

THE BUTTON LAW FIRM

# HOT BUTTON ISSUES

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## WHO INFLUENCED YOU?

### A Good Teacher Makes the Difference

Do you remember your great teachers? The kids are heading back to school this month, and I know some of them are going to be affected by a fantastic educator or mentor in the next school year. In my life, I've been very fortunate to have a few people like that come along at the right time to help me along my way.

As a kid, academics were always my sister's department and not mine. I did all right in some subjects, but reading and writing were a real struggle. So, the summer after fourth grade, the teacher I'd had that year spent the whole summer tutoring me. I'd go to her house or we'd meet at the library, and she'd help me with reading and writing.

It wasn't a lot of fun, but her dedication as an educator was admirable. There was no cutting slack or "good enough for today," and as a result, I really improved. I went from C's to B's, and the framework she gave me helped me through the rest of my education — including law school.

Another formative influence in my school days was coach Brad Chasteen. I remember when I first met him. I was in eighth grade, and I'd ride my bike to the high school to work out with those guys. Coach Chasteen would put me right into the fire with the rest of the kids, and I'd compete with all of these guys who were older and better. The work paid off — by the time I got to high school, my skills and athleticism were leagues ahead of where they would have been without Coach. One thing I remember was his ability to assess your psychological situation and tailor his approach to whatever he knew you needed. Some days that meant pushing you past what you thought you could do. Other days he'd focus on empowerment and motivation. He taught me that, as a leader, I had to build up the team even if the coach was coming down on me.

Of course, I can't talk about formative people without mentioning my dad. He was a coach of mine for years as well, and he's continued to support and motivate me during my career. Not too long ago, I had

**"THROUGHOUT THE JOURNEY TO YOUR BEST — AND TO GREATNESS — YOU WILL CONTINUOUSLY ENCOUNTER NEW THINGS FOR THE FIRST TIME."**



to put a witness on the stand in a big trial. I was nervous because I had never put on that type of witness before. My dad could tell, and he said, "Throughout the journey to your best — and to greatness — you

will continuously encounter new things for the first time." He told me that if I'd put in the work, and I did my job right, these new things would always be there, but I'd be capable of handling them. The most important thing was to know that there was nothing more I could have done if it didn't turn out my way. Everyone has to start somewhere.

I hope that the kids headed back to school have teachers and coaches — and parents — like I did. Those influences shaped my life, and their impact is truly invaluable on young people as they grow, learn, and mature.

Have a great August,

Russell Button

# GET POPPIN'

Shake Up Movie Night With Crazy (Healthy) Popcorn Recipes

Popcorn is considered to be a fairly healthy snack by most experts, especially when compared to other salty treats, like corn chips. Unfortunately, microwave popcorn is another matter. Many popular popcorn brands use trans fats, which the Centers for Disease Control estimate are related to 20,000 heart attacks and 7,000 deaths annually. Additionally, a study from the National Institute for Occupational Safety and Health identified a connection between the chemical diacetyl, used to flavor microwave popcorn, and cases of lung disease in workers at popcorn factories.

For popcorn lovers, the answer is clear: Make popcorn yourself! Pour ¼ cup of popcorn kernels into a regular brown paper bag, fold the top of the bag shut tight, then pop in microwave for about two minutes, or when popping slows to a second between pops. Voila! Fresh popcorn with no factory chemicals. If you're craving some fun flavors, try these simple recipes:



## TRADITIONAL BUTTER

Melt 2 tablespoons of butter, then drizzle it along the sides of a brown paper bag. Pour your already popped popcorn into the bag until it's half full, close the bag tight, and shake vigorously. In no time, you'll have perfectly buttered popcorn!

## CINNA-SUGAR BLISS

This is a great recipe to satisfy your sweet tooth. Add 1 teaspoon of cinnamon and 2 tablespoons of sugar to 3 tablespoons of melted butter. Drizzle onto the edges of a brown paper bag, add popped popcorn, and shake well!

## SRIRACHA SESAME CELEBRATION

Here's to the adventurous popcorn lovers! Combine 1 tablespoon Sriracha, 1 teaspoon of sesame seeds, 1 teaspoon garlic powder, and 1 teaspoon of olive oil. Sprinkle half over popcorn and shake well inside of bag. Repeat with remaining mixture.

Whether you're preparing for a movie marathon or need an after-school snack, any of these recipes will be tasty alternative to the chemicals saturating microwave popcorn. Enjoy!



"Russell is really laid-back and down-to-earth. He has your best interests at heart. Russell was more like a friend than anything else. I feel like there's a real personal level with Russell, and he cares about your well-being more than anything else."

"In general, the Button Law Firm is really easygoing and down-to-earth. I feel like he goes through the steps with you and lets you know what's happening. He makes you feel comfortable with the whole process. Everybody was very professional. They treated you like a human being and not just another case. Everyone was polite and professional in their own way, but it also felt so down-to-earth."

