



Reflection: Take A Moment

By: Russell Button

Instead of a recipe this month, I decided to write about the benefits of reflection. Our lives are chaotic, hectic, and full of the ups and downs we have all become accustomed to. We wake up hoping today will be a normal day as opposed to the day we had the day before. A lot of experts always talk about vacations or alone time. I don't disagree. Those are both great. However, we shouldn't only rely on a vacation to recharge. We all need to recharge on a daily basis.

Recently, I have been taking a moment each day to reflect. Some times its 5 minutes and other times its 15 minutes. I try to sit in one spot alone without any distractions and just think about a time when I accomplished something I never thought possible. Or I remind myself of a time when someone helped me when I needed it most but couldn't muster the courage to ask for help.

Use whatever works for you. Instead of burning ourselves out to the point where we can no longer function, why not take some time each day to reflect, think positive, and recharge. If you need help finding the time, ask someone to help by watching your kids for a moment or spend five minutes less scanning the most recent Facebook posts.

For me, reflection has kept me positive on a day when nothing goes right no matter how hard I try. Reflection has reminded me to call and thank someone that helped me through a tough time. It has allowed me to slow down and appreciate the journey more instead of just the destination. If you need to talk or want help, reach out. Give me a call or shoot me an email. I'd be glad to listen. We are here for you.

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Back to School – Playground Safety Tips

By: Russell Button

As the summer comes to a close, a new school year starts back up. Our kids go back to school to learn new things, meet new friends, and play when they get their homework done. We all wish we could go back and be a kid for at least a day.



As parents, teachers, and guardians of our kids, we must be mindful of the dangers that these kids may encounter on the playgrounds. Every year, over 200,000 children are taken to emergency rooms each year because of playground injuries, according to the U.S. Consumer Product Safety Commission.

I'm not writing this to keep kids off of playgrounds. Instead, I write this to give all of us insight into a few of the danger zones that I have seen in cases involving children injuries on playgrounds. I've listed a simple three-step process that will help us keep everyone's kids safe on the playground.

If you come across a playground that is unsafe or a daycare that has improper supervision, please report it to the owner or a park district. If no action is taken, please give us a call or email us at info@buttonlawfirm.com. We take these matters seriously and want to prevent future harm to any of the kids in our community.

The ugly truth is that not every owner or daycare facility follows the safety rules that will prevent harm to our kids. At The Button Law Firm, I handle cases where children have been injured or killed at playgrounds and daycare facilities that choose not to follow the safety rules.

Safety Tips:

Inspect: The adult should inspect the play area for any potential hazards: such as sharp objects, broken equipment, inadequate fall surfaces, etc. An inspection may not catch everything, but it will catch the obvious hazards. Don't trust that because other parents and kids are already playing in an area that the area is safe. Tell other parents in the area anything you found as well to prevent any harm to their kids as well.

Inform: After you inspect the area, talk to your kid about any potential dangers you saw. Remind them to be careful on raised platforms, around the swings, and on the slides. Kids are smart, but they don't have the life experience to sense danger that we do.

Observe: Don't just leave after you inspect and inform. Most daycare and school injuries occur because each teacher or daycare employee is responsible for watching too many kids at once. If you need to take a call or step away for a moment, see if another parent will watch your kids or take them with you. Kids need supervision.

My Summer Internship: A Game Changer

By: Sheba George

Ever since my middle school days, I've known I wanted to be a lawyer when I got older. I romanticized the idea of legal jargon and the overall professionalism and power of the field. I aspired to be a lawyer that was powerful and confident, as most lawyers are known to be. The difference you can make in a person's life hadn't occurred to me as part of the legal field until this summer when I started working for Russell. The experience changed my entire perception of what it truly means to be a great lawyer. I was taught about the fundamentals of the legal field—of course. But I was also taught how important it is to interact with clients. At the Button Law Firm, our focus is aiding in personal injury cases where clients seek justice. The goal is to change our clients' lives for the better. Many times we meet with clients who have suffered from truck wrecks, medical malpractice, brain injuries etc. The clients truly depend on their lawyer's skill and procedure to win the case.

I remember one of the first client preparation meetings I sat in with Russell. The client had suffered injuries sustained during a car wreck. I noticed immediately how Russell interacts with the client. These clients go through mental anguish, physical pain and overall trauma. To be considerate of the trauma that our clients go through is what truly brings the client to a place where they are comfortable sharing their lives with us. I feel that is what truly makes this firm stand out from the rest. Ultimately, what I've learned about client intake is that if we cannot trust the client and their story, we shouldn't take the case. So essentially it is important for the client to feel comfortable enough to tell us the truth so we have a better chance at their case.



I truly feel as though working at the firm has opened my eyes to what it means to work in the professional field and also what it means to be a lawyer. It's definitely not about the legal jargon, professionalism and power of the field--- although those are very important factors. It's about the client and the role that we play in their lives.

I am now in charge of recruiting more interns to come work for Russell. I highly encourage anyone reading this to reach out to anyone they know interested in an internship with a law firm or small business. It will be an experience they will not forget. If they would like to know more about my experience, have them reach out to me at sheba.george@ttu.edu. I'd be happy to speak with them. Please have them email us at info@buttonlawfirm.com. We would be happy to bring them in for an interview to take advantage of our available internships.

Intro by Russell:

Sheba was our legal/marketing intern this summer. She came in and impressed us right away with her charm, work ethic, and creative talent. I can honestly say that Sheba had a profound impact on my firm, our team, and what we were able to accomplish this summer. I am fortunate that Sheba agreed to stay on board as she went back to Texas Tech University in Lubbock to start her Senior year.

Join Our Team: Walk Like MADD

By: Russell Button

Drunk driving is an epidemic on our roads today. Here are some staggering statistics I found:

- Every 2 minutes someone will be injured in a drunk driving crash.
- Drunk driving costs the United States \$199 billion a year.
- The National Highway Traffic Safety Administration ranked Harris County and Dallas County 1 and 2, respectively, in the most deaths as a result of drunk driving than any other counties in the United States.

We should not feel like we are in danger every time we get on our roads. Why is it always a few bad apples that make it so dangerous for the rest of us? We all follow the safety rules, why shouldn't the ones that choose to violate them be held responsible? Every time I take on a new case, I always ask my clients these questions because at the end of the day, that's why I am a trial lawyer and safety advocate. I want our community to be safer tomorrow than it was today.



The Button Law Firm stands for giving back to the community and truly making a difference in the lives of as many people as we can reach. Staying true to my values, I joined forces with my mentor and great friend, Steve Shoultz, to sponsor a team for the annual 5k Walk Like MADD event in Dallas, Texas on September 19, 2015.

Our team is called Team Game Changers. I encourage each of you and your families to come out and support the cause to eliminate drunk driving from our roads. Click on the link: <http://www.walklikemadd.org/team/GameChangers> to join our team. For every person that registers with our team, we will give you one of our Button Law Firm coffee mugs. My team and I look forward to seeing you out at the event. As always, give us a call or email us at info@buttonlawfirm.com with any questions you may have.

Together We Can Make a Difference