

HOT-BUTTON ISSUES

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LUCK AND BASKETBALL

MAKE THE MOST OF THE OPPORTUNITIES YOU'RE GIVEN

I didn't have cable TV until college. Prior to this, instead of spending our days indoors watching reruns of "Batman" and "The Brady Bunch," my sister and I spent most of our time outside. We probably also have the lack of TV to thank for the full athletic scholarships we got.

Our family was always pretty active, and basketball was the game. I was what you call a 'gym rat.' I loved to play and practice, and it didn't feel like work to me. I enjoyed the focus and solitude of shooting baskets in the gym by myself and learning new drills with my team. I still have stacks of the Michael Jordan DVDs that I'd watch outside of practice. That's where I first learned about visualization.

Visualization is a huge part of basketball. In my head, I'd play out every scenario that could happen in a game. Plays, drills, and ultimately a win ran through my mind. I'd close my eyes and picture our team going through a play, me scoring a 3-pointer, and all of us outmaneuvering the competition.

Visualizing is such an incredible tool because you're able to mentally prepare yourself for the unexpected. By doing so, you know how to respond when it happens. You learn to play by instinct. Even if I'd never encountered a specific situation before, I'd been there a million times in my mind.

When I contemplate the areas where I've been successful, I think about the hours of preparation that went into them. When we won a game, it wasn't because our team got lucky. It was because of the hours and hours of drills. When I scored a basket, all the hours of mental and physical preparation were at the root of it. It's been similar with my law practice. When I'm in the courtroom, I'm ready for even the most unexpected question to come up, because I've imagined it. During the trial, I can perform something of a mental autopsy on my case and react quickly to surprises because I've considered every angle.

Sixty days after getting my attorney's license, I tried my first personal injury case. I loved it, and I've never looked back. Is that luck? I



imagine there was some luck involved in my journey. If I hadn't done a personal injury internship in law school, and then later ran into a family friend while I was jogging in our neighborhood who referred me to a personal injury law firm, maybe I wouldn't be practicing personal injury law today.

But you can't rely on luck to get you through life. It depends on what you do with what you're given. When I ran into the family friend, they passed on my information to the law firm. When I didn't hear anything from them, I followed up and contacted them, leading me to my first law job. I followed through and did the work. When I played basketball, I spent hours in the gym perfecting my shot.

Luck may play a part in how we got to where we are, but just as important is making use of the opportunities that come your way. Trust your instincts and make the most of the opportunities you're given.

-Russell Button

THE IMPORTANCE OF SPRING CLEANING YOUR UTILITY ROOM

Don't Forget to Clean the Heart of Your Home



The start of spring brings everyone's favorite seasonal chore — spring cleaning! As you dust, vacuum, organize, and declutter, don't forget about the one room that often gets neglected. This year, give special attention to the utility closet.

The utility closet houses your furnace, boiler, water heater, AC junction, and other similar large appliances. Homeowners often forget about these appliances because they are out of sight and out of mind, and this can cost a lot in the long run.

Like all the other rooms in your home, this space needs to be kept clean. Dust, for instance, can be hard on HVAC systems. Over time, it accumulates in the HVAC intake and clogs the air filter, reducing its effectiveness and efficiency. This results in a short lifespan for your system, higher power bills, and a poorly heated or cooled home.

HOW OFTEN SHOULD YOU REPLACE YOUR AIR FILTER?

- Homes with minimal foot traffic (single or double occupancy) and no pets or allergies: six to 12 months.
- Family homes (three or more occupants) with no pets or allergies: three to six months.
- Family homes with at least one pet or minor allergies: two to three months.
- Family homes with multiple pets or allergies: one to two months.

In addition to changing the air filter, it's important to schedule a routine inspection of your home's HVAC system. This includes an inspection of the appliances themselves and any connecting ducts. Dust, dander, and mold can accumulate in the ducts and spread throughout the home, which can lead to health issues, including respiratory problems.

A routine inspection will identify potential problems in your HVAC system. On top of that, you can get these systems professionally cleaned and maintained. These are simple steps that will keep your home's air systems running smoothly for years to come. Plus, you'll be ready for the summer months ahead.

EXPECT MORE FROM DAY CARE



March is a big month for our kids. Spring break will be here soon, and the warmer, longer days make way for all of their favorite sports.

As you're looking for someone to care for your child while their sibling is at baseball practice or during a busy spring break, there are three expectations you should have of anyone watching your children.

1. **Proper training** should be expected of anyone watching children, including proper licensing and up-to-date knowledge of first aid

and CPR. If they are a day care center that cares for more than one child, there are certain requirements that should be met. You can find a list of licensed facilities on the Department of Family and Protective Services Licensing Division website.

2. They should provide **constant supervision** to your child while your child is under their care. Registration requirements limit the number of children under supervision, so if a facility goes over this limit, they should be held accountable.
3. **Patience.** We've heard too many sad cases of child care providers who went to unnecessary and sometimes cruel lengths in the name of 'discipline.' There was a recent case out of Michigan where a teacher abused a student for that reason. Avoid these types of places by getting to know your day care facility and, if possible, meeting all staff who will be watching your child.

