Camp Lejeune Water Contamination Update

Marine Corps Base Camp Lejeune is the home to one of the most tragic water contamination cases in the U.S.. For over three decades hundreds of thousands of civilian workers, soldiers and their families were unknowingly exposed to dangerous chemicals in their water. From 1953 to 1987, toxic chemicals contaminated the water wells. This included benzene and trichloroethylene (TCE) which are chemicals known to cause serious health problems such as cancer, Parkinson’s disease or liver disease.

In June 2022, the U.S. government passed the Camp Lejeune Justice Act. This new law allows those who were exposed to the contaminated water the ability to seek compensation and file a lawsuit which they were previously denied.

You may be eligible to file a claim if:

- You or your loved ones were exposed to the contaminated water for at least 30 days between August 1st 1952 and December 31st 1987.
- Suffered from cancer, Parkinson’s disease or other health issues caused by the exposure.

If you or your loved ones have been affected by the Camp Lejeune water contamination and have suffered a medical condition, reach out to us today!

Horton & Mendez recently moved to larger offices & welcomes their growth with new staff

Horton & Mendez PLLC, a Wilmington-based law practice focusing on personal injury and wrongful death, has moved to a larger, more modern office space to accommodate its expanding practice. Stop by and see us at our new location. With this move to 6105 Oleander Drive, the firm recently hired Leigh Hicks and Catherine Holland.

Having been in the legal field for five years, and previously worked with a North Carolina personal injury firm, Hicks joins Horton & Mendez as a case manager. She has a daughter, and two dogs. Hicks enjoys going to the beach, live music, and cheering on her daughter’s softball team.

Holland joins the firm as a paralegal, having previously served as a paralegal at a large insurance defense firm. Holland graduated with her associate degree in paralegal technology in 2013, and has been a litigation paralegal for 10 years. She enjoys boating and going to the beach with her husband and two dogs.
When Should You Go to the Hospital After a Car Accident?

Being involved in a car crash can be a terrifying ordeal. When should you seek medical treatment after an auto accident? Here’s everything you need to know.

**Should I Go to the Hospital After a Car Crash?**
It’s in your best interest to see a doctor after a car collision. Even if you have no serious injuries and feel fine, you should go to an emergency room, urgent care clinic or doctor as soon as possible.

If you don’t, your health and finances could be at risk. Some injuries may not appear right away. However, hidden injuries can be just as severe as burns or bruises. A few injuries that are not easily detected without a medical professional assessing your situation include:

- Strains or sprains
- Internal bleeding
- Concussions

To protect your well-being always seek immediate medical attention after a car crash.

**Should I Go to the ER or Urgent Care Clinic?**
For a life-threatening or serious injury you should always go to an emergency room as soon as possible. Severe burns, breathing problems and major broken bones should be treated at the ER.

For injuries or symptoms that are less severe seek help at an urgent care clinic.

**Why Do I Need Prompt Medical Treatment if I Feel Fine?**
Getting medical treatment following an automotive accident is important for your health and financial future. The longer an injury goes untreated the worse it could get. This may lead to higher medical bills and prolonged pain and suffering.

When filing a personal injury lawsuit it is crucial that you sought medical attention right after the accident occurred. This will increase your chances of getting the compensation you need and deserve. If you or someone you know has been involved in an auto accident call our office. We are here to help.

**Why Should I File a Police Report After an Accident?**

Many people wrongly assume that they don’t need to file a police report after a minor vehicle accident. Minor or major, a police report is very important to file after any accident if there is a chance you are going to pursue compensation. What may seem like a minor injury or minor vehicle damage at the time can end up being much more serious (and expensive). A police report provides an unbiased view of what happened. Having this documentation makes any insurance claim easier and is vital if a lawsuit is filed. Filing a police report is important for the at-fault driver as well. It can provide protection against any exaggerated or faked injury claims. A normal police report will include the date, time and location of the accident. It will detail damage to the vehicle(s) as well as any injuries. It will also contain statements by those involved and any witnesses. To file a report, call the police and cooperate with the officer who responds by answering all questions to the best of your ability. Make sure to get a copy of the report to send to your insurance provider. If you are in an auto accident and have any questions about how to best pursue fair compensation, call our office to schedule a consultation.
Never Unsubscribe from Spam

Spam is one of the bigger annoyances of digital life. We all want it to stop but unsubscribing from spam e-mails or texts can actually make the problem worse.

