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**1-800-518-4LAW**

## Follow important motorcycle safety tips and reduce your risk of accident

As important as it is to be cautious behind the wheel of a car, it is equally as important to know safety tips while on a motorcycle. In 2014, there were a recorded 4,586 deaths from motorcycle accidents and 92,000 injuries. Motorcycles do not offer the same external protection that an automobile does, so keep these tips in mind to help decrease your risk of an accident or injuries in an accident:

- It may seem obvious, but never drink and drive. Low, legal limits of BAC can still obstruct your ability to ride a motorcycle. If you have been drinking, wait until your BAC is back to zero.
- Wear a full-face helmet. Just having that protection on your head will help to decrease any potential damage done to your head in the case of an accident.
- You should be visible. Make sure all of your lights work properly and you are dressed in something easy to spot.
- Wear sturdy clothing, boots and gloves.
- Leave plenty of space between yourself and other drivers
- Practice motorcycle skills in a safe environment. For example, practice breaking



and swerving techniques.

- Drive as though other drivers can't see you. That is, be extra cautious in blind spots and spaces where your motorcycle may be missed.
- Make sure you know the ins-and-outs of your specific bike. Being knowledgeable about how your vehicle works will help you be the best motorcyclist you can be.
- Respect all rules of the road. All drivers need to follow the basic rules of driving/riding.

## New office location opened in West Reading

As of April 1, 2016, a new Michael J. O'Connor office was opened in West Reading, Pennsylvania. Reading can be seen as the manifestation of the American Industrial Revolution both historically and currently. Reading is also famous for its feature in the board game Monopoly, where the Reading Railroad is a property. The economy in Reading is constantly growing, and the proximity to major metropolitan areas like Philadelphia make it a desirable location. Additionally, the Penn-

sylvania Turnpike connects to Reading from the South just as Interstate 78 does the same to the north, making it easily accessible to reach. Hospitals, universities like Albright and Alvernia, and even minor league sports teams boast Reading as their home. Outlets and state of the art shopping centers can be found there as well.

The new office is located on 906 Penn Avenue, and will serve clients in the Reading and the greater Berks County area.

### Our Practice Areas

Michael J. O'Connor & Associates is dedicated to providing clients with the best legal help possible.

- ✓ Workers' Compensation
- ✓ Social Security Disability
- ✓ Automobile Accidents
- ✓ Motorcycle Accidents
- ✓ Birth Injuries
- ✓ Premises Liability/Slip & Fall
- ✓ Product Liability
- ✓ Nursing Home Negligence
- ✓ Wills, Estates, & Elder Law
- ✓ Mesothelioma
- ✓ Dangerous Drugs
- ✓ Wage & Hour Violations

**For additional information, Please visit our website at [www.OConnorLaw.com](http://www.OConnorLaw.com) or call us toll free at 1-800-518-4LAW**

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# Adventures in beekeeping

By Ana T. Lopez Vives

Pennsylvania has a long history of beekeeping. According to the U.S. Department of Agriculture, in 2014 the entire state produced an estimated 782,000 pounds of honey.

I've always been interested in beekeeping, but I thought you needed to own a farm in order to be able to have bees. Turns out you don't.

I joined the Lehigh Valley Beekeepers Association not too long ago. They have an apiary in the grounds of the Lehigh Carbon Community College. With them I had my first real encounter with bees and beekeeping. I immediately learned that all you need to have bees are a back yard and the commitment to do it.

In Berks County alone there are nearly 120 registered beekeepers. Some are commercial, but most have 10 or less hives - making them known as "back-yard beekeepers".

One of the most eye-opening things I learned is that bees pollinate more than just flowers. They also pollinate fruits and vegetables. This is important because it not only provides us with our food supply of fruits and vegetables, but also the food used to feed the livestock we depend on for meat. Without bees, there would be no food for anyone - from the smallest animal to humans.

Beekeeping can be started as a hobby and eventually be turned into a profitable business. I previously thought of it as a business venture that you had to commit to full time.

During the course of my beekeeping adventures, I met Steven Finke, owner of Meadow View Beekeeping located in Kutztown, who started beekeeping in 2008 as a hobby and later moved on to become a full



time beekeeper after working 24 years in the high tech industry.

