

## HOT-BUTTON ISSUES

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## A SWEATY THANKSGIVING REVELATION

## Thanks for Inspiring Me, Peloton!

I'll be the first to admit it: Sometimes the instructors of the Peloton bike workouts are a little bit cheesy. But once in a while, they say something that hits me just right to spark an insight. That's exactly what happened a few weeks ago after my early morning bike ride.

"What are you most proud of today?" the instructor asked.

It was a simple question, but for some reason, it really resonated with me. It stuck in my head long after I showered away my workout and headed into the office. What am I most proud of? And how can I have more of that in my life?

With Thanksgiving coming up, the question of "What am I proud of?" merged in my mind with "What am I thankful for?" — and the answers make a pretty long list.

I'm thankful I have two parents who inspire me to be better every day. I enjoy spending time with them, and in 2021, we traveled together more than ever! I'm also thankful to have a wonderful sister. We made seeing each other a priority this year, and we actually made it happen.

Beyond my family, I'm proud that I've stayed committed to working out this year and that in 2021, I spent more time fishing than the last seven years combined! As I mentioned last month, those breaks give me time to

think, recharge, and become a better lawyer. I hope to triple my trips next year!

To go full-on cliché, I'm also thankful that I get to live a meaningful life with purpose every day. Our team here at BLF is the driving force that makes that happen. I'm proud we have built a team of leaders who expect nothing but the best from themselves and everyone else our firm works with. Their growth and development in 2021 has been amazing to see. Every single person on our team considers this work their calling, and they love what they do.

I'll never forget how it felt last year to have the whole team gathered around the table at my house for a Thanksgiving "family meal." We talked through our ideas for the firm and discussed our core values. One of my proudest moments was when the theme of justice came up that night. Everyone at that table wholeheartedly believed justice is worth fighting for and that we can use it as a tool to make change.

That brings me to the last thing I'm proud of: fighting on the frontlines to make that change happen. November is Child Safety Protection Month, so our daycare cases are at the forefront of my mind right now. BLF has secured justice for dozens of working parents this year. We've seen a tragic uptick in abandoned child cases (these include kids left unsupervised or neglected outside or in vans — you can read about one family



we helped on Page 4), along with reports of daycare workers drugging children, breaking their arms, or pulling their arms out of their sockets.

These cases are shocking and disheartening, but it brings my life meaning to fight for these kids and their parents, and I'm proud to do it. I hope one day, every daycare will be a safe place, and we'll never have to take another daycare case. But until our phone stops ringing, we'll keep working to get justice for one child and family at a time.

So, that's my long-winded answer for my Peloton instructor. And now I have a question for you: What are you most proud of today? I'd suggest you discover those things and think of them often. They'll keep you going when times are tough.

—Russell Button

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# LAW STUDENT BY DAY, HORSEBACK RIDER BY NIGHT

## MEET OUR BRILLIANT LAW CLERK!



You might remember from past newsletters that BLF attorney Ashley coaches law students at the University of Houston in her spare time. A while back, Russell joined

her to be a witness in a mock trial — and one student's approach caught his eye.

"Meghan definitely stood out," he remembers. "She just had the mindset, passion, and work ethic that we demand and expect from people on our team."

Fortunately, Meghan admired Ashley just as much!

"I was really inspired by how much Ashley truly loves her job and really cares for her clients," Meghan says. "So when I reached the end of my second year of law school, I asked if BLF had any law clerk positions open."

We did, and we brought Meghan on board! She has a diverse background in construction and employment law and even interned with the U.S. Army JAG Corps. To help her learn about personal injury cases, we assigned her research projects, discovery requests and responses, seminars, and more.

"Ashley and Russell have been great to work with," Meghan says. "They're not holding back or saying, 'Oh, you're a law student so you shouldn't do this quite yet.' A lot of my peers are working at other firms and are really limited in what they can work on. They're just doing basic research projects. But Ashley and Russell know I want to be an

attorney, so they're giving me the work an attorney would have."

Meghan is working for us remotely from Houston. She has lived there with her family since she was 8 years old, and she has a very Texan hobby: horseback riding!

"When I moved to Texas from Alaska, I thought everyone knew how to ride horses!" she remembers. "I let my parents put me in lessons, and that's how I started out. I don't compete as much now since I'm in law school, and it's expensive and time-consuming, but I do have a horse! Her name is Dream, and she's 20 years old — I've had her since I was 17."

We love the passion Meghan brings to her work and her hobbies, and we can't wait to see what she accomplishes after her graduation this May.

## FIGHT BACK AGAINST YOUR WORKPLACE BULLIES

### With Help From Tremain Artaza PLLC

Carmen Artaza grew up in Northern Michigan in a small working-class town that iced over during the winter. It was a difficult place to make a living, and as she remembers it, the employers in the area were less than helpful.

"There were a lot of injustices and people being taken advantage of," she says.

"Growing up in that background with a lot of blue-collar workers, I wanted to do something to help people."

Carmen decided to attend law school. Thousands of miles away, Ashley Tremain had the same idea.

"I can't stand a bully," Ashley says.

"Throughout high school and college, I was always interested in civil rights issues. When law school rolled around, I knew I wanted to represent the underdog."

