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INSIDE This Issue

- Working for Those Who Can't
- Homemade Biscuits
- Testimonials
- What You Need to Know About the Judicial Elections
- The FOMO Effect

The FOMO Effect

Stop Feeling Like You're Missing Out on Everything

Do you suffer from "Fear of Missing Out?" The very real, increasingly worrisome syndrome has been adorably coined FOMO, a word officially added to the Oxford English Dictionary in 2013. We might joke about the fear of missing out, or of not being able to say no to social events or potential picturesque weekend photo opportunities, but psychologists are beginning to worry. Could FOMO be more serious than simply believing in the old turn of phrase, "the grass is always greener"?

Too much FOMO can be paralyzing, as you get stuck in the routine of checking your phone for updates about your ex's new career move or feeling depressed that you weren't invited to a wedding. Even worse, we get so caught up in cultivating the perfect image of our own lives to show off online that we forget to savor the good moments as they happen.

Here's what you need to do to make sure FOMO doesn't take over and leave you — or your child — anxious, depressed, and unsatisfied.

Unplug. You know for a fact that the lives you watch on social media aren't as interesting and perfect as they look. If spending time online is making you feel bad, limit your daily dose of social media or take a social media vacation. Facebook allows users to temporarily deactivate their accounts, so you can always give yourself a week or monthlong break to decompress and re-center.

Consider alternate realities. According to the Journal of Personality and Social Psychology, thinking about what your life would be like without the things and people you have in it right now makes you more appreciative. Studies show that this appreciation improves positive feelings in general.

Commit to your decisions. UCLA neuroscience researcher Alex Korb says it's important to make decisions. Stop trying to keep your options open. The act of finally making a decision relieves a ton of stress and is one less thing to add to your feelings of uncertainty about your situation.

Slow down and be grateful. Being more mindful as you go about your day to day will help you slow down and appreciate the moment. Savor the sensory pleasures of your day and remember to be thankful for the little things. Taking time to consider what you have is a surefire way to dampen the effects of impending FOMO.

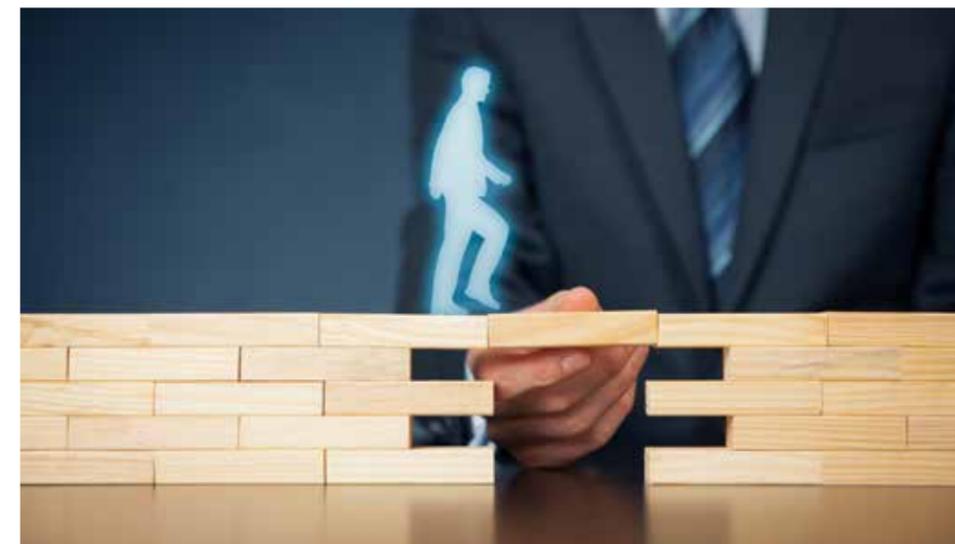


Working for Those Who Can't: How I Got to Where I Am Today

I've devoted my professional life to helping those in need. I've always thought that if you have the ability to help someone, then it's your duty to do it. It's something both my wife and I have tried to teach our children. I married Marjory Timothy right before we both started our final year of law school, and during our careers as attorneys, we have both helped ordinary people with their legal problems. I handle workers' compensation cases for injured workers, and she handles cases for children under 16, or "juveniles," who are caught up in the legal system.

