

HOT BUTTON ISSUES

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HAPPY FATHER'S DAY

A Little Bit About My Dad

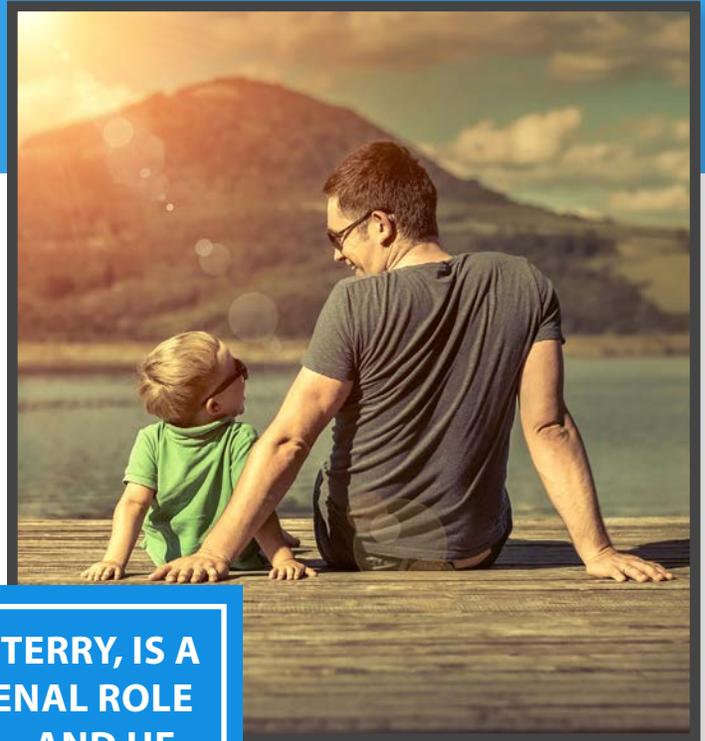
Every June, we honor and recognize the great fathers in our midst. I am tremendously lucky to have the father that I do. My dad, Terry, is a phenomenal role model, and he has been since I was a child. The things I learned from him would fill an entire encyclopedia. His influence on me cannot be overstated, and neither can the love that he has for his family.

One of the most important things my father taught me was how to behave around women. He and my mom have been together for decades now, and they're still happily married. That's an achievement that few people can boast about, but when I see the way my dad is around my mom, it's no surprise. He's a loving and supportive husband, someone I aspire to emulate in my own relationships.

Dad also showed me how to build and run a business. Discipline is very important to my father, and it plays a central role in my life as well. He took his commercial fire protection company from three employees to over 100 employees, and nobody in the company worked harder than he did. To this day, he still gets up before the crack of dawn and works until sundown; we often compete to see who can get up earlier and outwork the other. My dad loves what he does, and I feel the same way about being an attorney. I think that's very important.

You might be getting a picture of a tough older guy who's also a little gruff, but you'd only be right about the tough part. My dad is a fantastic people person; the guy could start a conversation with a fly on the wall, and he's very friendly. He's also incredibly supportive. He loved going to my games when I was in high school and college, and now he and my mom will sit in on my court trials when they can. It's awesome looking over and seeing them there, rooting for me like they always have.

"MY DAD, TERRY, IS A PHENOMENAL ROLE MODEL — AND HE HAS BEEN SINCE I WAS A CHILD."



Dad and I still find chances to get away and have some fun, too. We're both avid hunters and fishers, and sometimes we'll play a little basketball, too. As long as physical activity is involved, Dad's usually down. The only exception is action movies; we'll sit and watch those all the time. His favorite is "Four Brothers," which I think we've seen 50 or 60 times. He also loves "A Time to Kill," which I talked about last month.

Like I said, Dad has taught me a lot. I'm glad that I get the chance to talk about him this month, and I hope that if you have an awesome father in your own life, you'll let them know they're appreciated.

Have a great June,

- Russell Button

DIY FOODS THAT SAVE MONEY

How to Cut Out Expensive Premade Staples

Everyone has to eat, and food is one of the biggest expenses for every family. While eating at home more often is a great way to save money, why not take things one step further? There are a lot of items that you probably buy packaged and premade that are just as easy (and delicious) to make at home. Here are some of the biggest offenders when it comes to an inflated grocery bill.

