



The Power of Mentors

By: Russell Button

How many of you have a mentor? How many of you had a mentor? How many of you are a mentor to someone else? How many of you have been a mentor to someone else?

Recently, I have had several discussions about the power of mentors. No matter how hard we all try to accomplish things on our own, we can't do it alone. The most successful people in life have had others along the way help, assist, motivate, encourage, and teach them. This is not to say that we do not go through hard times or we do not have to work extremely hard.

A mentor is someone who teaches you what they know so you don't have to make their same mistakes. A mentor is someone who opens doors for you in your desired path that they didn't have access too when they were growing up. A mentor is someone who allows you to develop and grow under their watchful eye. A true mentor wants you to be better than they are. A true mentor wants you to be more successful than they are.

So, let's dig a little deeper. Who are the 5 people that you lean on in your life? Who is in your inner circle? Think about it for a moment.

Are they making you better? Do they have your best interests in mind? Are they where you want to be? Are they a positive influence on you?

These are some reflective questions to ask yourself as you evaluate the mentors you surround yourself with. Just know, that mentors will change over time. Some may last forever, but you may outgrow others. That is fine. A true mentor would appreciate the fact that you have outgrown them and will introduce you to the next level you need to be at.

One thing that has always gotten in my way is the ability to ask for help. So, if I can give one piece of advice, it's to not be afraid to ask. You will get shot down at times. You may pick the wrong mentor a time or two. You never know what will happen, but one thing is certain if you don't ask: you will never get an answer. You can't make a shot if you don't shoot the basketball. You can't hit a homerun if you don't swing.

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Pick an area that you want to improve or be the best at in your life. Then research and ask around to find some options for possible mentors that are where you want to be in the future. Once you identify these people, study them. Read their books, read articles written about them or just ask others what they know and think. If it seems like someone that you can benefit from, first see if there is someone you know that can give you a personal introduction to your possible mentor. If not, then just go introduce yourself and ask them if they'd be willing to be your mentor. The worst thing they can say is no.

Next, make sure you have categories or things you want to discuss with your mentors. Write them down and have a list of questions ready to go. You need to learn from asking questions, from observing, and from listening. Make sure you keep a list of what you have learned so you can apply it to your life right away.

Finally, always thank the mentor for taking the time. People generally love to help others succeed, but that doesn't mean they don't need to be appreciated. Make sure to remember their birthday, send them a thank you card, or anything that shows your appreciation.

Now, this brings me to my final point. We all need to be mentors to others. It doesn't matter if you are a teenager, a young adult, or in the best years of your successful life. We all must take the time to mentor others. Always look for the opportunity to teach someone else what you know. Don't be afraid of sharing your secrets. The truth about success is it requires hard work. Secrets don't do any good with someone that will not put in the time to make them effective. However, just like we need to research our mentors and find the right fit, we all must find the right people to mentor as well. Just do not close the door on being a mentor because as I've always said, none of us got where we are today without the help of others that came before us. So, search for your next mentors and at the same time, make sure to give back.

If anyone needs help finding a mentor, give us a call. If someone on our team here at The Button Law Firm is not the right fit, we will know someone who is. We all truly value the importance of mentors.



Dallas MADD Walk 2016

By: Russell Button

Last year, The Button Law Firm was one sponsor for the MADD Walk in Dallas. This year, we wanted to give a shout-out to anyone interested in helping fight the drunk driving epidemic along with MADD. The Dallas event is going to be held on Saturday September 10, 2016 near their headquarters in Irving, Texas. Please see their website for more details. I wanted to let everyone know that MADD offers countless free resources to victims of drunk driving, specifically the ability to see a counselor to help cope with the mental injuries caused by these catastrophic events because memories last forever. If you or a loved one has been impacted by a drunk driving wreck, please seek out all the help you can get.



Timing Will Never Be Perfect

By: Russell Button

Over the years, I have learned that there is never a good time to start something new. For a lot of things in life, timing is everything. Yet, at the same time, we all let timing get in our way as well. Let me explain.

I love to push myself with fitness. Whether its running a marathon, doing an obstacle course race, or learning a new Olympic weight circuit to do, I love to challenge what I consider my limits.