Together, we have three boys. Our oldest, Robbie, has cerebral palsy. He's out of the house, happily living in a group home. He has volunteered at the Red Cross, and he is very excited to have just been hired at Carowinds. Our middle son, James, taught himself Japanese in high school. After college, he moved to Kobe, Japan, where he now works as an interpreter and translator for English-speaking businessmen. We haven't seen him since he left in July of 2015, but he is coming to visit over Christmas. Our youngest boy, Will, is still in high school.

In 1988 my wife and I graduated from the Campbell University School of Law and moved to Charlotte. I began practicing law with former Charlotte Mayor Eddie Knox and his brother, the late Charles Knox. At first, I handled a lot of "family law" cases and general civil litigation. In 1991, an opportunity arose for me to start handling workers' compensation cases for injured workers. Within months, workers' compensation became my main practice area. In late 1999, George Piemonte and I formed the partnership of Bollinger and Piemonte, P.C., where I handled the workers' compensation cases and George handled Social Security disability and personal injury matters.



"I know it sounds trite, but I like helping people — it's that simple. Every day, I come into the office ready to fight for those injured workers who are not able to make the system work properly without legal representation."

In 2008, George left to join another firm, and The Bollinger Law Firm, P.C. was born. Since then, attorney Chad Winebarger and I have fought hard to obtain the workers' compensation benefits that our clients deserve. We also handle Social Security and personal injury cases, but most of our time and expertise involves workers' compensation cases. I also do some estate planning work, and we offer discounted fees on that to our existing clients.

In 2000, I became a board certified specialist in workers' compensation law. I have been recertified as a specialist every five years since then.

I know it sounds trite, but I like helping people — it's that simple. Every day, I come into the office ready to fight for those injured workers who are not able to make the system work properly without legal representation. For a lot of our clients, we are the only defense against economic ruin. Workers' compensation insurance companies are motivated by profit and don't really care what happens to the injured workers, so long as the company does not have to pay for it. Profit as a motive means that the injured workers' best interests come last. Nothing makes me happier than solving a client's problems when he or she is getting screwed by an insurance company!

Bob Bollinger

HOMEMADE Biscuits



When I was growing up in Newton, North Carolina, in the '60s and '70s, my grandmother lived with my family. Some mornings, if she felt like it, she would get up and make a big batch of homemade biscuits from scratch, and they would be ready when we kids got up. She would sift the flour and mash in the shortening, mix in the milk, and then would usually roll out the dough and cut them with a little round biscuit cutter. But some days she would just drop the batter onto the baking sheet and they would spread out as they baked.

Sometimes she would finish with one large hoecake-sized biscuit, so named because farmers would put a special big biscuit into their pockets for a handy snack as they headed out to the fields in the morning. My grandmother would often slice open her still-hot biscuits and fill them with delicious things such as sausage patties, country ham, or Cracker Barrel brand cheddar cheese. I especially liked the "cheese

biscuits." By the time I got up, that cheese would be all melted and gooey. Or, she would serve these hot biscuits with her homemade jams and jellies.

I loved those biscuits — they are among my favorite food items ever, to this day. Because I did not know any better, I never bothered trying to learn how she made them, and she is gone now, so I have to improvise. Fortunately, I recently discovered a fairly easy way to make decent homemade biscuits that I want to share with you. No, I don't mean the drive-thru at Hardee's or Bojangles' — but that works too!

It turns out that Renwood Mills in my hometown makes a pretty good biscuit mix known as "Formula L." You can buy it at most grocery stores in either a single batch package or a big package that will last you for weeks. All you need to do is add the suggested amount of buttermilk, mix gently, and roll out the dough — or just make drop-biscuits. Then you bake them for 10 or 12 minutes. When you pull them out of the oven, you'll have some tasty, light, flaky "homemade" biscuits. They are not quite as good as my lovely grandmother's made-from-scratch biscuits, but they will be just fine if you are not already an expert biscuit maker!