The first step we can take to protect our children and prevent neglect is to have high expectations. Unfortunately, even when we do that, we sometimes still don't know what happens to our children while we're away. If your child has been mistreated or neglected while under someone else's care, you can take action. We handle cases all over Texas involving day care neglect, and we can help. Contact the Button Law Firm and help protect our children.

WAIT — SCREEN TIME IS GOOD FOR KIDS?

HOW A BALANCED MEDIA DIET BOLSTERS CHILD DEVELOPMENT

If you Google the effects of screen time on children, you're sure to be bombarded with horror stories. Numerous articles claim that, beginning in infancy, the more time a child spends in front of a TV, phone, or computer, the worse their developmental outcomes will be.

At first glance, the research is utterly conclusive. It seems we should throw out every TV in our house, smash our kids' smartphones, and usher our children into the great outdoors as soon as possible. But what most of these studies fail to take into account is the *content* of the electronic media. If a child spends two hours a day bingeing episodes of "The Big Bang Theory" or screaming obscenities into a headset while playing "Call of Duty," it's going to negatively impact their experience of the world along with their mental and physical health. But not all content is created equal.

In the past, the American Academy of Pediatrics recommended strict limits on electronic engagement for kids, following the old line of thinking that any kind of screen time would be better spent climbing a tree or running in the backyard. But in October of 2016, they offered new recommendations for parents.

For infants and young toddlers, the research still sides pretty heavily against the use of iPads and television. Before 18 months of age, a child lacks the cognitive capabilities allowing them to apply the lessons

of technology to real life, and even after that, the APP recommends that media consumption should be limited to "high-quality programming, such as the content offered by Sesame Workshop and PBS."

But for kids ages 5 and up, parents should avoid banning screen time outright, but function as their child's media mentor. Instead of decrying time spent building complex structures in "Minecraft" as hours that could be spent on the soccer field, we should set expectations and boundaries to ensure that children can *deepen* their experience of the world through media, not hamper it. The problem starts not with the screen itself, but when the consumption of media becomes problematic, replacing regular face-to-face interactions and physical activity. But with a balanced media diet, kids can have the best of both worlds.



MEMES



BRAISED CHICKEN AND SPRING VEGETABLES

This simple and delicious one-pot recipe is perfect for a weeknight. It only requires about 15 minutes of hands-on work, but will taste like you spent all day building flavors. It's a hearty comfort food that's sure to delight eaters of all ages.

INGREDIENTS

- 1 tablespoon olive oil
- 8 small bone-in chicken thighs
- 1 cup low-sodium chicken broth
- 12 radishes, halved
- 4 large carrots, cut into sticks
- 1 tablespoon sugar
- 2 tablespoons fresh chives, chopped
- Salt and pepper

DIRECTIONS

1. Heat olive oil in a large saucepan or Dutch oven over medium-high heat.
2. Season the chicken with salt and pepper. Brown in pan for 6 to 7 minutes per side.
3. Remove chicken from pan and scrape off excess fat. Add broth and stir in radishes, carrots, and sugar.
4. Return chicken to pan, placing on top of vegetables. Gently simmer with lid on pan for 15 to 20 minutes. Finish with chives.

Recipe inspired by Real Simple

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SPRINGTIME FESTIVITIES IN DFW

It's springtime in DFW, and there are so many ways to enjoy it. This March, head to a game, enjoy some of our local culinary delights alongside natural wonders, or celebrate with one of the many St. Patrick's Day events in our area.



MARCH TO SOCCER

If you're a fan of futbol, check out an FC Dallas game. With the March to Soccer special, you purchase tickets to three matches in March, and you'll get an April match for free! Your young Mia Hamm and

David Beckham wannabees will love it. Dates are available throughout spring, with 'March to Soccer' matches on March 3, 18, and 24.

DALLAS ST. PATRICK'S DAY PARADE AND FESTIVAL

On March 17, sit back and enjoy the annual St. Patrick's Day parade as it winds through Greenville Avenue, Blackwell, and SMU Boulevard. Dancers, themed floats, and plenty of bands will fill the streets with Irish music for the whole family to enjoy. After the parade, relax with a green beer and tasty treats in one of the pop-up bars on Greenville. Wherever you go, don't forget to go green!

DALLAS ARBORETUM FOOD AND WINE FESTIVAL 2018

For the ultimate celebration of spring, get a ticket to the Food and Wine Festival at the Dallas Arboretum, March 22, 7-10 p.m. Amidst the blooming garden, you'll enjoy the culinary creations of our outstanding Texas chefs, featuring the likes of Jeffery Hobbs of Slow Bone, Eric Dryer of Fearing's Restaurant, Janice Provost of Pargi, and Anastacia Quinones of Oddfellows.

If you'd rather skip the specialty grub and just enjoy the flowers, Dallas Blooms is happening around the same time. Tulips, daffodils, and other spring flowers will be presented with true Texan flair.