

HOT-BUTTON ISSUES

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BEAT STAGE FRIGHT!

Russell's Guide to Public Speaking

People tell me I'm a good public speaker, which is good to hear because as a trial attorney, I spend a lot of time up in front of a judge and jury, advocating aloud for my clients. I've found that public speaking outside of the courtroom is something I enjoy as well, and it's an activity I'm spending more time doing lately. While it can be a very good way to communicate information, it's not without its challenges. Believe it or not, I wasn't always comfortable speaking in public — I was a quiet and shy kid — and I still get nervous before I step onstage, get behind a podium, or deliver an argument in court. The secret is simple: Lots and lots of preparation.

I start with whatever the topic is. I look at the experience I have and start doing research and brainstorming. A dry-erase board is very helpful. From there, I come up with a list of things I want to be sure to mention, and I'll write all those ideas down and then explain them in writing. Now I have a roadmap, and I know what I'll be discussing. I also have those in-depth explanations, which are very important. Even if I don't end up talking about all those topics in a great level of detail, it pays to be an expert, and it makes me more confident during the rest of the talk.

I'll practice talking those points out, writing them down again and again, and I'll narrow it down a bit each time I do. For example, imagine I wanted to say, "Don't cash any checks the insurance company sends you, especially unsolicited checks. That's a trick they can use to end your claim before it starts." I'd begin by writing the whole sentence out, and then I'd practice until I could see the words "unsolicited checks" and know exactly what those trigger points meant. This might take 30 or 40 tries, but my final notes would be minimal. That's okay — by then I don't need anything more than those trigger points.

When the nerves hit, I try to do what feels natural. I learned recently that I tend to walk when I talk. If I try to stay still behind a podium, it's harder for me to focus on what I'm saying. If you have a few habits that will make you more comfortable while speaking in public, go ahead and do them. Stack the deck in your favor, right?



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The reward for all this work is immense. I can share what I know and help a lot of people learn something that I might have learned the hard way. By explaining my own successes (and my own failures), I hope to save others the time and get them more acquainted with the subject at hand.

In court, I want to communicate the reality of my client's case in a way that others can easily understand and empathize with. I've found that people also appreciate the fact I'm not some flamboyant big-shot attorney with no time for them. I'm just an average Joe who can help them understand something that I didn't always understand myself.

And that's what really matters.

Russell Button

5 FASCINATING FACTS About Fall

The end of summer doesn't have to signal an end to fun. How about sweater weather, Halloween parties, and football season? The list goes on and on.

In fact, fall might be the most interesting season of them all. Here are five facts you probably didn't know about the season.

1. It was originally called "harvest." In a world that was far more agricultural, the season was defined by the harvesting of crops. It's also a reference to the harvest moon, which was essential to farmers during the season.

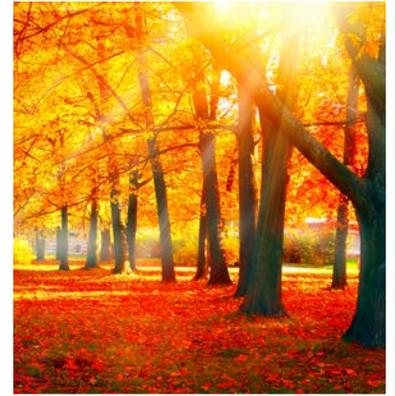
2. Fall babies tend to be impressive. Not only does the world's most common birthday, October 5th, land in fall, but those babies have built an impressive resume. The British Department for Education found that they tend to do better in school, and also tend to live longer.

3. Weight gain is most common in the fall. It's not only the Halloween candy or Thanksgiving turkey. Researchers believe it's primarily caused by lower levels of vitamin D. As the days shorten and

temperatures drop, we tend to get less sun. It's another reason to be careful about diet and exercise this season.

4. Autumn is good for the economy. "Leaf peeping," which is a slang term for fall foliage tourism, is more than just a funny name. It's also a \$3 billion industry in New England alone.