TESTIMONIALS

"A man with ethics, compassion, and integrity who truly has found his niche in life by helping others in need, and who just happens to be a great lawyer. Before I hired Bob, I found Bob Bollinger on an online chat forum and then emailed him at least 20 times. He answered every one of my questions no matter what time of day. I really don't think he ever slept. He is truly a hardworking gentleman and really cares about people. I never felt pressured to settle, and he never made me feel like I was a nuisance with all of my questions, of which there were MANY. I knew he was the right attorney for me. I was very impressed with his cool and collective attitude with lawyers from the other side. He also gets right to the point. I like that in people, and he certainly has it. Thank you, Bob, for always being there when I needed you. You can rest assured that if I ever need a lawyer again, it will be you!!! Tell Janice she is a wonderful person and I thank her for all she has done as well. You truly are the best!!!"

— Claire and Mike

"I was injured on the job and ultimately lost my career due to the injury. There was a similar incident that occurred to a friend of mine. I contacted him, and he told me about Bob. I contacted and set up consultations

with other lawyers, but when I met with them, I did not have a good feeling about them. Something just seemed off. I contacted Bob, set up an appointment, and went and met him at his office. After talking to him for just a few minutes, I knew I was going to hire him to represent me. I have dealt with lawyers throughout my career, and to be honest, I didn't trust them. Bob is different. He genuinely seemed to care about his clients and not how much he could make off them. It took about two years, but we were able to settle with an amount that I could live with. If you are going through a workplace injury, don't be like me and think your employer will look after you. Get a lawyer — especially Bobby Bollinger because he will look after you and have your back. I have recommended two individuals to Bob already. Bob, I want to thank you and your staff for all your hard work on my case."

— Kenny

"Mr. Bollinger has been great. He knew the laws that helped to assist my case. And Janice is the best. She helped me understand the process from the beginning to the end. They are the best."

— Steven E.

JUDICIAL ELECTIONS

There are six seats on the appellate courts being contested November 8.

For the North Carolina Supreme Court, incumbent Justice Bob Edmunds is being challenged by Superior Court Judge **Michael Morgan** of Raleigh, who has been a judge since 1989, 11 years longer than the incumbent.

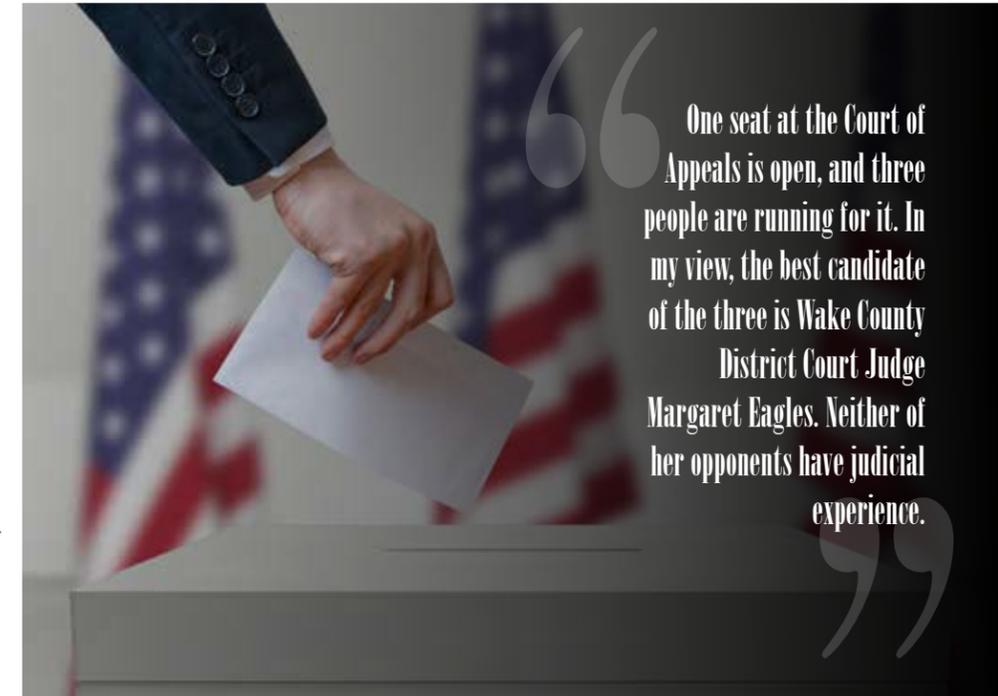
This race is being played out under the shadow of what appears to be some partisanship in the Supreme Court during the past year or so. The Supreme Court is supposed to decide cases fairly, impartially, and in a nonpartisan way. Remember high school civics class? You may recall that the judiciary is supposed to act as a "check and balance" on the other branches of government. Our Supreme Court is supposed to act as a "check and balance" on our General Assembly. But because both of those bodies are dominated by one political party, the Supreme Court has not recently been the "check and balance" it should be.

