

# LAVAN & NEIDENBERG NEWSLETTER

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## South Florida Lawyers Lending Help

### *Lawyers to the Rescue serve indigent population.*

One of the common reasons many individuals fail to seek legal help is that they fear they will be unable to pay the attorney's fees. This leaves thousands of Americans each year losing court cases that could have been easily won with the help of an experienced attorney.

With the growing number of unemployed Americans and families struggling from the weak economy, a group of South Florida lawyers stepped up. Lawyers to the Rescue operate much like Doctors without Borders in that they offer their professional services free of charge to those who are in need but cannot afford it.

Partnering with and mentoring Florida law students, many South Florida lawyers are working to hold legal clinics across the state. They answer legal questions and review cases in a triage-style system. The clinics feature lawyers from many areas of law including criminal, family, personal injury and immigration.

After hearing the situations of several individuals, sometimes as many as 30 per day, the attorneys that participate often take up the cases free of charge. Clinics are also part community service – the series that has been held at the Camillus House several times in the past 2 years have been a dinner service for their homeless residents aside from a legal clinic. Volunteers from local high schools interested in law also participate at these events.



### How You Can Get Help with Disability Claims

Many attorneys such as the group at Lawyers to the Rescue offer free consultations to hear your situation and provide you with an assessment of your case. At The Law Offices of LaVan & Neidenberg, P.A. we offer this opportunity free of charge to educate you on your options when seeking veterans' or Social Security disability benefits.

Most attorneys, including **our office, work on a contingency fee basis.** In this style of attorney's fees, **the attorney does not get paid unless they win your case.** This creates additional incentive for your disability attorney to win your claim or appeal, as your loss is also their loss.

Disabled and indigent clients have little to worry about when they work with an experienced disability attorney from The Law Offices of LaVan & Neidenberg, P.A. In reviewing case history of several disability claims and appeals, those who work with an attorney often receive substantially higher settlements than those who choose to settle alone. The appeals process is a particularly frustrating and difficult time which can end quickly without proper legal help.

### Contacting a Disability Attorney

At The Law Offices of LaVan & Neidenberg, P.A. we strive to help disabled claimants from all walks of life get the legal help they deserve. No matter what your situation, you have nothing to lose by contacting us for a copy of our [free disability eBook](#).

To schedule a no cost case evaluation you can [contact us today](#) to get your claim reviewed and discover how a disability attorney can help you get the benefits you are entitled to – **1-888-234-5758**.

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## Tips & Tricks to Improve Your Life

### *Has the time change got your sleep schedule off?*

#### TIPS ON GETTING A GOOD NIGHT'S SLEEP

The first few nights after Daylight Savings Time can be rough, especially if you're already on a good sleep schedule. When you have to change your bed/wake times, do it gradually over a few nights starting by going to bed and getting up 15 minutes earlier.

Avoid "binge sleeping" on weekends. This can throw off your sleep schedule when come Monday you're back to normal hours. Instead, if you're feeling tired, take a daytime nap so it doesn't interfere with your regular night sleep schedule.

If you find yourself unusually tired after dinner, which a good meal tends to do, find a moderately stimulating activity to do to keep yourself up until your normal bed time. Washing the dishes is a good way to keep yourself awake AND keep your kitchen clean!

Your bed should be a sleep-only zone, meaning TV time, reading, and computer work should be done elsewhere. That way your body knows when it's in your bed it's time for sleep.

#### QUICK FIX MEAL TIP

### Simple Spring Bruschetta



Bruschetta is a popular Italian appetizer with many different versions. With spring bringing hearty crops of tomatoes and fresh herbs, it's a great light dish that can even serve as a meal!

#### Bruschetta Base

- 1 loaf crusty Italian bread, sliced ¼" thick
- Olive oil
- 1-2 fresh whole garlic cloves, peeled and halved

Preheat your oven to 375°. Lay slices of bread on a baking sheet and rub each slice with the fresh garlic. Drizzle with olive oil and bake about 5 minutes until lightly toasted and crunchy.

Bruschetta toppings are generally whatever is fresh and available at the time. Simple combinations include fresh tomatoes, mozzarella, and basil. Cured meats such as salami, prosciutto, and capicola are also popular.

## QUOTE OF THE MONTH

"If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome. "

~ Anne Bradstreet, American Poet

## HEALTH NEWS

### *New drug shown to shrink pancreatic cancer tumors*

Pfizer's CP-870,893 drug has researchers pleasantly surprised at the results when combined with Gemzar chemotherapy for treatment of pancreatic cancer tumors. 15 patients in a clinical trial were given the drug-chemotherapy combination and 4 saw shrinkage in tumor size while the other 11 saw stability in tumor progression.

The Pfizer drug didn't work the way researchers expected it to. The original belief was that it would activate the T-cells to attack the tumors, but instead it caused the patient's white blood cells to attack the cancer. One of the reasons cancer spreads is because these white blood cells, Macrophages, usually protect the cancer tumors.

