

Community News

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Law Group



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Barbara Wike of *Visions of Health* talks about her recovery from reflex sympathetic dystrophy.

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Beating RSD: Taking an alternative road to recovery with Reiki

With a little ice and a little time, most sprained ankles will heal.

But when Barbara Wike fell and twisted her ankle five years ago, the pain worsened with time. Doctors diagnosed a severe sprain and prescribed the standard treatment, then later told Wike that she had a debilitating condition that would cause her tremendous pain and essentially end her once-active lifestyle.

"Several months later I was diagnosed with reflex sympathetic dystrophy (RSD), a condition that causes your nerve endings to react to pain long after your body has healed," Wike said. "As RSD progresses, your limbs atrophy and healthy tissue can die. The prognosis was horrible, and I was given no chance of

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Community Events



FOOD BANK DRIVE - ALL YEAR LONG

Second Harvest Food Bank

Drop off non-perishable food items at your nearest Goodwill location or at the Deuteran Law Group office. Visit www.deuteranlaw.com and click on the Food Bank logo to find the Goodwill location nearest you.

WHY DO WE NEED FEEDING PROGRAMS?

- In the 18 counties served by Second Harvest Food Bank, nearly 220,000 individuals live below the federal poverty level.
- North Carolina is among the top 10 states with the highest percentage of families who are hungry or at risk of hunger.
- 1 in 5 children in North Carolina are living in poverty and are at risk of hunger. *(Source U.S. Census Bureau)*
- When basic nutritional needs go unmet, a child's natural abilities and potential are diminished. Health and cognitive development suffer, impairing the child's capacity to learn over a lifetime. Our nation suffers the effect of childhood hunger as well, with higher rates of school failure, and poorer returns on educational investments.
- It costs more than \$50,000 a year to house an inmate in Central Prison in Raleigh, yet just \$10,000 a year can support a Backpack Program or Kids Cafe site serving 40 children.

FESTIVAL OF LIGHTS SCHEDULE

Friday, December 4

Elm Street will be closed to traffic from Lee to Friendly beginning at 4 pm.

4-9 pm -- First Friday Indie Market corner of MLK & Elm St.

6-9 pm --
Hamburger Square Park: Winter Wonderland, Santa and Fun
Center City Park: Entertainment and Kids Crafts

7:30 pm -- *Center City Park* - Community Tree Lighting

CAROLINA THEATRE CHRISTMAS

sponsored by the Deuteran Law Group
310 South Greene Street

Classic Film Series:

"It's a Wonderful Life"

Date: December 8
Time: 1:30 pm or 7:30 pm
Tickets: \$5

"White Christmas"

Date: December 15
Time: 1:30 pm or 7:30 pm
Tickets: \$5

SPECIAL CHRISTMAS EVENT

Riders in the Sky

Christmas the Cowboy Way

Date: December 11
Time: 8 pm
Tickets are \$24.50 for Adults, \$22.50 for Seniors and Military, \$19.50 for Students and Children.

Those wacky, four-part harmonizing cowboys have spruced up the bunkhouse, donned their sequined yuletide outfits, and loosened their vivid imaginations to create a holiday musical fantasy for Saddle Pals of all ages.

Christmas The Cowboy Way will feature their unique "brand" of cowboy humor sprinkled with a dash of holiday spice which includes original songs like Riding Home On Christmas Eve, Deck The Bunkhouse Walls, and The Last Christmas Medley You'll Ever Need To Hear.

DLG in the Community

Deuterman Law Group hires new personal injury attorney

Michele Cybulski, a graduate of the inaugural class of the Elon University School of Law, has joined the Deuterman Law Group as the firm's sixth attorney. She will focus on personal injury cases.

A longtime Greensboro resident, Cybulski enrolled in law school after a distinguished career in leadership development. Following her graduation from Appalachian State University, she worked for 10 years with the Center for Creative Leadership in Greensboro. While working there, Cybulski earned a master's degree in higher education administration from UNCG. She earned her juris doctorate degree from the Elon University School of Law in May 2009.

As a law student, Cybulski worked as a part-time legal researcher and summer associate for the Deuterman Law Group, interacting with clients and assisting with workers' compensation, personal injury and Social Security Disability cases. That experience ultimately convinced her to pursue injury law as her career focus.

"I was unfamiliar with those areas of law, and working with Dan Deuterman and the other attorneys as a law clerk introduced me to them," Cybulski said.

"I have known Michele since the early 1990s, and in that time, I have developed a great respect for her both personally and professionally," president and founding attorney Daniel L. Deuterman said. "Michele brings a wealth of real-world experience to the practice of law, combined with a drive to help injured people and protect their rights. We are very fortunate to have a professional of Michele's caliber on our team."

