



# BULLETIN

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***Shor & Levin, the Bulldog Lawyers, is proud to present the premier issue of the Bulldog Bulletin, our brand new monthly newsletter.*** Our goal for this newsletter is to inform, enlighten, entertain and inspire. We will provide you with information, updates and advice regarding current legal issues, especially those pertaining to workers' compensation. We will also include articles concerning relevant and interesting current events, inspirational and uplifting human interest stories and some special features. We may even throw in a joke or two. We sincerely hope that you enjoy this and future issues of the Bulldog Bulletin. Additionally, we look forward to your feedback and would like to hear any thoughts or suggestions regarding how to make the Bulldog Bulletin even better. Go to our Facebook page or email us at Newsletter@ShorLevin.com.

## 2016 Client Appreciation Day



*Our annual Client Appreciation Day will be held at Knoebels Entertainment Resort on Friday, August 12, 2016 from 11:00 am to 4:00 pm.*

*What better way to kick off our initial Bulldog Bulletin than with the announcement of our annual Client Appreciation Day. It will be held at Knoebels Entertainment Resort on Friday, August 12, 2016 from 11:00 am to 4:00 pm.*

Anyone who has ever been to any of our prior Client Appreciation Days at Knoebels knows how much fun it is. As always, there will be food, beverages, giveaways, prizes and other entertaining activities, and of course, ride tickets for all.

It is a truly enjoyable event for the entire family. Information about and directions to Knoebels can be found at [www.knoebels.com](http://www.knoebels.com). For additional information about the event or to R.S.V.P., please call Ron at (800) 681-7000. We look forward to seeing you there. ■

## THE BULLDOG LAWYER TEAM

- **Jay Elliott Shor, Esq.**  
Partner
- **Larry Levin, Esq.**  
Partner
- **Roger McMenamin, Esq.**  
Attorney

- **David Rovner, Esq.**  
Attorney
- **Thomas Wing, Esq.**  
Attorney
- **Evelyn Rettano**  
Legal Assistant/Office Manager

- **Irene Rzonza**  
Legal Assistant
- **Cindy Martinez**  
Legal Assistant

- **Carmen Maldonado**  
Legal Assistant
- **Ron Marks**  
Controller

# The Bulldog Lawyers are Here to Help



With over 40 years of experience working with clients who have had issues with workers' compensation, you can be sure that our firm has the experience and knowledge that you need on your side. We have helped workers in nearly every industry obtain the compensation they need to recover after being hurt on the job. We are so passionate and dedicated to our practice that we have even created a list of four commitments we make to each of our clients.

**1 Honesty and plain talk.** If we don't think we can provide significant value, we won't take your workers' compensation case. We level with every person who is seeking representation. We're not interested in signing up people whose case will not be an absolute front burner priority.

**2 Fast Action.** It is critically important that momentum is established right away. We will position your case immediately to the insurance company. By aggressively pursuing your case, we are going to be in the best position to obtain a full and fair recovery in the least amount of time.

**3 Stay in Touch.** You have the right to know what's happening every step of the way. Insurance companies will create delays in the hopes of getting you to agree to a smaller settlement. We know you want to be kept in the loop and so we make ourselves accessible to you. We are not adverse to calling you and giving you an update on your worker comp case.

**4 Keep the heat on the insurance company.** There is not a week that goes by that your file isn't front and center. We are constantly balancing our client's need for a full and fair settlement with the practical requirement that the case is settled quickly.

The only way to achieve that is to keep the insurance company's feet to the fire.

We understand how insurance companies operate and the tactics they instruct their adjusters to use in order to save the company money. One of our workers' compensation lawyers even worked as an insurance adjuster at one point in his career. Unfortunately, it's common that the only time you can make the insurance company pay is by obtaining the help of a lawyer who will fight for your rights.

Don't hesitate to contact us with any questions – we want to help. ■

## “ QUOTABLE

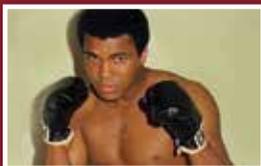
*“Don't count the days; make the days count.”*

*“He who is not courageous enough to take risks will accomplish nothing in life.”*

*“Impossible is just a big word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change it. Impossible is not a fact. It's an opinion. Impossible is not a declaration. It's a dare. Impossible is potential. Impossible is temporary. Impossible is nothing.”*

*“Live everyday as if it were your last because someday you're going to be right.”*

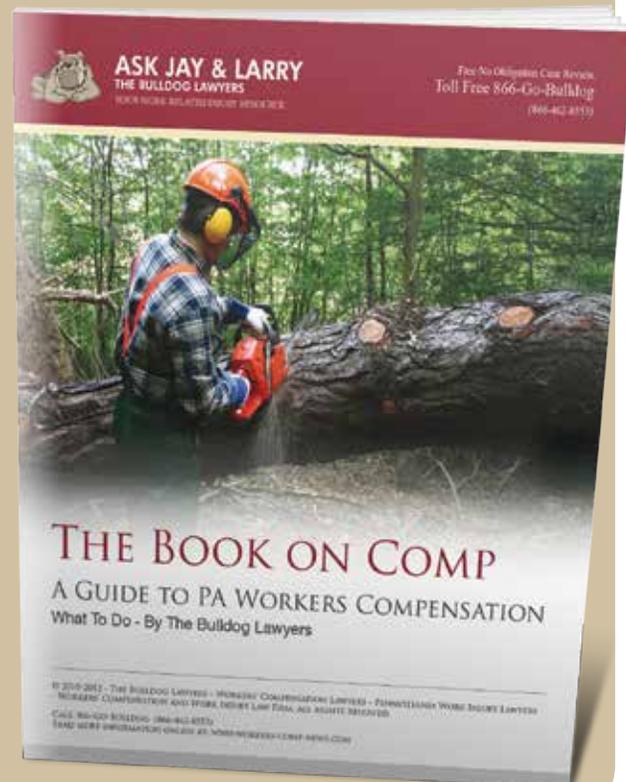
– Muhammad Ali (May he rest in peace)