5. People fall in love more in the fall. Men and women's testosterone levels tend to spike in the autumn, which makes women even more attractive to men. A data study on Facebook also found that more people change their relationship status from "single" to "in a relationship" during the fall than any other season.



CLIENT TESTIMONIALS

See What Our Clients Are Saying!

It was very comfortable with Russell. I didn't know Russell before the initial attorney brought him into the case as it got close to trial. When I was able to meet with Russell, it was easy, and he made all my nervousness about the case go away instantly. I felt very relaxed and cared for. He trusted me that I'm not looking to scam and make a whole bunch of money like a lottery. I just wanted reconciliation and closure.

My opinion of lawyers before Russell was that they want to get all the money they can for themselves, and that was not the case with the Russell. It was so great that our objectives were the same. I felt safe knowing that we matched in that. I felt comfortable moving forward from that point.

What I liked most was his patience with me and making sure that I was prepared for my deposition. The way he did that was to continually remind me to be myself. That made things easy. His preparation of me for my deposition was amazing. He went over things as much as we needed to go over until I felt comfortable. He never let time be an issue while we were working together on my case.

What I personally liked about Russell is that even though he was a very well-educated man, he made me feel like a friend. What would

normally feel like a stuffy environment was made so comfortable. He just honestly cares. It was more than him just being my attorney. In fact, we've kept in touch since, and he didn't forget about me once it was over. The expectations were laid out right from the beginning. He said, "We're here to help you get the treatment you need and make sure you try to recover from this accident." That felt good to know. It's was not just about the money. It was honesty.

When I walked in, he was honest. He said, "Here's what I am trying to do," and he stuck to what he would say he would do. The communication was outstanding. I felt cared for — that was the most important thing. They did everything they could to get me in a better position. The words "I care for you," especially from an attorney, go a long way.

I would recommend the firm without a question. He's my attorney for life. They are absolutely a friendly and comforting firm. Russell was a big reason for that. My overall experience with Russell and his team at the Button Law Firm was outstanding. It was a really good experience. Obviously, I don't wish a car accident on anyone, but if they were to go through something like that, I would recommend Russell Button and the experience that the Button Law Firm brings.

—Jeremy D., car wreck client from Little Elm, Texas

WE HOLD NEGLIGENT TRUCKERS RESPONSIBLE



DRIVER DISTRACTION

Long-distance truckers face many challenges, including boredom, loneliness, navigation problems, and logging requirements. Unfortunately, they often cope with these challenges by multitasking behind the wheel. When a driver is in control of a 40-ton semitruck, they should be fully focused on driving.

POORLY MAINTAINED TRUCKS

Bad brakes and poor tires are the leading causes of vehicle failure accidents. When a driver fails to conduct mandatory inspections of their rig or trucking companies neglect maintenance, they send dangerous vehicles out on the roads. In these accidents, both the driver and the company are to blame.

No matter what caused the accident that left you injured or a loved one dead, we will investigate to determine who is responsible. When you call the Button Law Firm immediately after your truck accident in Texas, we will preserve the evidence necessary to investigate the cause of the crash and pursue compensation from the negligent party. Our mission is to create awareness and spark change in the industry to make our roads safer — one case at a time. Connect with us at 214-888-2216.

Living in Texas, you share the road with plenty of commercial trucks. While there are many great and safe truck drivers, there are just as many truck drivers that are fatigued, impaired, or distracted, making them more susceptible to causing car crashes. If you are unfortunate enough to be the victim of one of these incidents, you will need an experienced Texas truck crash attorney. You will need the Button Law Firm.

According to the Federal Motor Carrier Safety Administration, when a truck crash occurs, it is often caused by one of the following contributing factors.

DRIVER FATIGUE

Drivers are required by federal law to limit the number of hours they drive in one stretch. However, many drivers ignore these rules. When a fatigued driver is behind the wheel of an 18-wheeler, they are putting many lives at risk.

MEMES



SAUSAGE AND BARLEY SOUP

It's a great time of year to warm up with a cup of soup, and this comforting, guilt-free dish comes together in a flash.