As the daughter of an attorney, the law has always held an allure for Cybulski. Rather than enrolling in law



Michele Cybulski, Deuterman Law Group's newest personal injury attorney.

school immediately after college, she entered the working world, taking a position at CCL. Cybulski worked her way up through the ranks at the world renowned center for executive education, leadership development and research. Her most recent role was as a business development associate, working closely with colleges and universities on their leadership development needs.

Her work with the Center for Creative Leadership in many ways provided Cybulski the impetus to return to law school. The Center and the law school formed a partnership, and through that alliance, Cybulski learned about Elon's approach to educating students.

"They were very into the idea of engaged learning, where students would be learning not just the theory in the classroom but how it applies in the real world," she said.

Soon after, Cybulski made the decision to become part of Elon's first law school class, making a bold decision to switch careers at the height of hers.

"I wanted to be a part of a charter school," she said. "When you have a new school like that, it attracts a certain type of personality: people who want to take risks and who want to be a part of history in the making."

As part of the inaugural class of Elon Law, Cybulski considers herself fortunate to have been a part of the unique challenge of building a school from the ground up.

"Elon Law attracted some of the brightest, most hard-working and entrepreneurial law students. It was exciting to work with my classmates and the administration to develop a new school," she said. "Creating everything from the Student Bar Association to the Honor Code to student organizations -- everything from scratch -- took a tremendous amount of cooperation, dedication and work, and all of it was done in addition to our regular law coursework."

Her classmates elected Cybulski to serve on the law school's Honor

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<< *Beating RSD continued from front page*

a cure.”

Like many injured people, Wike seemed to be facing a certain future of pain, continued loss of mobility and no hope for a cure. But by exploring alternative treatments with the support of her physician, Wike reclaimed her life and banished her pain.

Reiki, a centuries old Japanese healing art, was in essence her cure.

At the height of her RSD, Wike was in constant, excruciating pain. She couldn't wear a sock or shoe or stand for more than a few minutes at a time. She couldn't drive, and she had to use a cane, walker or wheelchair just to get around.

“I was on all kinds of medicine and went to a clinic nearly two dozen times over the course of a year for injections to block the pain, but it just wasn't working,” Wike said. “I kept thinking I could fix things, but I just didn't know how.”

Wike tried a host of natural, alternative therapies, with some success. She worked with a counselor, reduced the stress in her life and began regular biofeedback sessions. She also began to work with a physical therapist.

The physical therapist recommended Qigong – an ancient Chinese meditative practice that uses controlled movement and breathing to promote circulation and enhance health.

“The Qigong master who treated me told me to trust the healing process,” she said. “During our sessions, he would work on my body's energy channels. The treatments were absolutely freeing, and I began to get better. Within four months, I was able to drive again, wear shoes and hiking boots, walk short distances, stand for 30 minutes or so and climb stairs. I also eliminated two-thirds of the medications I was taking.”

Though she was feeling better and regaining her mobility, Wike was far from cured. So, she decided to try Reiki.

Reiki is a type of energy work that is often used for pain management, relaxation and to promote healing.

The word “Reiki” is derived from two Japanese words: rei, or universal, and ki, or life energy. The practice of Reiki (pronounced “ray-key”), may be as old as 2,500 years.

However, current Reiki practice can be traced to the spiritual teachings of Buddhist monk Mikao Usui in Japan during the early 20th century. Reiki is based on the idea that there is a universal (or source) energy or life force that supports the body's innate healing abilities. Practitioners, often called Reiki Masters, seek to access this energy, al-

lowing it to flow to the body and facilitate healing. They do so by “laying on hands” to access the life energy.

For Wike, the results of Reiki treatments were life-changing.

“After training in Reiki techniques, I began to treat myself and receive treatments from others,” she said. “Over a few months time, all my symptoms went away. I was completely cured and pain free. I could hike, run or stand for hours with no medication at all. It is very rare to be healed from RSD, but that's what happened. My orthopedist has been amazed.”

Wike is now a Reiki practitioner and co-owner of *Vision of Health*. She has worked with clients to reduce the pain of fibromyalgia and migraines, promote relaxation and sleeping, heal after surgery and reduce the symptoms of chemotherapy. She has even worked with a fellow RSD sufferer, who is finding the treatments helpful.

“My own personal experience has helped me realize there is great power in natural healing – and great joy in sharing it with others,” she said.

