



http://www

O'Neal Law Office

Law and Life Newsletter

Issue Number 26
March 2011

O'Neal Law Office, 7 Battleground Court, Suite 212, Greensboro, NC 27408
E-mail: oneallaw@triadbiz.rr.com Phone: (336) 510-7904; Fax: (336) 510-7965

Legal Lead Story—Enjoy Yourself While Protecting Yourself and Others

As the winter weather subsides and the days grow longer there is an increased zest to entertain our friends and enjoy the outdoors. Here are a few things to think about as you organize and host your events. These things are not meant to scare you away from entertaining but instead to give you a chance to plan a safe and fun time for all.

INSIDE THIS ISSUE

- 1 Legal Lead Story
- 3 Healthful Hints
- 4 Spartan Spotlight
- 4 Check These Websites

Fence or close in swimming pools, playground equipment, and other **outdoor recreation features** that could be attractive to wandering children. Also be sure to remove, remedy, or post warning signs about open pits, wells, hidden trenches, loose storm drains, broken steps, hanging awnings, and other potential dangers on your property.

Fix those awnings, doors, floors, exposed wires, protruding nails and other **home features** that pose a potential hazard to your guests.

Account for **parking**. If parking is limited on or near your property be sure to get any appropriate permission for guests to park on nearby yards, driveways, lots, and streets. Towing and trespassing are concerns for unaware guests who park illegally.

Please see *Enjoy Yourself* on page 2

Review and download free information on your rights and legal matters at www.oneallawoffice.com

Enjoy Yourself from page 1

Watch that **music**. Be neighborly and keep the music to a reasonable level so as not to create a public nuisance. If you are part of a neighborhood or subdivision association loud music could constitute a violation of the rules leading to penalties for you.

Employ safety in the preparation, cooking, serving, handling, and storage of all **food and drink** you provide. Use ice, hot plates, food warmers, and other equipment to keep your refreshments safe and tasty.

Corral those **pets**. Everyone is not a pet lover. Some people are fearful of pets while others may be allergic to them. Animals can be frightened by loud noises, new people, or too much unusual stimuli. And keep pets away from the refreshments if possible.

Be very careful with **alcohol**. Providing a bartender or server of alcoholic drinks could create an expectation or legal duty that guests will leave your event in a safe and sober condition. Even providing self-serve alcohol could impose legal burdens on you. If you are using a facility for your event there may be state/local liquor laws to follow and you may even be required to provide security.

Final note: If you are the subject of a claim or some legal liability because of an event you hosted/organized the law of North Carolina can be unusually kind. North Carolina is one of the few states in the U.S. that has **contributory negligence**. Contributory negligence means that even if a judge or jury finds you were negligent in some aspect of the event, if you can prove the party claiming damages also was negligent their claim would be dismissed. Realize, however, the doctrine of contributory negligence does not apply to all legal claims that may be made against you. If you receive a letter or lawsuit from a person or attorney claiming you are legally liable for damages due to your involvement in a social event you should notify your homeowners/renters insurance company as soon as possible.

If you are injured at a party or other social event contact the O'Neal Law Office for a free consultation regarding your rights. -OLO



Need a speaker? John O'Neal is available to speak to your group about the following topics:

- Pitfalls of Personal Injury
- The Need for Contracts
- Car Law--What is It, How It Affects You, and How it Can Protect You

Healthful Hints: Fast Food Features

STATEWIDE COVERAGE:

Attorney John O'Neal has handled cases across the Triad as well as [Alamance](#), [Caswell](#), [Cleveland](#), [Catawba](#), [Craven](#), [Davidson](#), [Gaston](#), [Hertford](#), [Jones](#), [Lenoir](#), [Lincoln](#), [Mecklenburg](#), [Richmond](#), [Rockingham](#), [Wake](#), [Wilson](#) and other North Carolina counties.



To see if John O'Neal can handle your case call (336) 510-7904 or visit www.oneallawoffice.com and submit your info via the "Contact Us" link.

