

# Know your legal rights in personal injury cases

Life is fast-paced. People bustle through the streets with a cell-phone in one hand and a latte in the other. Grocery stores have self-scanners instead of cashiers to help speed up the process of buying a gallon of milk. Cars and trucks race up and down the streets.

With all the chaos in our lives, it is no surprise that accidents occasionally happen.

In the event you or someone you love is in an accident, it is important that you be prepared. Should you find yourself involved in an accident, here is some advice on steps to take:

1. Make sure you are safe.
2. Get medical assistance, if needed. Don't



Accidents happen, be prepared. Steven R. Jaeger, left, and Steven D. Jaeger, of The Jaeger Firm, PLLC, can guide you through the process. PHOTO BY TONYA BORGATTI

put off being checked by a medical doctor.

3. Make a police report.

4. Catalog the events of the accident as best as you can. Make a diary.

5. Photograph the scene of the accident, any injuries sustained, or any property damage incurred as a result

of the accident.

6. Contact your insurance company.

7. Make sure you keep copies of all medical bills, pharmaceutical receipts, or additional expenses associated with the accident, as they may be needed at a later date, or for insurance purposes.

No matter the type of accident, make sure you take the necessary steps to protect yourself and those you love. The legal professionals at The Jaeger Firm, PLLC, are here to help guide you through the process. For more information, give them a call at 859-342-4500.



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## Ways to keep the weight off

» Stay active, whether it's going to the gym, walking up the stairs to work or even exercising at your desk.

» Drink water. Did you know that water makes up 60 percent of your body weight? Water benefits your body by carrying nutrients to cells and flushing toxins out of vital organs. You should drink at least 64 ounces of water (eight 8-oz glasses) a day.

» Avoid procrastination. Be realistic when setting goals; if we fall short of our goals it sometimes gives us a

reason to quit.

» Use tools. Websites such as [www.myfitnesspal.com](http://www.myfitnesspal.com) will help you stay on track for calorie intake. A workout journal is another useful tool. People benefit from a more formal medical program as a way to jump-start their success.

*This month's Creative Living Tip of the Month contributor is Dr. Greg Weckenbrock, medical director of Figure Weight Loss, the leading weight management program in the Ohio Valley since 1999.*

## Try new shopping experience in NKY

If you are looking for a unique and money-saving way to shop, you need only go as far as Florence to have an experience like no other.

"I can't say for sure, but my store might be the only one of its kind in the area," said Marya Haynes, who, along with her mother, Pat Welsh, owns Burlington Pike Thrift Store. It might also be the newest – it opened its doors on Jan.

3 of this year. According to Haynes, the idea is as simple as it is different: she buys items from people and then resells them. "It's not consignment and it's not an auction," said Haynes. "It's a brand-new concept." Effective April 1, the store will double square footage to 3,000, offering customers even more merchandise.

"We offer a little bit of everything," said Haynes. In addition to the store's expansion, Haynes is branching out into new services, including in-home pickup. "Give me a call and I'll come out and appraise your items right in your basement or garage." She hopes to launch a website soon.

Burlington Pike Thrift Store is at 1624 Burlington Pike, across from Oakbrook. Open 10 a.m. to 6 p.m. Monday through Saturday and noon to 5 p.m. Sunday. Call 859-534-0775.

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