



The deal with worker's comp

By Daisy Carrington
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I am an hourly employee who works for a security alarm company. For many years, my name was on an emergency call list, and I was called at all hours of the night. Now I have trouble sleeping. Can I ask my company to pay damages?

— Sleepless in NY

There is a chance you can get worker's compensation from your company, but that chance is rather small.

"It's a long shot but not impossible," says Troy Rosasco, a partner at Turley, Redmond & Rosasco, a law firm specializing in worker's compensation.

The first thing to do is schedule an appointment

with your doctor.

"Have a heart to heart [with your physician], and ask whether your change in sleep patterns has caused a specific medical problem," Rosasco says.

For instance, you might be able to argue that your lack of sleep has caused high blood pressure or an extra strain on your heart. You'll then have to get your doctor to agree to put your claim in writing.

Following your doctor's appointment, ask your employer to fill out an accident report. If your employer's insurance company refuses to compensate you, you should then seek representation. You should realize going into this though that yours won't be an easy case to win.

"In my 15 years of doing worker's comp, I have only seen a case like this work out once," Rosasco says. "Not to say that it's impossible, but it is a fairly uncommon occurrence."

Do you have a work-related question?
E-mail dcarrington@am-ny.com.

Open wide and say moo

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The art of changing paths

By Karen Tina Harrison
Special to amNewYork

The Big Career Switch:
From Brooklyn doctor to upstate beef farmer

Who Pulled It Off:
Ken Jaffe, 57

What He Does:
Jaffe raises grass-fed cows at Slope Farms in Meredith, N.Y.

What He Used To Do:
Jaffe was a family physician in Park Slope for 25 years.

Why He Switched:
"I felt I was working for the HMOs and not for my

cause grass-fed beef is so much healthier."

How He Did It:
"Like a lot of doctors, I fantasized about being close to nature. I already had a house in Meredith and bought more property. I opened Slope Farms with 10 cattle. Now I have 63."

What A Beef Farmer Does:

"I get up at 6:30 a.m., move the cattle to a feeding pasture, and stay with them two to four hours. I spend an hour a day on business stuff and have a part-time assistant. It's busier during fall breeding season and spring calving season. I'm also politically active in lo-

cal land- and farm-preservation issues."

How Does This Job Best:
"A grass-fed beef farmer must be committed and hardworking. You have to love the land and not be afraid of getting down and dirty."

How's The Dough?

"I make a living, but I'm not getting rich. If the demand for grass-fed beef increases, I'll expand my herd and make more income."

What About Perks?

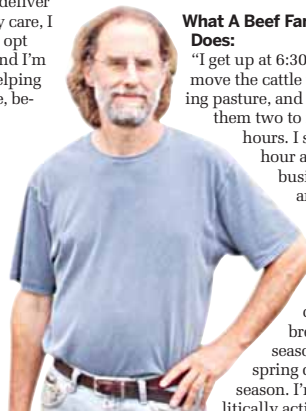
"I love being on the land with the animals, and today's farmers are an interesting, diverse and passionate group. I used to jog in Prospect Park. Now I walk the hills with my cattle."

What Else You Should Know:

"Cows are comforting and give people so much. There's something very profound about the bond between humans and cattle."



(Linda Jaffe)



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