He told me that beekeeping is a fairly easy enterprise you can get yourself into, even if you have a full

time job. Unlike other business ventures, you don't have to jump with both feet into beekeeping and you can still turn a profit. A lot of the beekeepers I've met started with two hives as a hobby and enjoyed it so much they slowly grew it from there.

As with anything in life, everyone has their own reasons for doing things. For me, learning about beekeeping was a way to prove to myself I could do anything I wanted and, in the process, gain knowledge with firsthand experience. Others see

beekeeping as a way to make have their own honey for themselves and their families. Some do it because they are concerned about colony collapse and wish to help out the bees and the pollinators. Some people want to make a business out of it. No matter the reason, everyone will agree with the undeniable truth that bees are amazing creatures and honey is delicious.

For anyone interested in beekeeping, the Lehigh Valley Beekeepers Association ([lehighvalleybeekeepers.org](http://lehighvalleybeekeepers.org)) and the Berks and Schuylkill Beekeeper's Association ([berksandschuylkillbeekeepers.org](http://berksandschuylkillbeekeepers.org)) are good resources to tap into. They provide monthly classes, meetings and outings.

Now go out into the world and find yourself your own adventure and let us know about it.



Ana is the Reading Office Manager and Bilingual Social Security Paralegal. She celebrates her 5 year anniversary with Michael J. O'Connor & Associates this year.

## Follow us on social media!

You can follow Michael J. O'Connor & Associates through a number of social media channels, including:

Facebook	Justia
Twitter	Google Plus
LinkedIn	YouTube

Visit [www.OConnorLaw.com](http://www.OConnorLaw.com) for links to these sites!



If you no longer wish to receive correspondence from Michael J. O'Connor & Associates and would like to be removed from our mailing list, please call us at:

570-874-3300 or email us at [kwagner@OConnorLaw.com](mailto:kwagner@OConnorLaw.com)

## Ready to Ride: Five ways to be a clutch copilot

You and your friends are about to pile into the car to embark on a day trip that is sure to be packed with all sorts of fun and adventure. The driver knows their role, but the fight for the front has only just begun as the passengers try to wage their arguments for who deserves the highly-coveted front passenger “shotgun” seat in the car.

After numerous futile “dibs” calls, a footrace that likely ended with a physical struggle in front of the car door, and pleas for sympathy from one friend claiming severe car sickness, a victor emerges and assumes their rightful throne while the less fortunate squeeze into the back where they will immediately begin barking for more leg room.

The story illustrated above is a familiar occurrence for friends and groups as they prepare to travel, but there’s actually a lot more that goes into “riding shotgun” than just full control over legroom and air vents.

You’re not just “riding shotgun,” you’re your driver’s new copilot.

It’s important to remember that being an attentive and competent copilot can be just as important as being a safe, attentive driver. You don’t have to be behind the wheel to ensure you reach your journey’s end in one piece.

Here are five ways to be a clutch copilot:

**1. Control the GPS** – According to the CDC, each day in the United States, over 8 people are killed and 1,161 injured in crashes that are reported to involve a distracted driver. Smartphones and navigation systems are among the many ways individuals distract themselves while driving. Be the best Magellan you can be and man the directions so your driver can focus on the road.

**2. Be the DJ** – Much like reading the GPS, choosing the music can divert one’s attention from the road. Do your best to

choose collaboratively so no one in the car is displeased, especially the driver. They are doing the hard job, after all. For the music nerds out there, studies have been done on optimal tempo for safe driving. Impress your friends with the findings and make for a safer ride.

**3. Stay Awake** – To be a good copilot, you want to be well-rested and attentive. Get yourself a solid night’s sleep of 7-8 hours. Enjoy a balanced meal that incorporates complex carbohydrates for lasting energy, protein, and a brain boosting component rich in omega-3s. Grab yourself a coffee at the first rest-stop. Or, even better, grab the driver a coffee. You can’t be a copilot if you’re not awake.

**4. Handle the Communication** – Perhaps you’re coordinating with another car full of friends on your trip. Your driver may feel inclined to reach for their phone when their text tone sounds out of habit. Establish early on that you’ll be the point of contact during the ride. Texting and driving is one of the leading inhibitors of distracted driving. Taking away the responsibility of communication from the driver is one of the smartest moves a copilot can make.