As Wike's story and others prove, many people who haven't responded to traditional treatments experience tremendous benefits from alternative therapies. Consult with your treating physician if there are any natural and alternative medicine treatments for your condition.

If you are interested in Reiki treatments, contact Visions of Health (336) 665-1687.

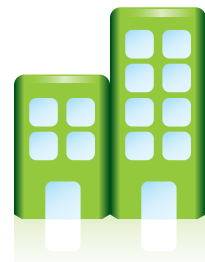
Living longer, living healthier



Here are some tips from the world's longest lived residents.

- Developing a plan that gives your life purpose and meaning may add quantity as well as quality to your years.
- Put your family first and surround yourself with people who share your values.
- Keep your total calories low and eat more fruits and vegetables.
- Walk or do some physical activity on a regular basis.
- Practice yoga, meditate, or do something to relieve stress for at least 15 minutes every day. Even laughing relieves stress.

Deuterman Law Group visits Green Fest to look for energy efficient innovations



Taking care of the environment has always been a priority at the Deuterman Law Group.

In renovating the firm's new offices on Greene Street, architects and construction crews created a green environment, installing systems to improve energy efficiency and reduce waste.

We also try to be green in the way we work. We rely heavily on electronic records as we move to become a paperless workplace, and we allow employees the flexibility to work from home to reduce fuel consumption and carbon emissions.

And we're always looking for things our company can do to become greener to preserve precious resources and protect the planet for future generations.

To that end, Dan and Dawne Deuterman and Bill Deuterman, the law firm's new information technology and facilities manager, recently attended Green Festival in Washington, D.C.

Green Festival, a joint project of Global Exchange and Green America, is the world's largest sustainability event. It is both a trade show and a conference where people and business that are concerned about the environment gather to discuss and discover solutions.

"Dan and Dawne and I are very environmentally conscious," Bill Deuterman said. "And we want the law firm to be as green as possible, not only because it makes financial sense but also because it's socially and environmentally the right thing to do. We wanted to go to Green Festival and get some



Bill and Dan Deuterman with Ed Begley Jr. at Green Festival

ideas for the firm, as well as our own homes. My main goal was to find ways to reduce waste and improve efficiency in how we use power in the Deuterman Law building."

One of the highlights of Green Festival was hearing from actor and environmentalist Ed Begley Jr., whose efforts to go green have been chronicled on the reality series "Living with Ed."

Begley, an environmentalist activist since the 1970s, is striving to live off the grid by producing his own renewable energy rather than buying it from a local utility like Duke Energy.

Begley, who often comes across as a zealot on his television show, is close to achieving that goal after 30 years of

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5 THINGS YOU CAN RECYCLE



1. **APPLIANCES:** Many stores will recycle your old appliance when you purchase a new one. Goodwill accepts working appliances. Or you can contact Steel Recycling Institute to recycle them at www.recycle-steel.org

2. **Athletic shoes:** One World Running will send still-wearable shoes to athletes in need in Africa, Latin America, and Haiti. (oneworldrunning.com). Nike's Reuse-a-shoe program turns old shoes into playground and athletic flooring: www.nikereuseashoes.com

3. **Batteries:** contact www.batteryrecycling.com

4. **Clothes:** Wearable clothes can go to your local Goodwill outlet or shelter. Donate wearable women's business clothing to the nonprofit Dress for Success, which gives them to low-income women as they search for jobs (www.dressforsuccess.org). Offer unwearable clothes to local animal boarding and shelter facilities, which often use them as pet bedding.

5. **Compact fluorescent bulbs:** Take them to your local IKEA store for recycling (www.ikea.com). Or you can also order a Sylvania RecyclePak. (www.sylvania.com/recycle/recyclepak)

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"going green." But his advice to the Green Festival audience was very practical, Bill Deuterma said, and focused on small, affordable things that everyone can do to reduce their energy consumption and waste.



"He had some really good advice – to do the little things first," Bill said. "He said to start small and then build upon those efforts. The more you save through improving the energy efficiency of your home or office, the more money you can start putting towards efforts that will have an even bigger environmental impact."

For instance, Begley recommended that homeowners have an energy audit. An audit will pinpoint areas of inefficiency and waste, so homeowners know where to focus their money when greening their houses.

Inspired by what he learned at Green Festival, the Deuterma's are now considering how they can leverage some of these green products and ideas to make the Deuterma Law Group an even greener workplace.

Two products they're investigating right now are the Smart Strip (<http://www.bitsltd.net/>) and the Green Switch (www.greenswitch.tv), two devices that tackle the problem of "vampire power."

