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## Shadowy Days

By Russell Button

As I was growing up, I loved following my dad around doing whatever he did. Whether it was fixing something around the house or going to the office at 6:00 am to review checklists, I was always in. As I got older and wanted to know what it was like to do different jobs, I sought out someone in an industry I was interested in and asked if I could just follow them around for a day. I was never turned down. I learned a lot about what I liked and more importantly, what I didn't like.

Since I didn't grow up with lawyers, I wanted to see what it was like to be a trial lawyer. I called as many as I could find and asked if I could sit in on a trial. Just tell me when and where and I'd be there. It was this experience and insight into the profession that led me to being a trial lawyer. I'm grateful to each and every lawyer that allowed me to follow them around and pick their brain because I ended up doing what I love, which is being a trial lawyer.

I always offer people that want to know about being a lawyer or trial lawyer to contact me. Come a follow me around or watch a trial. If you want to know about a different area of law or different profession entirely, let me know. I will introduce you to the people you need to follow.

I encourage all of you to promote shadow days. Whether you have kids, teenagers or college students or you are in college yourself, start reaching out to people in the positions your kids are curious about. If you have questions on how best to approach this or who to talk to, give us a call or email us at [info@buttonlawfirm.com](mailto:info@buttonlawfirm.com). We would love to help.



## Beat the Heat

### By Russell Button

Let's face it. Whether you live in Texas or not, the summer gets hot. Our energy bills skyrocket and the heat is tough to escape. We love being outside, but we suffer during our fun in the sun. We all know hydration is key. Once you start to feel thirsty, you've probably lost about 1% of your body water and are dehydrated. With a 2% water loss, you could experience serious injuries. This is especially true for students back to practice for sports, band and other extracurricular activities. Water is always great, but all fluids are useful. The amount of caffeine in coffee and tea is less than the amount of beneficial fluids in them. Eat a lot of fruits and vegetables as they both have water and potassium in them. The most important thing is **Drink up and Eat up.**

There are many ways to have fun in the sun. If you have any tips that you have found work great, please share with them us, at [info@buttonlawfirm.com](mailto:info@buttonlawfirm.com). We would love to post them for the community.

The Button Law Firm wishes you and your families a safe and fun August. Email us at [info@buttonlawfirm.com](mailto:info@buttonlawfirm.com) and let us know what you and your families end up doing before school starts. Send us a picture and we will post it on our community page.



#### Safety Tips:

This month I also wanted to provide a few basic tips and tricks to beat the heat so we can carry on the tradition of fun in the sun.

- **Block the sun:** closing your curtains and blinds can reduce the amount of heat that passes into your home by as much as 45%.

- **Homemade A/C Unit:** Place a shallow bowl of ice in front of a fan and enjoy the cool summer breeze. As the ice melts and evaporates, it will cool you off

- **Cool your wrists:** When you come inside or need a quick refreshing cool down, place some ice or something cold on your wrists. It quickly cools down the blood flowing through our veins.

- **Tag Team:** Run a fan and air conditioner at the same time. You can run the A/C at lower power but still feel cool because the fan helps evaporate sweat and move heat away from your body.

Fun fact: Fans don't cool a room; they just make people

## August's Recipe

By: Sheba George

Prep time: 5 minutes

Cook time: 6 hours

Serves 6-8 people

### Ingredients

- 1 cup of orange juice (fresh or frozen)
- 1 cup of heavy cream or full fat coconut milk, you could also use melted/ very soft vanilla ice cream
- 3 tablespoons honey
- ¼ teaspoon orange extract
- ½ teaspoon vanilla extra

### Instructions:

1. In a medium bowl, whisk all the ingredients together.
2. Pour the mixture into Popsicle molds. Let set for 30 to 60 minutes, and then add Popsicle sticks. Freeze for another 4 to 6 hours or until frozen.
3. When you're ready to serve, run some warm water along your Popsicle mold to loosen the popsicles and serve immediately.
4. Enjoy!



Intro by Russell:

“Just so you all know, Sheba was our intern this summer. She is going to be a senior at Texas Tech University, and she is majoring in psychology. It has been fun having Sheba at the firm this summer. Luckily for us, she has decided to continue working for the firm when she goes back to school.”

We would love to hear how your Orange Creamsicles turned out. Email us at [info@buttonlawfirm.com](mailto:info@buttonlawfirm.com). Also, if you have any recipes or ideas for September's recipe, please email us.

## Basic Ways to Keep the Pool Safe

By: Russell Button

If you love being in the water, a pool is your best friend in the summer time. While pools are a blast for parties, summer time fun while the kids are out of school, or a relaxing day of floating, they can also be danger zones. As I was growing up, I had engrained into my head to wait 30 minutes after eating before I go swimming, don't run around the pool, and don't dive into shallow water.

More is required to keep our loved ones safe around pools. Unfortunately, I have seen the consequences when the safety rules are not followed regarding pools. My goal is to offer tips for pool safety to prevent consequences to our loved ones. So, below I mention a few basic safety tips to help keep our families safe during the summer.

- **Put a gate around the pool:** The simple solution to an unsupervised pool is an enclosed pool. Put the latch to the gate high enough to be out of reach of the little ones. If they are a bit older, then put a lock on the gate. Set up safety rules that they are not allowed to be inside the gate without an adult. Reward them for following the safety rules. A barrier to the pool is a simple solution to a deadly problem.
- **Supervise:** There is no substitute for supervision. Designate a pool watcher. You don't have to be a drill sergeant but make sure one adult is always watching the pool. If there is a big group of kids, then add another parent to the mix.
- **Drains are dangerous:** Drains have suction forces, some more than others. While an adult may be able to shake loose, a kid could easily get stuck. Have a talk with your kids to steer clear of drains, especially in the deep ends where they have to dive to get to them.

I'm providing this information to make our community safer, not to scare you. We can make a difference and reduce pool related injuries to our loved ones by sharing safety tips and putting safety first. If you have any questions, please call us or email us at [info@buttonlawfirm.com](mailto:info@buttonlawfirm.com). We are here for you and your families.



Together We Can Make a Difference