

Heroes

By: Russell Button

Recently, everywhere I turn I see an article or news clip about someone that inspires me. Recently, I saw a news clip about Desmond Blair. He was born with no hands. This young man has been my most recent inspiration to push further and work harder at my craft. My favorite quote from Desmond is that his differences are a “personal reminder to get up every day and kill it”. How can that not get you pumped up? I encourage each of you to read about Desmond. More importantly, go to his Facebook page and checkout his artwork. Desmond is a true inspiration and a hero in my eyes.

Who are the heroes in your life? I have had many heroes throughout my life. Some I have met, some I have learned from, and others I only read about. Regardless, I am always on the lookout for heroes.



Remember heroes are not created when someone wants to be famous or recognized for something they did. An authentic hero is someone who is overachieving. A hero to me is someone who sets their eyes on a goal to be the best at something they are passionate about and then making that dream come true. A hero is someone who out works others out of necessity or desire to provide.

We need to recognize our heroes. There is always someone out there working harder than you. There is always someone out there that is doing more with less. Use the heroes in your life to motivate you, to learn from them, and to inspire you to be great.

In 2016, I will begin interviewing and putting together mini-documentaries on heroes. If you have a recommendation for someone that is a hero to you, please contact me.



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BIND– Board of Directors

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BIND – Brain Injury Network of Dallas is a 501(c)(3) non-profit organization dedicated to taking brain injury survivors from therapy and providing them the framework to return to functionality. The goal is always to reconnect them with the community and workforce.

BIND follows the clubhouse model. It is the first and only Texas-based member of the International Brain Injury Clubhouse Alliance to open in Texas. The focus of BIND is to build its members up through a work-ordered day as opposed to treatment or therapy.

It also provides the only DFW peer-to-peer mentoring program called Peer Partners. It is where trained mentors offer positive support and teaching to fellow brain injury survivors in the early stages of their recovery process.

In November 2015, I was voted on as a member of the board of directors with BIND. It is quite an honor for me. My passion is to influence and impact the brain injury community in a positive way. Being a board of director at BIND is a step in that direction for me.

Please visit BIND's website for more information or contact me for more information. I will update everyone with regard to upcoming events with BIND.



New Years Resolution and a Recipe

By: Russell Button

For many of us, the start of a new year is the start of a change. Whether its to start hitting the gym again, stop a bad habit, or begin to build a good habit, we all want to start the new year off on the right foot.

Each of us has our own traditions. Some of us write them down and put them in a box to revisit years later. Others write them on their bathroom mirror to look at every day until they become habit. Some share their resolution with a loved one so that they can motivate each other. Whatever your new years resolution is, make it something that will truly impact your life.

So while you are working on your News Year's resolutions, The Button Law Firm wanted to provide you with a recipe.

Deviled Eggs:

Ingredients:

6 eggs
1 tablespoon milk
¼ cup of mayonnaise
¼ teaspoon of mustard powder
1 tablespoon of chopped parsley
1 tablespoon of chives
1 tablespoon of tarragon
Salt and pepper
Paprika (to garnish)



Directions:

Put 6 eggs in a pot; cover with cold water. Bring to a simmer, then remove from the heat, cover and let sit 10 minutes. Drain, cool and peel. Halve lengthwise and scoop out the yolks; mash with 1 tablespoon milk, 1/4 cup mayonnaise, 1/4 teaspoon mustard powder, 1 tablespoon each chopped parsley, chives and tarragon, and salt and pepper. Pipe into the egg whites. Top with paprika and chives.

Drowsy Driving, Drunk Driving. Same Concept

By: Sheba George

Truck drivers. We experience them every day. As a driver in a big city like Dallas, I'm exposed to them continuously, whether it is on my daily commute to work, or driving around with my friends and family. I experience the same certain anxiety as you all do when a driver makes a slight mistake, like swerving a bit, or even speeding. That's why I took my time to learn about the real dangers of 18-wheelers on the road.

The statistics are alarming for 18-wheeler accidents. Truck accidents cause roughly 130,000 injuries every year across the country. That is an alarming amount. These accidents could be caused by a myriad of reasons. Some basic ones include simply the driver's inattention to the safety rules of the road: speeding, lack of focus on the road, improper passing, etc. But if we look further into the issue, for reasons such as truck driver fatigue, we could possibly understand the true core of this issue.



Studies have recently shown us that drowsy driving can be just as dangerous as drunk driving. That is, driving for unreasonable lengths of time, or without a proper amount of sleep can result in the same dangers as alcohol related driving. We can never actually be certain that the drivers on our roads are sleep deprived, drowsy, and an immediate danger to our families and us.

So how can we be sure that we are safe? The truth is, we will never be 100 percent sure. That's just the world we live in. But at the Button Law Firm, we are fighting hard to make sure that truck drivers don't take that definite risk of driving drowsy. That would be a risk to themselves and everyone around them. We hope that you will help us in advocating to trucking companies about the dangers of excessive driving and long hours in order to help make our community a safer place.