A good way to re-establish the Supreme Court as a "check and balance" to the legislature is to replace Justice Edmunds with Judge **Michael Morgan**. That will break up the dangerously partisan block on the Supreme Court.

There are five races for seats at the North Carolina Court of Appeals.

Incumbent **Judge Linda Stephens** is being challenged by Phil Berger Jr.

Judge Stephens has been on the Court of Appeals for years and has served intelligently and honorably. Her background was as a workers' compensation defense lawyer, representing employers and insurance carriers. She is an expert in workers' comp law, and she is the only workers' compensation expert on the Court of Appeals. This is important because workers' compensation cases are among the most common cases that the Court of Appeals handles. North Carolinians need an expert in workers' comp on that court. She has served well and is respected by lawyers on both sides of the aisle, and she deserves re-election. **Judge Linda Stephens** is more experienced in the law and is far more qualified for the job than her opponent. There is no reason to replace her.



“One seat at the Court of Appeals is open, and three people are running for it. In my view, the best candidate of the three is Wake County District Court Judge Margaret Eagles. Neither of her opponents have judicial experience.”

Wake County District Court **Judge Vince Rozier** is challenging incumbent Richard Dietz, who was appointed by Governor McCrory in 2014. **Judge Rozier** is well-respected and would make a fine judge on the Court of Appeals. He has more experience as a judge than the incumbent.

Charlotte District Court Judge **Ricky McRoy-Mitchell** is running against another recent Governor McCrory appointee to the Court, Valerie Zachary. **Judge McRoy-Mitchell** has more judicial experience than the incumbent and is well-qualified for the position.

I think racial diversity on our Court of Appeals is an important consideration. Both **Rozier** and **McRoy-Mitchell** are African-American. Of the current 14 judges on the Court of Appeals, only one is African-American, even though a significant portion of the litigants are racial minorities. Put another way, 7 percent of the Court of Appeals judges are African-American, but around 21 percent of our state's population is African-American. Clearly our society is more diverse than the current Court of Appeals. It makes sense to add another African-American judge, or two, to this court, so that the Court of Appeals better reflects the state over which it presides. Fortunately, both **Judge Vince Rozier**

and **Judge Ricky McRoy-Mitchell** are well-qualified for the job.

Judge Robert N. Hunter Jr. has served honorably on our appellate courts for many years. He understands the lives of regular people in this state, and his decisions have often reflected that insight. He has been a good judge. I see no reason to replace him, even though his opponent, former Superior Court Judge Abe Jones of Raleigh, is a very fine candidate for the seat.

One seat at the Court of Appeals is open, and three people are running for it. In my view, the best candidate of the three is Wake County District Court **Judge Margaret Eagles**. Neither of her opponents have judicial experience.

These are my opinions on these races. My concern as a lawyer is that my clients get a fair and impartial judge every step of the way. I don't care about their political affiliations so long as they don't make partisan decisions that affect my clients. I also want judges who will work hard, study the law, and do everything they can to get it right. I am familiar with all of these candidates, and I will be voting for the ones I have recommended above. I hope you will consider giving them your vote as well!