

Jackson & MacNichol

COMMUNITY CONNECTION

Information From Jackson & MacNichol Attorneys At Law

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HAPPY THANKSGIVING

We hope the Holidays are full of food, laughter, & quality time with family and friends.

from all of us at Jackson MacNichol



Since we started this newsletter I have had a policy that we do not publish articles involving Alex or I. However, this month I am making an exception.

November is an unusual month, including as it does, two federal holidays, Veterans Day and Thanksgiving. In that spirit, I am writing about a recent experience.

My wife Ellen and I had the opportunity to visit Normandy, in France, where the D-Day invasion by allied soldiers spearheaded the liberation of Europe from Hitler's Nazis in June, 1944.

We began with a tour of Omaha Beach itself, in Sainte-Honorine-des-Pertes, one of the six beachheads where the American, Canadian and British troops struggled to make it ashore in the face of heavy fire from the German defenders of Hitler's so-called "Fortress Europe." Over many months prior to D-Day, the Germans had greatly strengthened the shore defenses under the direction of the famous German general, Erwin Rommel. As a result, all of the invading troops faced fierce resistance as they landed despite air support and the extensive artillery fire from the naval task force supporting the invasion.

General (later president) Dwight Eisenhower anticipated that Omaha would be the most difficult of the beaches to take, situated as it is with a sharp bluff at the edge of the beach which the invading troops would have to scale in order to move inland, allowing the German defenders to fire down on the troops as they came ashore. As a result, he designated Omaha as one of the beaches to be taken by American troops.

The Allies had gone to great lengths to convince Hitler and his generals that the invasion landing would take place further up the French coast, at Calais, where the English Channel is narrower and there was an existing harbor which would facilitate an invasion. It may have helped that Omaha was considered well defended by the Germans, the defenders having defeated a British commando force attempting a raid at that very spot in September, 1942 under the command of Major March-Phillips, whose troops were virtually annihilated by the German defenders. The Allies efforts to suggest a different spot as the goal for their major invasion effort was so successful that Hitler chose not to believe General Rommel's opinion that this was the

major Allied invasion and to withhold some available reinforcements, perhaps making the task of the invading troops a little easier in the first few days of the invasion. (Hitler later pressed Rommel to commit suicide for his failure to stop the invasion.)

After seeing the beach and the bluff overshadowing it, we went on to tour the American Cemetery where about 10,000 white crosses stand, row upon row, to commemorate the fallen soldiers, almost a thousand of whom remain unidentified to this day. Seeing these rows of white crosses and reading the names and ages of the fallen was a stark reminder of the terrible sacrifices made at Omaha Beach and elsewhere throughout World War II by what Tom Brokaw has called "the greatest generation" in defeating the Nazis, the Fascists and the Japanese to protect our democracy for another generation.

I am proud to say that although he did not participate in D-Day, my father was one of the uncounted thousands of American troops to follow General Patton's tanks across Europe all the way into Germany itself, leading ultimately to Hitler's suicide and the unconditional surrender in Europe in 1945.

After seeing the invasion site and the cemetery we were able to visit the museum where we saw the underground bunker of the defending general, Wilhelm Richter, and various German and Allied military equipment as well as pictures from the invasion and the liberation of the Caen area.

Finally, we attended a very powerful wreath laying ceremony. Veteran Rick Bauer from Virginia volunteered to lead the ceremony. He presented the wreath commemorating those who fell at Omaha Beach. I found this ceremony very special. I urge any veteran who has the resources to do so to put a visit to Normandy and the D-Day beaches on the bucket list.

For Veterans Day, this visit made me even more proud of all those veterans who have joined the military risking their lives, and in some cases giving their lives, in defense of our nation and our way of life. For Thanksgiving, I give thanks for the courage and bravery of all our veterans, defending and protecting us from all our enemies, foreign and domestic and especially those who gave their lives to preserve our democracy.

BACK PAIN Could Be More

Back pain is one of the most common medical complaints in the U.S., affecting millions of people each year. When doctors minimize back pain suggesting it is caused by poor posture, muscles strains and even age degeneration instead of looking deeper, it can be very frustrating. Not all back pain is benign. Sometimes, your back pain can be a red flag as an early sign of a more significant medical condition that requires prompt medical treatment.

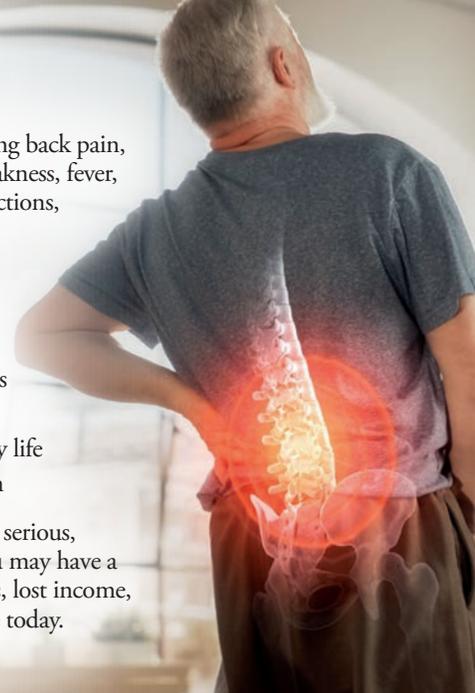
Many patients with severe, persistent back pain are not taken seriously. Symptoms can be brushed off. Life threatening spinal cord injuries like cancer, infections or neurological disorders can go undiagnosed until it is too late.

Hearing that your pain is nothing when your body is telling you otherwise isn't just negligent; it can also put your health and life at risk. Missteps in your diagnoses can amount to medical malpractice, if a reasonable standard of care was not followed and you suffered harm as a result.

If you are experiencing persistent or worsening back pain, especially with additional symptoms like weakness, fever, numbness, or loss of control over bodily functions, you should:

- ▶ Advocate for yourself
- ▶ Don't be afraid to ask for imaging or a second opinion
- ▶ Keep records of your visits and test results
- ▶ Be specific about your symptoms
- ▶ How do these symptoms affect your daily life
- ▶ Seek emergency care if symptoms worsen

If you believe your doctor missed something serious, speak to a medical malpractice attorney. You may have a legal right to compensation for medical costs, lost income, pain and suffering and more. Call our office today. We are here to help.



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A referral is the greatest professional compliment we can receive.

If you have a friend, neighbor, or family member who is in need of legal representation with the VA, please consider referring them to our firm. We will do our best to provide the highest possible level of service and deliver winning results.

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DROWSY DRIVING stay awake to arrive safe



You have heard about distracted driving, but drowsy driving? Falling asleep at the wheel is a much more common problem than most people realize. It is difficult to fully determine how much damage drowsy driving causes but too often police-reported crashes are the direct result of driver fatigue. Fatigue and sleep deprivation can lead to lapses in focus and judgment.

Drowsy drivers are more likely to be stressed and impatient and they tend to drive faster. Driving, like any other difficult activity, requires focus and concentration. Driving drowsy makes it much more difficult to maintain the necessary level of focus and concentration, making accidents more likely.

Being aware of the danger of drowsy driving is often enough to help prevent it. If you haven't gotten enough sleep in the past 24 hours or are just feeling too tired to drive, a short nap or a cup of coffee or other caffeine beverage may be enough to help. Of course, the best way to avoid the dangers of drowsy driving is to get enough sleep in the first place! Not only will getting a good night's sleep make it easier to safely operate a vehicle it is also an important part of overall health and well-being.