## WE WROTE THE BOOK ON COMP

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# Recipe: The Best Vegetarian Chili Ever



*Vegetarianism has become increasingly popular so we have decided that the recipe in our inaugural newsletter will be a delicious vegetarian offering. It's easy, quick and inexpensive and guaranteed to fool any meat lover out there.*

## INGREDIENTS:

2 tablespoons extra-virgin olive oil  
1 medium yellow onion, diced  
4 chopped garlic cloves  
1 1/2 teaspoons ground cumin  
2 tablespoons chipotle chili powder  
1 medium zucchini, diced into half inch cubes  
3/4 cup (6 ounces) tomato paste  
1 can (15.5 ounces) black beans, rinsed and drained  
1 can (15.5 ounces) pinto beans, rinsed and drained  
2 cans (14.5 ounces) diced tomatoes  
2 cans (4 ounces) chopped green chile peppers  
2 (12 ounce) packages vegetarian burger crumbles  
Salt and pepper

## DIRECTIONS:

- 1 In a large pot, heat oil over medium-high. Add onion and garlic stirring frequently until onion is translucent and garlic is soft, about 4 minutes.
- 2 Add cumin and chile powder, season with salt and pepper, and cook until spices are fragrant, 1 minute. Add zucchini and tomato paste; cook, stirring frequently until tomato paste is deep brick red, 3 minutes.
- 3 Stir in black beans, pinto beans, the burger crumbles, chile peppers and diced tomatoes. Add 2 cups water and bring mixture to a boil. Reduce to a medium simmer and cook until zucchini is tender and liquid reduces slightly, 20 minutes. Season with salt and pepper.

**We welcome you to share your favorite recipes with us, and the Bulldog Lawyer community, so please email your favorite recipe to [newsletter@shorlevin.com](mailto:newsletter@shorlevin.com) and we may include it in our next issue!**

—continued from back page

## Women Warriors Fight for Fair Compensation

Women, on the other hand, appear to be more cognizant of the severity of injuries or the potential of injuries to worsen and become debilitating. What a man may consider a nagging backache, a woman will recognize as a potential herniated disk that if left untreated, can become a permanent, incapacitating injury.

### **Dare We Say it? When it Comes to Work Places Injuries, Women are Smarter than Men**

It's not just that women file more workers' comp claims than men on their own behalf; it is very common for women to contact us on behalf of their husbands, boyfriends, fathers, brothers and sons. In many cases, these men desperately need legal help and try to convince their wife or daughter or sister that they are okay. But they are not okay, and the women

who love them make sure they get the help they need.



***We have heard from claimants on countless occasions that they were so glad that their wife, girlfriend, mother, sister or daughter contacted us and convinced them to file a workers' comp claim.***

When we encounter a situation like this we support the woman who contacts us in persuading her loved one that a workers' comp claim is in their best interest.

We have heard from claimants on

countless occasions that they were so glad that their wife, girlfriend, mother, sister or daughter contacted us and convinced them to file a workers' comp claim. Had they not had a determined and persistent woman to advocate on their behalf, instead of being compensated for lost wages and collecting a substantial settlement, they would have continued to work, probably in pain and in a diminished capacity, while their injuries continued to worsen until eventually, they would no longer be able to work at all.

They fought like hell, and the woman won. So the man won too in the end. Thank you to all the women who are brave and determined enough to make sure their loved one gets the legal help and compensation they so richly deserve. ■

The Bulldog Bulletin is a monthly publication of The Bulldog Lawyers. This publication is intended to educate the general public about workers' compensation and other issues. It is for information purposes only and is not intended to be legal advice. Prior to acting on any information contained here, you should seek and retain competent counsel. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

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WATER SKIMMING FOR REAL MEN

## IN THIS ISSUE...

- 2016 Client Appreciation Day
- The Bulldog Lawyers are Here to Help
- The Bulldog Lawyer Team
- The Best Vegetarian Chili Ever
- Women Warriors Fight for Fair Compensation

# Women Warriors Fight for Fair Compensation

*Research has shown that when it comes to standing up for their rights, women tend to be somewhat more aggressive and tenacious than men. One needs to look no further than to the fervor that women have demonstrated over the years attempting to protect their reproductive rights. Early in 2012, the Komen Foundation, the nation's largest breast cancer advocacy organization, decided to stop funding Planned Parenthood, the nation's largest abortion provider. Almost immediately, thousands of women protested vociferously and within a matter of days, the Komen Foundation reversed their position.*

Such is the power of women's convictions.

Women's desire to be treated fairly and have their rights protected is consistently demonstrated in the workplace as well. Women have fought long and hard to earn equal pay for equal work and that fight continues today. Additionally, women who are injured in the workplace will generally be extremely determined and persistent in fighting for the compensation that they know they deserve.

### **Sometimes Men Just Sit There and Take it!**

It is this determination and persistence that differentiates, to a great extent, women from men.



*Thank you to all the women who are brave and determined enough to make sure their loved one gets the legal help and compensation they so richly deserve.*

While women will fight tooth and nail for what they believe they deserve, men will often be more cautious and conservative. Many men are afraid to agitate their employer and put their job in jeopardy, despite the fact that they were clearly injured on the job. They downplay the extent of their injuries being too proud to admit how hurt they really are. Then they continue working and exacerbate their injury even further.

—continued on page 3