# TESTIMONIAL

## See What Our Clients Are Saying!

"Some of my favorite things about the firm would be the comfort level through the whole process. Also, Russell's approach to the case is a lot different to what I've experienced beforehand. His preparation for my deposition was great. I would have been a nervous wreck without him preparing me like he did. Russell's team has been so helpful — Sheba and Teresa made it so easy to understand what they needed from me, which made everything so easy for me and my busy schedule."

"This would be the only law firm I would recommend to anybody, unless they had a different case that Russell doesn't do. But even then, call Russell, and he will get you to the lawyer you need for your case. They are the friendliest and most comforting law firm. Russell treats you like a friend instead of just a client. He's willing to go out his way and make sure you have the best experience possible. The entire team makes you feel as though you are talking to your friends instead of a law firm."

— Collin D. (Car wreck client from Grand Prairie, Texas)



Do you want to know what your personal injury case is really worth? Often, this is the most challenging part of the process, as there are many contributing factors. I can't tell you right off the bat what your case is worth, and any attorney who does so probably isn't one you want to do business with.

It takes time to collect the necessary information to accurately put a price on your case. We'll need to see what medical treatment is provided, meet with you and your family, and go through a thorough review of the facts and circumstances of the case. Often, the extent of

# WHAT'S YOUR CASE REALLY WORTH?

## Putting a Price on Personal Injury

the injuries isn't evident until after significant medical care has been given. If there will be long-term or even permanent injuries, that's a factor, as well.

Another contributing factor is lost wages or a change in your ability to earn after an injury. Likewise, if you are prevented from living your normal life, that's a significant factor. If you can't ride a bike, play with your children, or see the great outdoors like you used to, we have to put a price tag on that and take it into account when we file. Keep in mind, all of this happened to you because someone else screwed up. If they'd followed the rules or put people before dollars, you'd never have been injured in the first place.

And that's the last piece of the puzzle: Personal injury suits are designed to remind people and companies that they have to follow the rules, and that there are consequences if they don't. It all comes back to accountability.

*Have questions? Give us a call, head to our website, or shoot me an email. I'd love to chat.*

# MEMES



## GRILLED MEXICAN STREET CORN



**Make the most of these remaining summer weeks and take dinner outside to the grill! You don't need to visit the fair for this delicious, classic street food.**

### INGREDIENTS

- $\frac{1}{4}$  cup mayonnaise
- $\frac{1}{4}$  cup sour cream
- $\frac{1}{2}$  cup finely crumbled feta cheese
- $\frac{1}{2}$  teaspoon chili powder
- 1 medium clove garlic, minced
- $\frac{1}{4}$  cup finely chopped cilantro leaves
- 4 ears corn, shucked
- 1 lime, cut into wedges

### DIRECTIONS

1. Set burners of gas grill to high heat and allow to preheat for 5 minutes.
2. Combine mayonnaise, sour cream, cheese, chili powder, garlic, and cilantro in large bowl. Stir until well-combined and set aside.
3. Place corn on hot grill, rotating occasionally. Grill until cooked through and charred in spots on all sides, for about 8 minutes.
4. Transfer corn to bowl with cheese mixture and use large spoon to evenly coat each ear on all sides. Sprinkle with extra cheese and chili powder and serve immediately with lime wedges.

*Recipe inspired by seriouseats.com.*

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It's nearly impossible to log on to social media or turn on the TV without seeing something distressing. Instead of dwelling on what's troubling, let's focus on how to protect our mental health.

### THE PSYCHOLOGY OF BAD NEWS

A study by Psychology Today found that people who watch negative news feel worse about pre-existing worries than people who watch happy or neutral events. That means people watching the news don't just feel anxious about the world — they feel more anxious about their own lives.

## THE EFFECTS OF NEGATIVE NEWS

### They Say Ignorance Is Bliss ... But Is It Healthy?

British psychologist Dr. Graham Davey, who specializes in the effects of media violence, says negative news can affect how you interact with the world around you. As you consume threatening news, you're more likely to spot threats in your day-to-day activities that aren't there, which leads to anxiety.

### WHY IS THE NEWS SO NEGATIVE?

As news media revenue goes down and people become desensitized, news organizations feel the pressure to show emotionally relevant material such as crime and accidents. At a basic level, for something to be "newsworthy" — negative or not — it needs to be the exception to the rule, not the norm. That means watching the news might give you an inaccurate view of what daily life is like in the world.

### HOW TO FIGHT THE NEGATIVITY

It's important to understand important issues of the day. But when the news becomes too much, psychologists encourage you to take a break with some good news — or no news at all. Advances in medicine and technology happen all the time! Seek out those stories, or take a break from news altogether. That's when no news can become good news.