

THE BUTTON LAW FIRM

## HOT-BUTTON ISSUES

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## WHAT'S IN 24 HOURS?

January marks our third year as The Button Law Firm. You know what we're looking forward to? Getting better. Every year, we ask how we can push ourselves and how we can improve.

I ask this question not only in regards to the firm, but in my personal life, too. I recently made a big change to my lifestyle. I always assumed group workout classes weren't my thing, and I built a home gym so I could avoid the hassle of going somewhere crowded. But lately I've recognized the need for more accountability. I was waking up and going through my workouts, but not feeling as motivated by them. So, despite not considering myself a workout class person, I started going to early morning classes at a gym. And you know what? They're great! The accountability factor is amazing, and so are the coaches. Those of you who love workout classes are probably thinking, "Duh!" But it's been a big realization for me.

That doesn't mean they're easy, of course. Every time I get up, I hit the snooze button a couple times and think, "Why am I getting up at this crazy time to go to the gym?" As I drive there, I still think, "Why do I have to wake up and do this?" But the thing is, after the workout, I feel good for the rest of the day. The challenge of getting up early pays in the form of all those endorphins and natural, feel-good chemicals you get afterwards.

I've long been a morning person, and even more so after reading "The Miracle Morning." With workout classes in my routine, I have another goal this year — to get up even earlier. This sounds crazy to most people who know me, because I already get up pretty early. Even though it's hard, my eventual goal is to get up with enough time to practice my miracle morning before I head to class. That time to sit and enjoy a cup of coffee while I read and reflect, and then take the dogs for a walk, is invaluable.

In addition to how good I feel after the positive start to my morning, the instructors at the classes have made me realize the importance of accountability through coaching. Even when I don't feel like going to the workout, the coach's voice is in the back of my mind. During the workout, your coach tells you that you can do it, and you realize you can!



Inspired by the coaches, I'm challenging myself to be a better leader. Your team isn't going to feel motivated if they don't feel like you're walking the walk. My team also keeps me accountable because, at the end of the day, if something doesn't get done, it's on me. As a leader, I need to take ownership of that for my team. And if I can lead by example, I can show them the "what" and the "why" of a task so they can figure out the "how." Sharing the "what" and "why" of our mission inspires us all to carry out the "how." My team doesn't need me to tell them how to do a task, but they need me to share with them why it's important. None of us are motivated if we don't understand the importance of a task, are we?

I'm grateful to love what I do, and I picked a team of people who love what they do, too. That's why I'm pushing myself to do better this year — to wake up earlier, to go to morning workouts, to be a better leader for my team — and why I believe I'm capable of it. Nobody gets more than 24 hours a day, and nobody gets less. I hope you feel inspired to use your hours to the max this year.

Happy New Year!

*-Russell Button*

# WANT TO SEE BETTER REPORT CARDS IN 2018?



## Make Reading a Family Resolution

Every parent wants to see their child do well in school, and there's one fun activity that benefits students of all ages: reading. In a world with so much stimulation, however, it can be difficult to motivate kids to put down a screen and pick up a book. New Year's resolutions are the perfect opportunity to make reading a priority. Here are a few tips to make 2018 the year your kids become bookworms.

### MAKE IT A FAMILY RESOLUTION

There's no better motivator than solidarity! Plus, we're guessing everyone in your household could stand to read a little more. You don't have to read the same books or set identical goals, but it's a lot more fun when everyone participates. Schedule weekly reading discussions so everyone can share the cool stories they've read. Stack your completed books in your house somewhere as a monument to all the knowledge your family has gained.

### SET REWARD MILESTONES

Positive reinforcement will propel your kids to keep reading long after the calendars have turned. For a certain number of books completed

or hours spent reading, offer them a prize. You can even create a big end goal to really cement those reading habits. Better yet, set a combined goal that the entire family can work toward. Don't be afraid to pull out all the stops. If your kids know that reading one book per week through June means an extra-special summer vacation, their enthusiasm won't wane come spring.

### USE READING APPS

Goodreads is a social network for bibliophiles. You can find recommendations, share ratings, and create lists of both completed and to-be-read books. Users also create reading lists based on topic, genre, decade, and more. With over 2 billion books added, you'll never run out of inspiration. Biblionasium offers the same services, but it's designed specifically for children. Talk to other parents and create a network of friends and classmates. After all, nothing is cooler to a kid than what their friends are doing.