One of my fitness goals has always been to do triathlons. However, I always had a convenient excuse. I never had a road bike. Well, that changed when my little sister graduated from medical school this past spring. I bought an amazing road bike from one of her fellow classmates (thank you Travis). Then, my excuse was my busy trial schedule. As many of you know, I am on the road and in trial quite often (we just tried two cases in August). So, how could I possibly win the race or beat my expectations if I miss workouts or can't practice swimming as often as I need?

Well, one night I decided that it would never be a good time. So, I looked at why I was doing it. I knew in my heart, I wanted to do a triathlon for personal growth. To go push myself, be competitive in a different environment than being a trial lawyer, and have fun. The feeling of accomplishment I always feel completing a race is second to none. So, I just decided to sign up. Low and behold, I ended up trying 2 cases in August leading up to the triathlon on August 28th. I missed over 2 weeks of workouts, including the entire week before the race. But I've never felt better about my decision to do it than right now. But when I got done, it was one of the best experiences of my life. Not because of my time, but because I did it for the right reasons and I did it for myself when it would have been easy to just say no.

Now to my point. At some point we have to just go for it, whatever it may be for you. Is it working out for the first time in a long time? Is it leaving your current job that is causing more harm than good? Is it saving up for a dream vacation of yours? Is it picking up an old hobby that you used to love? Is it calling an old friend you lost touch with? Is it putting down the bottle and being sober for a change? Whatever it may be for you, trust that you want to do it because it's going to make you a better person.

Put it on the calendar, give it a chance, and just try something new for a change. Change is as constant as time. It simply comes down to whether you are changing for the better or worse. We can stay in our comfort zone or we can try to push ourselves. It's downright scary and takes courage to draw the line in the sand and just do it.

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I've learned a few things over the years to help this process. One is to find your *why*. A change is only as good as the reason why. If you are going to stop drinking, then know why you are doing it. If you are going to stop being friends with the wrong crowd or let go of someone that is toxic for you, then know why you are doing it. Write it down so you can keep coming back to the reason you want to change. This will serve as your driving motivation every morning you wake up and want to revert back to your old ways. This will serve as motivation every time you want to give up or give in. Your *why* will serve as motivation every time you want to feel sorry for yourself. Remember, no one can make you change or do it for you. **You must commit.**

Two is to let a close friend know what you are going to change and why. You don't have to let the whole world know. Find that person that is always there for you no matter what. Find that person you can trust with your weaknesses or vulnerable side. It is ok to depend on someone to help you because if I've learned one thing in life, it's that we can't do it alone. Find that person that you trust will always have your back. This will help you be able to talk to this person about the challenges you face along the way. They can listen and help remind you of *why* you wanted to do it. They will tell you they believe in you. They will be there when you fall down. They will be there when you succeed. Don't let these people go. They are hard to find.

Three is hold yourself accountable. Don't crawfish out of the goal you set out to accomplish. Do not give up or give in. If you can complete the task, no matter the results, at the end, you will have accomplished change. For example, if you signed up for a run but haven't been able to train, that's ok. Do the race (now don't hurt yourself by trying to finish in a time your body is not capable of). Once you finish, you will feel a sense of accomplishment because you did it. Then, sign up for another and do it again. Overtime, this will become a part of your very fabric and identity.

In the end, timing will never be perfect for what we want in life. There will always be something. However, don't let that get in your way. Instead, find your line. Know where you want to go and what you want, then find the best path to get there. There will be twists and turns. You will get knocked down and pushed off course a time or two. But in the end, you can have what you want in life. You can make a change for the better. You can surround yourself with people that make you better and give you what you want.

If you ever need someone to talk to or be a support for your change, give us a call. It may have nothing to do with law, but to my team and I at The Button Law Firm, we are all about making a difference in our community. Share your stories and successes with us. We want to see you get to where you want to go.



What's The Damage?

By: Sheba George

Intro by Russell: Time and time again, I see people with concussion symptoms that are not treated or acknowledged. Then, months or years down the road, I can tell in 5 minutes that they are still having symptoms of a brain injury. As brain injuries are getting more awareness, it is still new to most. Don't be afraid to seek out help or medical treatment to get better. Our brains are vital to our very existence. I asked Sheba to write a summary of an article I read recently. The article and the referenced study are from the following link: <https://cosmosmagazine.com/biology/this-is-how-brain-cells-die-after-concussive-trauma>. Please reach out if you have any questions.