When aiming for a healthful lifestyle it can be tough to navigate the vast ocean of fast food and restaurant options. Life moves fast and it seems that being on the run is the speed of life. Work, school, child activities, gym, church, and business travel are but a few of our many destinations in a busy week. Often you lack sufficient time to prepare and pack meals and drinks so you find yourself having to make choices on the run. I find myself in this spot more often than I like but I try to make good choices. With some forethought and planning you can find food and drink that taste good and are good for you. Here are a few tips:

En Mexico..frijoles, pescado, y pollo. Beans, fish, and chicken are good choices when you visit a Mexican restaurant. (Taco Bell is included just for the sake of this discussion). Grilled or baked win over fried and refried. Replace fat-filled cheese and sour cream with salsa and guacamole.

Seek salad. If you can use spinach or another dark leaf such as Romaine or Boston lettuce you are ahead of the nutritionally limp and tasteless Iceberg variety. Add veggies such as olives, tomatoes, peppers, and have a light dressing such as vinaigrette or olive oil. Lean meat makes a nice salad topper.

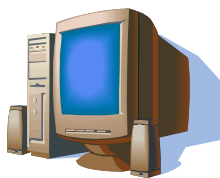
Sandwiches can save you. Turkey or chicken on whole-grain bread is a great start. Tuna is a poor choice since it is usually laced with mayonnaise. Minimize sauces and load up on veggies for flavor. Add spices for further flavor. Go easy on the cheese and opt out on some occasions. Oil and vinegar beat mayo and olive oil is a stellar choice.

Chinese with care. Many Chinese dishes are loaded with salt. Carb-loaded white rice is a common side dish. Select dishes with meat and nuts and veggies. Steamed beats fried. No MSG added is a bonus.

Italian can be a starchy stumbling block. Pasta is a carbohydrate fest but a modest serving (1/2 the regular size) can be good. Creamy sauces tend to be rich in saturated fat. Beware of bread but if you are dipping use olive oil to provide some redemption.

Burgers have potential. Beef is good but just not in the quantities and combinations most people consume. A single patty on the standard bun with a leafy vegetable is acceptable but a whole-grain bun is a nice touch. With burgers leaner is better. Veggie burgers can work too but be sure to check the nutrition label as they can be loaded with sodium.

If you apply these and other healthy principles but have a meal that results in a sizeable amount of sodium or saturated fat or high-glycemic carbs do not fret. All is not lost. Just be sure to monitor your intake of these things for the rest of the day and drink plenty of water. One meal will not sink your ship but trend for health to avoid icebergs in the waters ahead. -OLO



Check out these websites:

- www.indeed.com Great search engine for seekers of employment and salary information. This site looks and functions much like Google.
- www.buzgate.org A plethora of information and resources for those interested in small businesses.
- www.printwhatyoulike.com As it sounds, from this site you can type in the URL of another website and select the content you wish to print.
- www.ehow.com The home of do-it-yourself tips, primers, and instructions.

NOTE: The information in this newsletter is not intended to be legal advice nor is it intended as a substitute for consultation with an attorney. Specific conditions always require consultation with the appropriate legal professionals.

To be removed from the mailing list for this e-newsletter, please e-mail oneallaw@triadbiz.rr.com with the word "Unsubscribe" in the subject line of your e-mail.

Spartan Spotlight: Music at UNCG!

While I was a young Spartan I studied political science but I did venture to the venerable UNCG School of Music where I participated in the Men's Glee Club and Symphonic Chorus. The ensembles performed on campus, in the community, and even on a few out-of-town and out-of-state tours. Fun and educational times but that was many octaves and half-notes ago. But I digress...



UNCG's School of Music has a sterling academic reputation. Recently the School moved from the its long-time home, the Brown Building, to a larger more modern facility located near West Market Street. Each summer UNCG holds numerous music camps for children. Choral music, pipe organ concerts, symphonic music, jazz concerts, opera productions, and many other great performances abound. The quality of performers and performances is top shelf and event costs are quite reasonable. The School has produced world class performers, composers, educators, and more. Support Spartan students and faculty when they perform in your area. To view the UNCG School of Music event calendar visit <http://musical.uncg.edu/>. Bravissimo!

O'Neal Law Office 7 Battleground Court, Suite 212, Greensboro, NC 27408

Phone: (336) 510-7904 Fax: (336) 510-7965 E-mail: oneallaw@triadbiz.rr.com

Car/Vehicle Law • Civil Litigation • Consumer Law • Contracts/Business Disputes • Debt Defense • Negligence • Personal Injury • Traffic Tickets • Wrongful Death