Avid readers tend to do better academically from kindergarten through college. In fact, a study from the Journal of Education and Practice found that reading comprehension predicted success in other subjects more than any other factor. If you want to see improved report cards, make a reading resolution for your entire household.

# TEXAS' NONSUBSCRIBER CLAUSE AND WHAT IT MEANS FOR YOU



## Know Your Rights After a Workplace Injury

### KNOW YOUR RIGHTS

While Texas law does permit an employer to go without workers' comp insurance, they still have to maintain safe work environments. Your employer also must inform you upon hire if they do not carry workers' comp insurance, or if they stop carrying it at any point during your employment.

A while back, a client came to me after he'd been hurt at work. He worked for a construction company that didn't have workers' comp, and he was concerned about not being able to pay for his medical expenses. What were his rights, he wondered?

Texas is a right-to-work state, and many of our laws reflect that. One, for example, is workers' compensation insurance. Unlike other states, Texas does not require employers to carry workers' comp insurance. This means your employer will not carry the basic insurance to cover your medical bills and lost wages in the event that you are injured. However, our state does give employees rights if they are injured on the job because of an employer's negligence.

If your employer is a "nonsubscriber" and chooses not to carry workers' comp insurance, you can file a case against them if you are injured while carrying out the duties of your job. The law also prevents your employer from retaliating if you file a suit against them, so don't let the fear of being fired stop you from getting the benefits you deserve.

If you've been injured, there are important deadlines to meet when you are filing a workers' comp insurance claim, and some fall as early as 30 days from your date of injury. If you need help filing a case after a work injury, give us a call. Talk to the attorneys at The Button Law Firm and we'll fight for your rights together.

# THE HEART-HEALTHY LIFESTYLE

## IMPROVE YOUR HEALTH WITH THE MEDITERRANEAN DIET

Calorie-cutting diets have become a thing of the past. Instead of depriving our bodies of nutrients, we've turned to lifestyle changes. Losing weight and reaching a healthy nutritional balance isn't easy, and a few months of eating 1,000 calories per day just doesn't cut it. Enter the Mediterranean diet, a lifestyle change that's become quite popular and effective.

This diet is inspired by the traditional eating habits of people in southern Italy, Greece, Turkey, and Spain. According to the Mayo Clinic, it is a realistic and sustainable way to reduce disease-causing inflammation and lose weight, and it is one of the most heart-conscious ways of eating.

The Mediterranean lifestyle promotes heart-healthy foods, including the following:

- Fresh fruits and vegetables, especially leafy greens and non-starchy veggies
- Olive oil
- Nuts and seeds
- Legumes and beans
- Herbs and spices
- Whole grains
- Wild-caught fish and seafood
- High-quality, pasture-raised poultry, eggs, cheese, goat milk, and yogurt
- Red meat, but only on special occasions
- Daily glasses of red wine

Following the Mediterranean diet has many benefits. The Mayo Clinic credits this lifestyle with reduced incidences of cancer and Parkinson's and Alzheimer's diseases. In addition, women who eat a Mediterranean diet supplemented with extra-virgin olive oil and mixed nuts may have a reduced risk of breast cancer. But there are still a lot of misconceptions surrounding this lifestyle change. Many people believe it costs a small fortune. However, if you craft meals with beans or lentils as your main source of protein and eat mostly plants and whole grains, the Mediterranean diet is far less expensive than processed foods.

Some Mediterranean diet enthusiasts may believe that if a daily glass of wine is good for your heart, then three glasses per day is okay, too. While moderate amounts of red wine certainly have unique heart benefits, drinking too much has the opposite effect. The Mayo Clinic recommends no more than 5 ounces of wine daily for women and men over 65, and no more than 10 ounces per day for those under 65. Anything more is bad for your heart.

But even if you switch over to Mediterranean-friendly recipes, your work doesn't stop there. It's also important to mirror the other ways Mediterraneans live their lives. When it's time to eat, don't rush or watch TV. Sit down, relax, and enjoy a leisurely meal with others. And of course, get plenty of exercise.

