

TOP TEN THINGS YOU CAN DO TO HELP WIN YOUR DISABILITY CASE

1. Keep all of your doctors' appointments.
2. Follow your doctors' advice.
3. Take your medication as instructed.
4. Fill out and return any forms from Social Security or our office as soon as possible.
5. Tell us if you move or your phone number changes.
6. Maintain a list of the names and phone numbers of any medical providers you see.
7. Keep a journal regarding the limiting nature of your impairments.
8. Refrain from using any illegal substances and don't abuse your medications, alcohol or cigarettes.
9. If you are attempting to return to work, consult with us first.
10. Don't give up!

The above list may seem to state the obvious. However, we see many situations where cases are severely damaged and some lost because the client did not follow the advice above. In most of these situations the problem that resulted was completely avoidable.

NEWS FROM AROUND THE FIRM

- Ruth Ann has announced her intent to run for County Court Judge in Duval County in 2012!
- Mike was honored to be asked by Law Review CLE to deliver a lecture for a continuing legal education course called Basics of Social Security Disability Law at the Omni Hotel downtown on February 24th. He has been asked to repeat the lecture for a new class of attorneys on June 21st.



SPOTLIGHT ON SMALL BUSINESS: PALM ISLAND HOMES, INC.



This month's featured small business is co-owned by our very own workers' compensation case manager Liz Lopez's husband, Tommy Lopez. Tommy and his dad, Tommy Sr., teamed up to form Palm Island Homes in 2009. Together they have over 40 years of construction experience. No job is too big or too small for Palm Island Homes. They can build a new home for you or renovate the one you have. They specialize in roofing and re-roofing. They also do kitchen and bathroom renovations, interior/exterior painting, popcorn ceiling texture removal, knock down ceilings application, and rotten wood removal/repair.

Palm Island Homes is fully licensed and insured, CCC 1329450 & CRC 1330027. Tommy and Tommy Sr. pride themselves on excellent workmanship, fantastic customer service and fair prices. You can visit their website at www.palmislandhomes.com or call them today at **(904)626-3450** for a FREE estimate. *Hablamos espanol.*



RUTHIE'S READING ROOM

Right now I'm reading *Unbroken: A World War II Story of Survival, Resilience and Redemption* by Laura Hillenbrand. Wow, what a page-turner! I can't wait to finish it. Why don't teachers assign books like this in history class? It's a raw look at the personal suffering experienced by those who go to war and those they leave behind.

These are some of the books I've read since the last newsletter:

- *The Violence of Peace: America's Wars in the Age of Obama* by Stephen L. Carter. This is a thought-provoking examination of the "just war" theory and its practical application, especially in light of the Middle East events that have happened since its publication.
- *Colleges That Change Lives: 40 Schools That Will Change The Way You Think About Colleges* by Loren Pope. My oldest daughter is a junior this year, and this book really did change the way I think about colleges, especially which one might be the best fit for her.
- *Superfreakonomics: Global Cooling, Patriotic Prostitutes, and Why Suicide Bombers Should Buy Life Insurance* by (Illustrated Edition) by Steven D. Levitt and Stephen J. Dubner. Even better than the first one!
- *The Imperfectionists* by Tom Rachman. This is a light and fun read about the personalities that make up a newsroom.



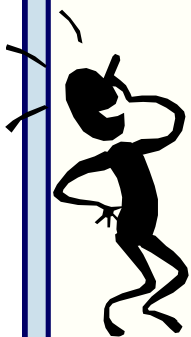
And a couple that are my never-ending to-read list:

- *The Social Animal: The Hidden Sources of Love, Character, and Achievement* by David Brooks
- *A Widow's Story: A Memoir* by Joyce Carol Oates (one of my all-time favorite authors)

Great book suggestions are always welcome! Let me know what you're reading.

Ruth Ann

LAWYER JOKE

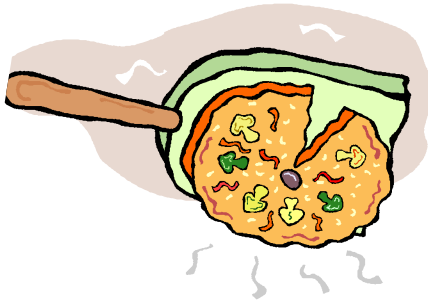


A doctor and a lawyer were attending a cocktail party when the doctor was approached by a man who asked advice on how to handle his ulcer. The doctor mumbled some medical advice, then turned to the lawyer and remarked, "I never know how to handle the situation when I'm asked for medical advice during a social function. Is it acceptable to send a bill for such advice?" The lawyer replied that it was certainly acceptable to do so.

The next day, the doctor sent the ulcer-stricken man a bill. The lawyer also sent one to the doctor.

MIKE'S BETTER-THAN-DELIVERY PIZZA

I don't like the big three pizza delivery chains (you know who they are). I also hate that it is so darned expensive. Over the years, I've been experimenting with making my own pizza. Here's what I've come up with so far:



Ingredients/Shopping List	Cost
1 pizza dough ball	\$2.59
(I get mine from Publix)	
1 14.5 oz. can crushed or	
diced tomatoes (I like Hunt's)	\$1.39
16 oz. whole-milk mozzarella	\$3.00
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Total	\$6.98

Let the dough rise, then punch it down and cut it in half. Roll dough out very thin (about 1/8 inch) to fit 2 baking sheets. Preheat oven to its highest temperature. Spray baking sheets with cooking spray. Place dough on baking sheets and bake 3-4 minutes until the beginnings of the crust form. Take it out, flip it over, and bake for another 1-2 minutes. (This process prevents soggy-in-the-middle pizza.) Take baking sheets out of oven and flip the dough again. For a thin-sauce pizza (which I like), place the diced tomatoes in a food processor or blender and puree. Evenly spread the pizza dough with 5-6 tablespoons of tomato or tomato puree. Use less around the edges. Grate cheese and spread evenly over the tomato puree. Place back in the oven for 10-15 minutes until cheese is bubbly and golden. If you like toppings, add them after the tomato but before the cheese.

Enjoy! Mike

SULLIVAN & HEPLER
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Working hard for the hard working since 1995

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