INGREDIENTS

- Cooking spray
- 6 ounces turkey breakfast sausage
- 2½ cups frozen bell pepper stir-fry
- 2 cups water
- 1 (14½-ounce) can Italian-style stewed tomatoes, undrained and chopped
- ¼ cup uncooked quick-cooking barley
- 1 cup coarsely chopped fresh baby spinach

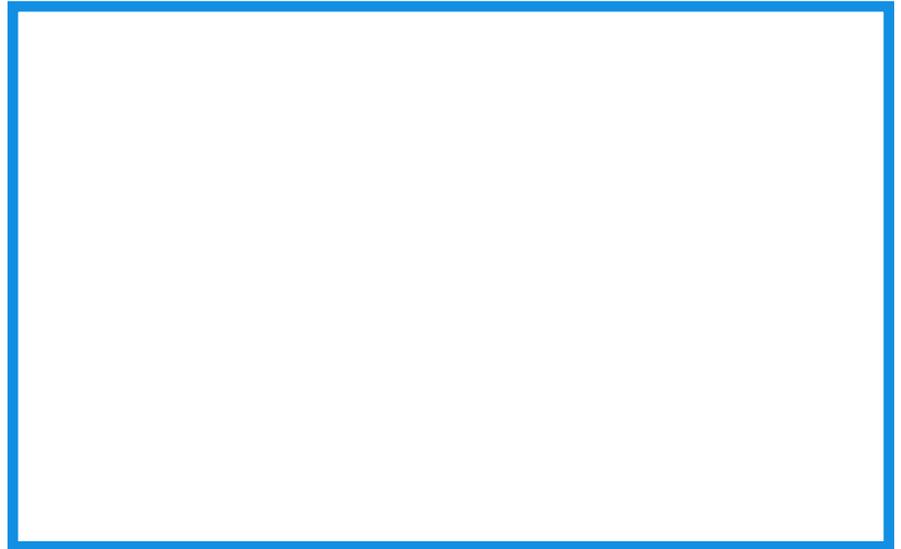
DIRECTIONS

1. Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add sausage; cook 3 minutes or until browned. Remove from heat.
2. While sausage cooks, place stir-fry and 2 cups water in a blender; process until smooth.
3. Add stir-fry puree, tomatoes, and barley to sausage in pan. Bring mixture to a boil over high heat; cover, reduce heat to low, and simmer 10 minutes. Stir in spinach; cook 1 minute or until spinach wilts.

Recipe courtesy of CookingLight.com.

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3 EFFORTLESS FITNESS STRATEGIES

How Your Calendar Can Help You Get off the Couch

We are quickly approaching the holiday season, and with Halloween, Thanksgiving, and Christmas right after one another, there are a lot of excuses to eat. How can you balance out those extra calories? Exercise, obviously.

But if it's not something you do regularly, getting into a routine is an obstacle itself. There are so many reasons not to exercise: you worked

late, you're tired, you don't have any energy, the kids need you, etc. The reality is, there are always reasons not to do it.

With the upcoming food-laden holidays, there's no better time to start than now. Luckily, there are a few tricks to making workouts fun (yes, really) and easy to fit into your life.

1. Make a Date

Ready, set, mark your calendar! Besides parties, there are also a lot of running events in the holiday season. Sign up now for a Turkey Trot or Santa Run (the Dallas YMCA has plenty of holiday themes). Even better, sign up for both! Then, mark your calendar with the date. Seeing the upcoming date will be motivation to move.

2. Find a Buddy

Get family and friends in on the action. No one said exercise has to be boring, and you'll have accountability if you make a schedule together. Instead of going out for appetizers after work, meet at the park and walk together.

3. Celebrate Every Victory

Before the race, use the same calendar to mark your victories. Each time you exercise (it doesn't matter how long, just sticking to it is important), put an "x" on the calendar next to the date. Go as long as possible without breaking the chain of x's. Seeing your progress and commitment will be its own reward!

With these strategies, you can kick off this holiday season right. Jumpstart the resolutions and feel good in the process!