**5. Take Turns Behind the Wheel** – Taking turns as the driver is a great way to avoid driver fatigue. If you’re secure with your driving skills, there’s no reason not to switch off during a long trip. This is especially important if your driver actually expresses that they’re tired, or it’s visibly noticeable. Plus, it’s a nice gesture that your driver will likely appreciate.

With warmer months approaching, keep these tips in mind as you plan your trips with friends and family. Your safety on the road will allow you to create endless memories as you reach your destination unscathed.

## IMPORTANT WARNING: Talcum, baby, and body powder have been linked to ovarian cancer

Johnson & Johnson is being sued by hundreds of women and families after one court has ruled that the company’s talcum powder products such as “Baby Powder” and “Shower to Shower” can cause Ovarian Cancer. The jury has decided that Johnson & Johnson has been negligent and has committed acts of fraud and conspiracy to hide and ignore studies that have con-

firmed the link between the talc-containing products and the fatal disease.

If you or someone you know was or is a victim of Ovarian Cancer and used or uses Johnson & Johnson talc-containing products, such as “Johnson’s Baby Powder” or “Shower to Shower Body Powder,” contact us immediately.

## American Association for Justice hosts convention

This summer, the American Association for Justice is hosting a convention in the Los Angeles Convention Center. The event will occur on Sunday, July 24, where two of Michael J. O’Connor’s very own will be in attendance for the Workers’ Compensation and Workplace Injury Section of the con-



Debra Matherne



William Kovalcik

vention. Debra Matherne, the chair for AAJ, will be moderating and William Kovalcik will be speaking at 9:30 am. Bill will be speaking for roughly 45 minutes on the role of labor unions in workers’ compensation claims. The program’s theme is “Acquiring Clients Via Various Avenues,” and the objectives are to learn to use technology in acquiring clients, learn about unions in regard to Workers’ Compensation and establish referral relationships. The event is from 8:30 am to 11:45 am.

## RECIPE CORNER

*Zee’s recipe*

### Piña Colada Smoothie

- ¼ cup of Coconut Milk
- ½ cup of frozen or fresh pineapple chunks
- ½ cup medium frozen banana
- 1/3 cup of pineapple juice (prefer Dole)
- Handful of ice
- Mix all ingredients in a blender, until smooth, for approximately one minute.
- Serve and enjoy (1 serving)!!!

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### Satellite Office Locations

For your convenience, Michael J. O'Connor & Associates has 14 satellite office locations around Pennsylvania, in addition to our main office in Frackville, PA. Make an appointment at one of our locations, closest to you:

#### Allentown

1275 Glenlivet Dr., #110  
Allentown, PA, 18106

#### Bala Cynwyd

Two Bala Plaza, Suite 300  
Bala Cynwyd, PA 19004

#### Bloomsburg

24 Main Street  
Bloomsburg, PA 17815

#### Hazleton

1201 North Church St.  
Building A, Suite 220  
Hazleton, PA 18202

#### Lancaster

1853 William Penn Way  
Lancaster, PA 17601

#### Philadelphia

1500 John F. Kennedy Blvd.  
Philadelphia, PA 19102

#### Pittsburgh

301 Grant Street, Suite 4300  
Pittsburgh, PA 15219

#### West Reading

906 Penn Avenue  
West Reading, PA 19601

#### Scranton

116 North Washington Ave.  
Scranton, PA 18503

#### State College

119 South Burrowes St.  
State College, PA 16801

#### Stroudsburg

731 Sarah Street  
Styroudsburg, PA 18360

#### Sunbury

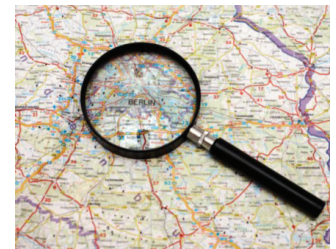
106 Market Street  
Sunbury, PA 17801

#### Wilkes Barre

216 North River Street  
Suite 410  
Wilkes Barre, PA 18702

#### Williamsport

460 Market Street  
Suite 205  
Williamsport, PA 17701



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