



J. Franklin Burns, P.C.

FIRM NEWS

(404) 303-7770

June 2015

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Hat's off to the dad's of J. Franklin Burns, P.C. & healthy dessert recipe!
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Recognizing amazing staff members, & Fun Quarterly Challenge!
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WHAT'S HAPPENING?

Summer is here, and there is so much going on at J. Franklin Burns, P.C. Several staff members recently celebrated employment anniversaries, birthdays, and many employees are out and about volunteering their time and being active in their communities during the summer months as well as well.

When they are away from the office, J. Franklin Burns, P.C. employees are involved in everything from volunteering at shelters and food pantries, assisting with youth sports, and participating in community groups like the Atlanta Wind Symphony.

Although there is a lot going on outside the walls of J. Franklin Burns, P.C., the inside is buzzing with hard working and dedicated employees.

Ms. Jeanne Lappin celebrated 12 years of dedicated service at J. Franklin Burns, P.C., Yazmin Rodriguez celebrated 11 amazing years of service, and Alison Easterby recently celebrated her 5 year anniversary as well.

Congratulation to each of you!

June is a very busy month, and Father's Day is right around the corner! In addition to this popular holiday, June is also known for several other things.

June is National Safety month, so we want everyone to have a happy and safe summer. Stay hydrated, and stay cool!

June is also National Fresh Fruit and Vegetable Month, so be sure to check out the great recipe in this newsletter.

As we arrive at the middle of the year, we definitely want to thank our wonderful clients, colleagues, friends, and families. We appreciate the referrals, notes, letters, and kind words of thanks, and we look forward to the rest of the year being equally successful.

Don't forget to check out our quarterly challenge for a chance to win a great prize! Congratulations to Paula Clancy, winner of the last monthly challenge!

National Fresh Fruit and Vegetable Month: Blueberries!



"Studies suggest that increasing consumption of plant foods like blueberries decreases the risk of obesity, diabetes, heart disease and overall mortality while promoting a healthy complexion and hair, increased energy, and overall lower weight." *Medical News Today*

HOW TO REACH J. FRANKLIN BURNS, P.C.

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FOLLOW US ON



Father's Day Tribute-Celebrating all the JFB Family Dads!



SOME
Super **Heroes**
 Don't have
CAPEs...
They are
 called **DAD**

SIMPLE GREEN SMOOTHIE

INGREDIENTS

- 2 cups spinach, fresh
- $\frac{3}{4}$ cup water
- $\frac{3}{4}$ cup pineapple juice
- 1 cup strawberries
- 1 cup blueberries
- 2 bananas

INSTRUCTIONS

Blend spinach, orange juice, pineapple juice, and water until smooth. Next add the remaining fruits and blend again.

Use at least one frozen fruit to make the green smoothie cold.



FUN FRUIT & VEGGIE FACTS!

- If you're trying to cut your cholesterol, steam your broccoli -- that helps it lower your levels more. Raw broccoli has cancer-fighting compounds.
- Avocados have seeds, so that makes them fruits. They have a lot of fat, but it's the good kind that lowers cholesterol.
- Collard greens contain a wealth of nutritional goodness, including notable amounts of vitamins K and C, folate, and beta-carotene.
- Working 1.5 cups of green, leafy vegetables into your day may lower your odds of getting type 2 diabetes.
- Watermelon contains high concentrations of lycopene, an antioxidant that may help reduce the risks of cancer and other diseases.
- Figs are high in calcium. A cup of dried ones has as much calcium as the same amount of milk.

Source: WebMD

Congratulations

Jeanne Lappin
12th Anniversary

Yazmin Rodriguez
11th Anniversary

Alison Easterby
5th Anniversary

Congratulations on your work anniversaries at J. Franklin Burns, P.C. Thank you for all you do!



ATTORNEY SPOTLIGHT: Shannon D. Rolan

Shannon is one of the outstanding attorneys at J. Franklin Burns, P.C. She has been with the firm almost 8 years.

"The best part of working here – We are a team. We help each other whenever we need help. The lawyers work together on legal issues to problem-solve, develop strategies and make recommendations. We bounce ideas off each other, which helps all of our clients. I love my coworkers. I could not do my job without my paralegal, Yazmin. She is amazing and I am so glad she is part of our team," says Shannon.

She will celebrate her 16th wedding anniversary on July 3 with her husband, Bill. They have 3 kids, Michael, Jenna, and Brooke.

"I love workers' compensation and representing injured workers because I get to meet people from all walks of life and with all kinds of injuries. I love piecing together medical mysteries and getting clients the benefits and medical treatment they are entitled to receive. Helping people is what I do and I love it."

Shannon is also a track/cross country coach with Kennworth Track Club. She is very active in her church as a Bible class teacher and with the Lads to Leaders program, which encourages youth involvement in the church and Bible knowledge. She writes all of the puppet scripts for the program, which includes songs/lyrics as well story lines. Of the 14 scripts she has written, 12 of them won awards at Convention.

JUNE CHALLENGE!!!

TRUE OR FALSE

There is no recovery under Georgia Workers' Compensation Law for pain and suffering. (HINT: www.jfblaw.com)

The 6th participant to email Tabatha@jfblaw.com with the correct answer will win a \$25 Amex Gift Card! Good luck!

Check out more games and contests in upcoming issues!



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(Pictured Left to Right) Justin K. Lowery, J. Franklin Burns, Shannon D. Rolen, and John B. Corbally

Please keep in mind that we associate with attorneys across the state in matters outside of workers compensation, and as a result we can help you, a loved one, or a friend with injury cases involving:

- Auto Accidents
- Truck Wrecks
- Personal Injuries
- Medical Malpractice
- Slip and Fall Accidents
- Wrongful Death
- Product Liability

We have 67 years of combined legal experience and have recovered over \$80 million for our clients since 2002.

Call (404) 303-7770 today for your free consultation!