her move from New York to North Carolina, she said, "The BBQ! It's the best in the world."

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.

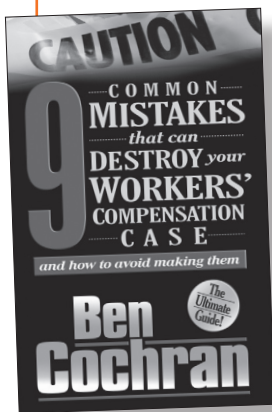
We make it happen by putting you first.

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.
- 7) 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 & Associates 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!

Back Page Give-A-Way

Halloween Contest

This month's Back Page Give-A-Way is getting interactive. On the week of Halloween, we have a costume contest within the office. It's fun to see how creative everyone can get around here. We thought it would be a great idea to extend this contest to all of our clients and their family. Everyone is welcome to enter, so let's see what you've got!!!

Instructions on how to enter:

- Send us a picture of the person in costume. Be sure to add their name and if it is your family member, please let us know their relation to you. There are two ways you can send us your picture. You can either e-mail the picture and information to wsc@lawyernc.com or mail it to our Raleigh office at the following address:

**Hardison & Cochran Costume Contest
4800 Six Forks Rd. Suite: 220
Raleigh, NC 27609**

We'd love to feature the picture in a future newsletter for all of our clients to see. If you send in a picture, please include a statement that you give us permission to place it in a future newsletter.

- The deadline for the contest will be December 3rd to make sure there is ample time to get the pictures developed and sent in to our office. After all the entries are put together the whole firm will vote on one winner the week of December 6th and the winner will be contacted on December 10th. The prize is a \$200 gift certificate to Wal-Mart.

Good Luck!