Whether you receive a brain injury through a fall or a car wreck, the damage is undeniable. At The Button Law Firm, we see cases time and time again of individuals who do not realize the severity of their injuries in the beginning because they are either not sure of what the damage could be, if any, or do not believe there is damage at all. What we fail to realize, is that our brains are organs that are so sensitive to any type of impact, whether it is physical or emotional, but especially physical. The brain is what controls our emotions, our movements, and our perceptions. For this reason, it's so important to truly understand the question: what's the damage?

A recent study by researchers at Brown shows us exactly what the damage could be of any type of brain injury. Researchers have known for a while that damage or death after a brain injury isn't necessarily something that happens right away. Rather, an injury might cause neuron death after a certain period of time after an impact to your brain. The study, performed by Christian Franck and his team, goes into the details about what exactly happens when you cause any type of impact on your brain. The researchers performed their study by building a device that squashes the neurons of rats so as to recreate a situation where a brain would have a damaging impact. The study concluded that the severity and time that damage will occur is directly correlated with the amount of pressure that is placed on the neurons.

The study also mentions how neuroprotective agents that we always hear about—such as omega-3 oils—could protect the neurons from damage. Further studies are being encouraged in order to create a range of agent which individuals, athletes for example, could take in order to lessen the impact of a concussion on their brain.

What's important to understand here is that while scientists are working hard for methods to protect our brains upon damage, we still need to be mindful of the effects of any damage that could occur at any moment. Any minor or major impact on your head should not be taken lightly. In the event of an impact on your brain, we encourage for you to inspect the injured area, as well as take note of dizziness, headache or fatigue after the impact, as these are signs of possible concussion, which could ultimately lead to neuron death. We must take responsibility in giving our bodies their best chance at being the best they can be!

At The Button Law Firm, we have a heavy emphasis on brain injury cases. We are sensitive to the needs of our clients that have sustained brain injuries. If you or a loved one has had a brain injury because of another's neglect, then give us a call. We will make sure you get the resources and care you need.



Wrongful Death—Why Pursue?

By: Russell Button



Before I became a trial lawyer, I had no idea what the term wrongful death cases meant. I didn't know what they stood for. I'm glad I became a trial lawyer and found out because they are some of the most important cases in our country.

Let me take you all back to the origins of safety rules. A safety rule is a common sense rule where there are no exceptions that are in place to protect all of us. For example, stopping at red lights. We all must stop at red lights. Did safety rules just appear out of thin air? The simple answer is no. For example, when did cross walks start becoming important? What happened that caused them to be painted at nearly every intersection? Every safety rule has a story behind it.

Think back to how many people have lost their lives for a new stoplight to be put at a dangerous intersection or how many people were killed before drunk driving became a crime. As a country, we already have plenty of safety rules. The issue is enforcement and awareness. If people don't care about the violation of the safety rules, then they have no importance and will continue to be broken.

However, when my clients come to me after a loved one was killed because of another's simple choice to violate safety rules, such as driving drunk, they want to make a statement. They want to send a message to the community that driving drunk is not ok. They want to deter others from driving drunk so another family does not have to go through the agony that my clients went through. This is why wrongful death cases are so important. Because unfortunately, unless or until someone is killed, some people don't tend to care or listen.

So, know that at the core of a wrongful death case is a violation of simple safety rules that were in place long before that specific person was taken from us. Others had lost their lives for that safety rule to be created. Now, the question is, how many more have to go before it becomes important in our community?

I realize many people believe that giving money for someone who is no longer here will not bring them back. That's true it will not bring back the joy and happiness that the individual brought to life every day. However, money in these cases is symbolic so their lives were not taken for nothing. Their lives need to be remembered. Why not have their lives be remembered for the importance of the safety rule that was broken?

Here, at The Button Law Firm, we handle wrongful death cases. These cases are a focal point for us because of the power to change laws. We want to bring awareness to the safety rules that were broken that caused the tragedy in the case so another family doesn't have to go through what my clients went through. We want to impact the community forever so that maybe we can save a life in the future.