Vampire power – or standby power – is the electricity that appliances and electronics use when they're plugged in but not being used. Even if electronics are turned off, they

are consuming power. In addition to being incredibly wasteful, vampire power is costly. Depending on the number of devices you have plugged in your home or office, you may be paying hundreds – and perhaps thousands – to power them in standby mode.

The Smart Strip is a special kind of power strip that shuts off electricity to these devices when they're not in use. They cost about \$20 to \$40 at retailers such as Lowe's. The Deuterma Law Group has purchased some to use to shut down power to computer peripherals and other devices when they're not in use.

The Green Switch also works to eliminate vampire power, but it is more costly than the Smart Strips. Homeowners and business owners can replace their regular power receptacles with special ones that shut off when the Green Switch is flipped. Bill Deuterma is investigating the feasibility of using Green Switch at Deuterma Law Group.

As Begley advised, the Deuterma Law Group is showing its commitment to the environment with baby steps that set the stage for bigger ones. Future plans include installing rooftop solar panels to generate electricity and the use of instant hot water heaters to reduce the firm's reliance on the power grid.

"I think it's important for people to remember that going green isn't something you have to do all at once," Bill said. "You can do it in incremental steps. Do what you can do when you can do it, but always keep it as a focus and as your goal. That way, you'll always be improving."

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North Carolina's Workers' Compensation Law Blog
wc.deutermanlaw.com



6 EASY STEPS to protect yourself from the FLU

Tamiflu, the H1N1 flu medicine does not kill, but prevents H1N1 Swine Flu from further proliferation or multiplication until the virus limits itself in about 1-2 weeks (its natural cycle). H1N1, like other Influenza A viruses, only infects the upper respiratory tract and breeds (only) there. The only portals of entry are the nostrils, mouth, throat, and eyes. In a global epidemic of this nature, it's almost impossible not to come into contact with H1N1 in spite of all precautions.

Contact with H1N1 is not so much of a problem as proliferation is. In order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps can be practiced:



1. Frequent hand-washing.
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat or bathe).
3. Gargle twice a day with warm salt water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after initial infection in the throat and nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
4. Similar to #3 above, clean your nostrils at least once every day with warm salt water. Blowing the nose hard once a day and swabbing both nostrils with cotton swabs dipped in warm salt water is very effective in bringing down viral population.
5. Boost your natural immunity with foods that are rich in Vitamin C (citrus fruits, broccoli, cabbage, red bell peppers, etc.) and Vitamin D (fish, beef liver, milk, breakfast cereals, orange juice, yogurt, and some cheeses). If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption. It is recommended that you supplement your diet with Vitamin D.

6. Drink as much warm liquids as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

New Attorney -- Continued from page 3 >>

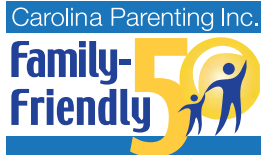
Council, which oversees the administration of Elon's Academic Honor Code. She also was a founding member of the Elon Law School Women's Law Association.

"Being a part of WLA provided the opportunity to meet and connect with many distinguished women attorneys and judges in the state. Their advice and guidance was invaluable."

While at Elon, Cybulski also had the chance to meet one of her idols, former Supreme Court Justice Sandra Day O'Connor. "Meeting Justice O'Connor was definitely a high point of law school," she said. "I tried not to hyperventilate while talking with her, but she's pretty impressive!"

Cybulski lives in Greensboro with her husband, Chris, and their two children, Stella and Frankie.

Deuterman
Law Group
317 South Greene Street
Greensboro NC 27401



About Deuterman Law Group

The Deuterman Law Group is based in downtown Greensboro, but serves clients living in communities all across North Carolina.

In addition to a staff of highly qualified paralegals and dedicated attorneys, the Deuterman Law Group has strong relationships with medical providers and other certified professional experts. Having a qualified medical and legal network is vital to providing clients with the best legal service and medical care possible.

The Deuterman Law Group was awarded Best Places to Work in 2007, made the Top 40 NC Companies for Working Families in 2007, 2008 and 2009, and was awarded the BBB Award for Marketplace Ethics 2008.

Initial consultations are free. There's no obligation and no attorney fee unless we win your claim. We'll work hard to earn your trust. And we'll help you find the best possible solution to the challenges you're facing.

Call us toll free at 1-866-373-1130!

Deuterman Law Group

- Workers' Compensation**
- Auto, Motorcycle & Truck Accidents**
- Nursing Home Negligence**
- Wrongful Death**
- Social Security Disability**
- Catastrophic Personal Injury**

- Brain injury
- Severe burns
- Paralysis
- Loss of limbs, sight or hearing
- Electrocution