The new discovery makes scientists rethink the old belief that the immune system was needed to attack the cancer to be effective. Now that they've found CP-870,893 can rally the body's white blood cells against solid tumors, new treatments can be developed to boost this process.

#### 5 MYTHS ABOUT SLEEP

**1 – You need 7 hours of sleep.** There's no "magic number" - all ages need different amounts, you need as much as necessary to function in your daily life without feeling run-down. For some it's 6 hours, for others it's 8.

**2 - The more sleep, the better.** Studies have found that people who sleep too much, more than 8 hours a night, often died younger and had more sleep problems like sleep apnea.

**3 – It's unnatural to wake up in the middle of the night.** Many people report that an interrupted sleep schedule of 3-4 hours with an hour or two between periods made them feel more rested.

**4 – Insomnia sufferers need drugs.** Sleep medications are designed for short-term sleep problems. Long-term insomniacs benefit more from behavioral therapy and lifestyle changes.

**5 – You can make up for lost sleep by sleeping in.** Many people use weekends to "catch up" on sleep lost during the week, but all this does is throw off your sleep schedule.

**Follow our sleep tips and avoid giving in to these myths!**

## CALENDAR OF EVENTS

April showers will hopefully bring May flowers, but lately South Florida has been extra warm with no rain in sight! Although the warm sunny weather does make for fantastic opportunities for spring outings!

### APRIL FOOLS DAY – FRIDAY, APRIL 1, 2011

The 1<sup>st</sup> of April has been unofficially celebrated as a day of humor and pranks for hundreds of years by various countries including the United States. Many companies, websites, game shows, and newspapers get in on the fun with fake news stories and elaborate hoaxes.

### PASSOVER – APRIL 18, 2011 THROUGH APRIL 25, 2011

The Passover holy days and festival commemorate the freedom of the Israelites from slavery in ancient Egypt. The 7 or 8 days of celebration include special feasts, prayer, and family gatherings.

During Passover, no leavened bread is consumed and special dishware reserved specifically for the holiday. The first night of Passover is a special dinner known as a Seder where the story of the exodus from Egypt is retold.

### EARTH DAY – FRIDAY, APRIL 22, 2011

In 2009 the United Nations designated April 22 as “International Mother Earth Day” which is celebrated in over 175 countries. Events include many community beautification projects such as landscaping and trash cleanups, as well as festivals and parades.

### EASTER – SUNDAY, APRIL 24, 2011

This holiday marks the day Jesus is said to have risen from the dead after his crucifixion 2 days prior. The church services on this Sunday are traditionally started at sunrise and are specific to the observance of Jesus’ resurrection.

Many non-religious traditions and celebrations have joined the Easter holiday over the years in the U.S. As a celebration of spring, rabbits, eggs and floral colors have become associated with the holiday as symbols of the season and the new growth of the year after the winter thaw. Cities often hold Easter festivals on the Saturday prior with children’s activities such as egg hunts and photos with the Easter Bunny.

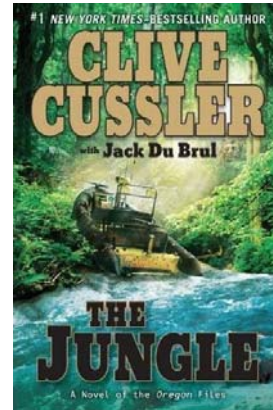
## SIGN OUR PETITION FOR FREE MEDICAL RECORDS!

LaVan & Neidenberg is sponsoring a petition to change medical records fees in the State of Florida. Currently, patients are required to pay up to \$1 per page to obtain a copy of their own medical records. The Firm’s legislative initiative proposes to **make medical records FREE for all individuals applying for disability benefits.**

Please join us in our fight and [sign our petition](#) today! Thank you for your support!

## Book of the Month

*The Jungle* by Clive Cussler & Jack Du Brul



Jungles come in many shapes and forms. There are the steamy rain forests of the Burmese highlands. There are the lies and betrayals of the world of covert operations. And there are the dark and twisted thoughts of a man bent on near-global domination. To pull off their latest mission, Juan Cabrillo and the crew of the Oregon must survive them all.

A devastating new weapon unleashed in thirteenth-century China...a daring rescue in the snowbound mountains along the Afghanistan/Pakistan border...a woman gone missing in the jungles of northern Thailand and Myanmar...for Cabrillo and his crew, all of these events will come together-leading to the greatest threat against U.S. security that the world has ever known.

## Springtime Fun Facts

- The myth that you can balance an egg on its end only on the first day of spring (vernal equinox) is untrue. With a lot of patience you can balance a raw egg on its end any time of the year!
- Eggs are often associated with spring in many cultures as a symbol of fertility, birth, and new growth.
- More than 3/4 of Americans eat chocolate Easter bunnies “ears first” and over 90 million candy bunnies suffer this fate each year.
- Tulips are often a sign of spring, especially in The Netherlands, due to their perennial blooming and bright colors.
- The Cuckoo and the Swallow are popular April birds that end their migration around this time of year. Many areas with large nesting populations hold festivals to honor the return of their feathered residents.