Both Carmen and Ashley became employment law attorneys fighting for the rights of workers and winning justice from shady companies. In 2014, they officially joined forces to open their own firm: Tremain Artaza PLLC. They represent workers of all stripes, from low-wage earners to executives.

"Right now, I have minimum wage truckers, entrepreneurs, and high-ranking health care executives on my docket," Ashley says. "We really do represent the whole gamut — as long as they're an employee or an entrepreneur having a dispute with [their former] company, that's our wheelhouse."

Tremain Artaza excels at representing all workers, but as an all-female firm, they have a certain passion for helping women in the workplace.

"Equal pay issues, pregnancy discrimination, sexual harassment, Family and Medical

Leave Act (FMLA), and disability accommodations — these issues all tend to disproportionately affect women," Ashley says. "Other attorneys refer a lot of cases like that to us."

Our team at BLF is on that list! We send clients to Tremain Artaza when they need help with a workplace issue, and we're always impressed by their compassion and stellar results. If you're being harassed, bullied, or treated unfairly by someone at work, visit [TremainArtaza.com](http://TremainArtaza.com) or call 469-573-0229 today to get help.



# OUR COOKBOOK IS BACK!

## 'Flavor of Law' Part 2 Is Heading to Your Mailbox

Last Thanksgiving, our team decided that since we couldn't have all of our clients over to the office for a meal, we would do the next best thing: Send out a cookbook of our favorite recipes! We mailed copies of "Flavor of Law" to all of our clients and partners just before Turkey Day, and it was a huge hit!

"We got emails, phone calls, and texts about the cookbook for months," Russell remembers. "A few people even called me on Thanksgiving and said, 'I'm cooking with my family, and I forgot my cookbook at home — can you text me a picture of this recipe?'"

With a reaction like that, we knew we had to put together another cookbook this year. Jacqueline took the lead on the project and made it happen. As we write this, copies of this year's "Flavor of Law" are on their way to mailboxes, along with other special Thanksgiving gifts.

The 2021 edition of "Flavor of Law" is packed with brand-new recipes from everyone on our team. A few of our favorites are Rosie's Baked Corn

Casserole, Jacqueline's Maple-Roasted Brussels Sprouts, Meghan's Garlic Butter Rolls, and Jacky's Cream Cheese Mango Cake! In addition to appetizers, main dishes, sides, and desserts, you'll also find anecdotes and family photos throughout the pages.



If you haven't already gotten your copy of "Flavor of Law" in the mail, it should arrive any day now! You can also check out a digital version at [ButtonLawFirm.com/library/Flavor-of-Law-Second-Edition-10-.pdf](https://ButtonLawFirm.com/library/Flavor-of-Law-Second-Edition-10-.pdf). We had a lot of fun putting together this year's cookbook, so hopefully you'll enjoy it as much as we did. If you decide to try out one of the recipes, we'd love to see the results! You can call, email, text us or share a photo on social media and tag us @buttonlawfirm.

From our family to yours, have a happy Thanksgiving and happy cooking!

# BLF HIGHLIGHT REEL



Ashley & Calvin watch the Heat take on the Rockets



Russell & Aria for her 1st birthday



Jacqueline's bridal shower



Ashley & Calvin watching the Aggies at Kyle Field

# CLIENT REVIEW

*"Russell helped when no one else would! We were entangled in a mess we were left in by two previous firms. We had tried every avenue we could think of (most of them twice!), even the State Bar. In a sort of a Hail Mary, my wife reached out to Russell because she had experienced his professionalism during a relatively brief previous encounter. He was not only responsive but also knew exactly what to do. He appreciated that time was of the essence and connected us with the help we so desperately needed! We can truly say his advocacy for clients is uniquely Five Star."*

*Andrew M..*

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## SHE WAS ALONE IN THE RAIN FOR 6 HOURS

### BLF Secures Justice for a Neglected Child

This spring, a heartbreaking case came across our team's desk. It was the story of a child we'll call Destiny. She was just 3 years old when her father dropped her off at a daycare that claimed to be safe and competent. However, the facility didn't live up to its promise.

When Destiny's father left, the caretaker took their eye off her, and she wandered through the building and out the back door. It locked behind her. She was stranded on a rainy, foggy, 41-degree day without a coat. Worse, no one on the daycare staff went looking for her.

Destiny wasn't missed until more than *six hours later*. That's when the staff finally found her huddled outside. She was hysterical, cold, wet, and sitting in her own waste. The daycare didn't even call Destiny's father for help — he found out what happened when he picked her up and discovered that she was terrified and wearing another child's clothes.

This experience was traumatizing for Destiny. She regressed in her potty training and needed medical care, counseling, and more. Honestly, it's a miracle things weren't worse. She could

have wandered into the road, fallen into the nearby storm drain, or been abducted by a criminal.

One bright spot in this case came when Destiny's parents connected with our great friend and co-counsel James Ames. We were horrified by the details of her experience and went to bat against the daycare right away for several violations. It wasn't possible to undo Destiny's trauma, but we could get her family justice and hold the daycare accountable for her damages — and we did!

Today, Destiny is still struggling with the aftermath of her experience, but because of our work, her family can focus entirely on her. We're hoping she recovers soon, and in the meantime, we'll continue to fight against daycares that neglect kids in Texas and beyond.

If you know of a child who experienced a similar incident, have their parents contact our firm by calling **(214) 888-2216** or going to **ButtonLawFirm.com**