The kind of spam we’re talking about is unsolicited messages from strangers who are trying to scam you or steal from you. The spammers send massive amounts of messages out into the world, hoping for a small number of them to pay off. They don’t know you, aren’t targeting you, and don’t even know if your e-mail address or phone number is valid. By responding in any way, you’re telling the spammer that this contact information is indeed real, so you end up inviting more spam. The best thing you can do when receiving a spam e-mail or text is to mark it as spam and delete it. Otherwise, ignore it.

If you’re getting ads or a newsletter from a legitimate business that you provided your contact information to, and no longer wish to receive communications from them, you should unsubscribe. This is different from the spam discussed above.

The best way to get less spam is to prevent it from reaching you in the first place. While zero spam is basically a pipe dream, you can cut back on the amount of spam you receive by avoiding posting your email address or phone number in any public place on the internet. Spammers use automated programs to search blogs, social networking sites and forums looking for addresses.

Pineapple Angel Food Cake

Ingredients:
- 1 (16 ounce) package angel food cake mix
- 1 (20 ounce) can crushed pineapple with juice
- 1 (12 ounce) container frozen whipped topping, thawed

Instructions:
Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 inch pan with vegetable oil spray.

In a large bowl, combine cake mix and pineapple (with juice). Mix until well blended.

Pour batter into prepared 9x13 inch pan. Bake at 350 degrees F (175 degrees C) for 25 minutes or until golden brown. Let cool.

Serve with whipped topping

How to Teach Your Child to Safely Interact with Animals

It’s a fact – kids love animals! Whether it’s their tiny pet hamster or a cartoon lion they saw on TV, children are naturally drawn to animals. That’s why it’s important to teach your kids how to safely interact with animals from a very young age. This ensures both your child and the animal stay safe.

Here are three easy ways to teach your youngsters how to stay safe around animals.

1. **Always Ask an Owner Before They Pet a Dog**
   Not all people love dogs, just as not all dogs love people. This may be because of poor socialization or past abuse. To protect your child from a potential dog bite, teach them to say hello to the owner before they say hello to their dog. Educate them on the importance of asking an owner if their dog is friendly before they approach the animal to pet it.

2. **Never Approach Wild or Stray Animals**
   While a fox or raccoon may look cute and cuddly, they are actually wild animals that could harm your children. Tell your kids that it’s never safe to approach or pet stray or wild animals, even if it’s a stray kitten. These animals could bite, scratch or even be diseased.

3. **Give Them Pet Responsibilities**
   If your child is old enough, consider giving them some pet-related responsibilities. These can include feeding the dog or grooming the cat. Always supervise your kids and show them the proper ways to feed, pet, walk and play with their pets.

Animal safety begins at home. To prevent your kids or pets from getting injured, teach your children how to interact with animals properly. If you or a family member has been injured by someone’s pet, call our office. We are here to help.
Local Community Events

**Free Summer Concerts at Fort Fisher**
July 22, 2022 - September 23, 2022, Fort Fisher Air Force Recreation Area

**Carolina Beach Farmers’ Market**
Recurring weekly on Saturday until October 1, 2022

**Saturday Sunset Series at Marina Grill**
Recurring weekly on Saturday until October 29, 2022

**Carolina Beach Inshore Challenge**
Friday, September 9th - Saturday, September 10th

**Pier-To-Pier Swim**
Saturday, September 17th 9:00 AM

**Dragon Boat Regatta & Festival**
Friday, September 16th - Saturday, September 17th

Recent Wins:
- **$350,000** trucking accident
- **$300,000** slip and fall
- **$300,000** auto accident
- **$245,000** workers compensation settlement
- **$100,000** bicycle accident


The information included in this newsletter is not intended as a substitute for professional legal advice. For your specific situation, please call the appropriate legal professional.