SALAD DRESSING

Savings per bottle: \$3

Not only is bottled dressing expensive, but it also comes with added salt and sugar you can easily cut out of your diet. Dressing is a simple formula: oil, plus acid (vinegar or lemon juice), plus other added flavors. Once you get the ratios down, you'll be shocked at all the tasty creations you can whip up in no time at all. To get started, try this French dressing: two parts olive oil, one part sherry vinegar, a scoop of Dijon mustard, and a clove of garlic.

HUMMUS

Savings per tub: \$3.50

Hummus goes great with everything, from bread and vegetables to grilled meats, but it often costs over \$5 for a small tub. Canned chickpeas and tahini paste? Well, they are a lot cheaper. And making your own hummus couldn't be easier. Put one can of chickpeas, the juice of one lemon, $\frac{1}{4}$ cup of tahini, and two tablespoons of olive oil in a blender. Mix until smooth and add salt to taste.



GRANOLA

Savings per box: \$5

It's a great breakfast option, and one that comes with a steep markup, but homemade granola doesn't even require cooking. Simply combine oats, dried fruit, and nuts. You can also add a little honey and bake the mixture, and then you have homemade granola bars to put in lunch boxes.

BREADCRUMBS AND CROUTONS

Savings per container: \$2.50

The price of packaged breadcrumbs is simply outrageous. When your loaf of sourdough goes stale, don't throw it out. Cube it, toss in some olive oil, and bake it into croutons. Alternately, crush it up and use it to bread meats or make stuffing. You'll be saving money and reducing waste — a win-win.

The next time you're at the market, ask yourself which items in your basket can just as easily be made at home. Put in the effort to do it yourself, and your checkbook and taste buds will thank you.

CLIENT

TESTIMONIALS

See What Our Clients Are Saying!

"Russell was a hell of an attorney. He did everything he could for my case. I have the utmost respect for him as an attorney."

– *Kerry C., commercial truck wreck client from Emory, Texas*

"I have known and worked with Russell on many occasions. Russell Button is an attorney's attorney. His knowledge of the law sets him apart, and he seeks new and innovative ways to help his clients. Russell cares deeply for his clients and puts their interests first and foremost. He works diligently to help his clients and leaves no stone unturned. Russell fights for his client's justice, community safety, and to protect our right to trial by jury. Russell will take his client's case to trial to obtain justice for them and fight to make a difference in our community. I am proud to associate with Russell and know him as a peer and friend."

– *Rob Clements, trial lawyer with Clements & Clements in Dallas, Texas*



HOW MUCH IS YOUR CASE WORTH?

Only Thorough Research Guarantees the Compensation You Deserve

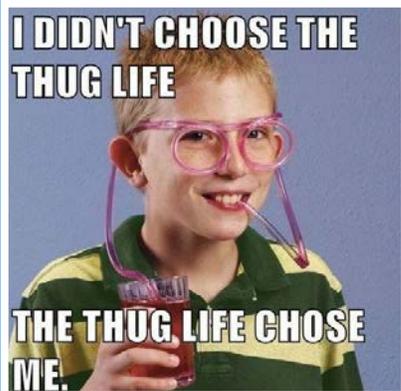
The truth is that we can't know exactly how badly you are injured until you have been medically evaluated and treated. Without treatment, we won't know the full extent of your injuries. The value of your case is also affected by lost wages — how much work you have missed and how badly your wages have been affected. These losses have the potential to be long-term if your injuries are permanent. At the end of the day, the real damages are the ones we learn by meeting with you and your family. Through these meetings, we can discover which daily tasks have been affected by your injuries and the ways you have to compensate for them.

Many factors play into how much your personal injury case is worth, and it takes thorough research to discover the true amount. Before settling on an amount, make sure you are medically evaluated and treated, your case has been fully evaluated, and you and your family have been interviewed by your attorney. Only then can your case be pursued, and the at-fault party can be held accountable.