## HAVE A LAUGH



My New Year's resolutions are:

1. Stop making lists.
2. Be more consistent.
7. Learn to count.



## MEDITERRANEAN TUNA

### INGREDIENTS

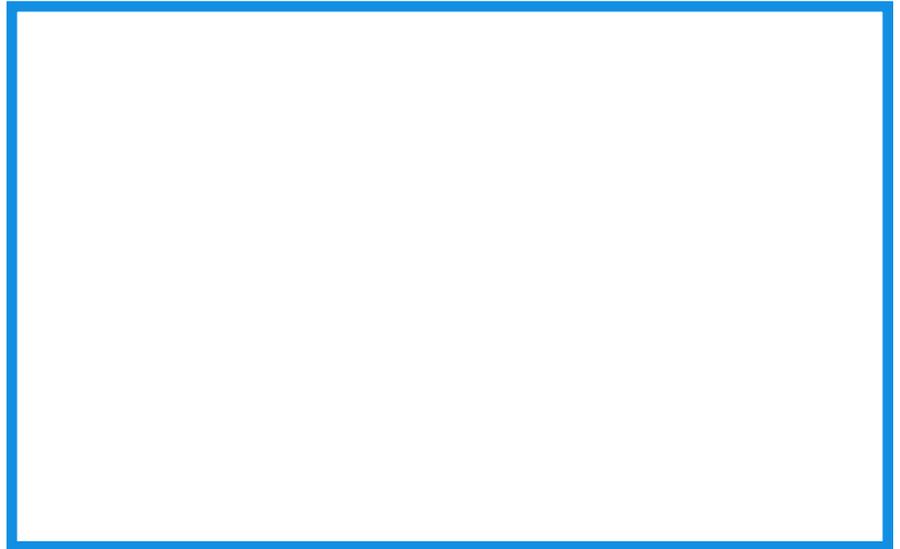
- 2 cans (6 oz. each) tuna, drained and flaked
- ¼ cup Hellmann's or Best Foods Mayonnaise Dressing with Olive Oil
- ¼ cup chopped, pitted ripe olives
- ¼ cup drained and chopped roasted red peppers
- 2 green onions, sliced
- 1 tablespoon small capers, rinsed and drained
- 6 slices whole wheat bread

### DIRECTIONS

1. Combine all ingredients except bread in medium bowl.
2. If desired, arrange on greens and serve with bread.

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# YOUR READING LIST FOR 2018

Can you believe 2017 is behind us? Elections, weather, and just about everything on the news left us feeling uncertain. We could all use a dose of optimism in the new year. Here are some books that celebrate the triumph of the human spirit, even in the most challenging situations.

### FINDING FORREST

When an actor tries their hand at other creative mediums, the results are varied, but the buzz about Tom Hanks' new book, "Uncommon Type," has been largely positive. His literary debut is a collection of 17 short stories, all featuring, in some way, a typewriter. At their heart, though, the stories are about human relationships, and Hanks manages to inject his most memorable character's charm into his writing. As NPR reviewer Heller McAlpin puts it, "In a world where the news is unrelentingly bleak and much fiction tends toward the dystopian, postapocalyptic, dark, or edgy, this is a gentler, sweeter kind of storytelling than we've come to expect."

### OVERCOME A HARROWING YEAR

Few have done more to earn the title of modern-day hero than Scott Kelly, who has served as a military fighter pilot, an engineer, an astronaut, and now, an author. "Endurance" is Kelly's memoir, and it recounts the year he spent on the International Space Station. From

sharing everyday space adventures to letting us in on the physical toll space takes on the body, Kelly helps us understand what it's really like to be in the great unknown. If you're looking for inspiration in the new year, reading about Kelly's harrowing year of challenges will surely give you the courage to overcome your own.

### IF YOU LOVED THE 'DIVERGENT' SERIES

Veronica Roth brings us a new sci-fi/fantasy series with "Carve the Mark." Roth whisks us to a planet where each person has a "currentgift," a special power they develop. But for heroes Cyra and Akos, currentgifts are more of a curse. The two must work to overcome their distinctly different pasts and unite to save their world — or die trying.

### WHEN YOU NEED A HERO

School is tough, and no one knows it better than George Hefley. In installment 12 of the "Diary of a Wimpy Kid" series, titled "The Getaway," Jeff Kinney takes us on a tropical vacation with the Hefleys as they attempt to escape the cold weather and frenzy of the holidays. But the island isn't the relaxing sanctuary it's supposed to be. The suggested reading age is 8-12 years old, but this book would make an excellent listen for the whole family during a road trip of your own.