One of the first questions you'll ask when you're considering filing a personal injury case is, "How much is my case worth?" The truth is, the value of your case is dependent on a variety of factors.

If you meet with an attorney for the first time after filing your case and they immediately tell you how much your case is worth, you should be wary. There is absolutely no way to know the true value of your case unless adequate time has been allotted for medical treatment, interviews with you and your family, and a review of the entire case's facts and circumstances.

MEMES



SUMMER CRAB ROLL



Start your summer off fresh with this sandwich from the sea.

INGREDIENTS

- 8 ounces fresh or canned crabmeat
- 2 soft rolls, split down the center like hot dog buns
- 2 tablespoons mayonnaise
- Green leaf lettuce leaves (for serving)
- Kosher salt
- Freshly ground white pepper
- 2 tablespoons unsalted butter, room temperature

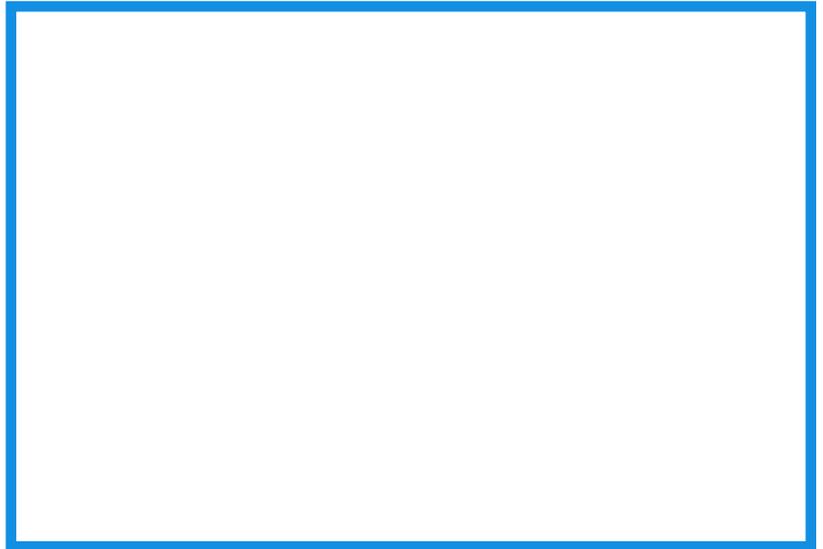
DIRECTIONS

1. Mix crab and mayonnaise in a small bowl and season with salt.
2. Heat a large skillet over medium heat.
3. Butter opening of buns and cook until golden, about 2 minutes per side.
4. Place a large leaf of lettuce in each bun.
5. Add crabmeat mixture and season with pepper.
6. Enjoy!

Recipe inspired by BonAppetit.com.

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THE ROSETTA PHONE

Language-Learning Apps for Everyday Life

BUSUU

Along with writing and grammar exercises, as well as flashcards and quizzes, students can communicate with any of the 60 million other users across the globe through audio recordings. Users can get help with pronunciation and find answers to questions from native speakers with firsthand knowledge. An independent study conducted by City University of New York determined 22.5 hours of busuu Premium offered the same level of knowledge and experience as a semester in a college-level language course.

BABBLE

Using speech recognition technology, the Babble app really focuses on helping students get their pronunciation correct right from the start. Rather than overwhelming students with grammar rules, vocabulary comes first, with students learning grammar as they go. Babble offers more customization in its lesson plans, meaning you can focus on the vocabulary that's relevant to you and your current needs.

Whether you need to learn a new language for travel, work, or just for fun, apps like these can help turn you into a real multilingual logophile.

It's said the best way to learn a new language is to be fully immersed in another country. Unfortunately, most of us need to be at work on Monday. So, if taking an extended trip for an immersive language lesson is out of the question, consider one of these language-learning apps, perfect for learning around your 9-to-5.

DUOLINGO

Learn a new language on your own time with Duolingo. This app lets you select your lesson intensity based on how much time you're able to dedicate to each session and can be adjusted at any time. Lessons can range from 5-25 minutes, meaning you can be learning a new language during your lunch break! Additionally, Duolingo blends video game aspects into the learning, awarding students with experience and providing support and encouragement as you advance through the lessons.