

NEWS

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STEFFENS LAW OFFICE, P.C.

A NOTE FROM BILL

One of my favorite books is "Younger Next Year" by Chris Crowley. Essentially, the book explains and illustrates the incredible power of the human body to grow stronger through proper exercise and diet. What's really cool is it's not just theory – it really works! After six years of regular running (fast jogging, really), I was feeling pretty infallible. Then I irritated my plantar fascia (arch) and was suddenly hobbling around like a feeble old man. I got some great help and advice at Pearson Physical Therapy in Broken Bow. They're people like me who agree that the body can usually heal itself over time with proper exercise. I'm happy to say the program is working, and I'm able to really exercise again. I'm even doing some running! All of us "hit the wall" a few times as we speed along through life. This was a vivid reminder to me of how important it is to find like-minded professionals we can trust when bad things happen. It's my ongoing goal as a lawyer to continue to be one of those professionals.

ROB'S STORY:

Hope Restored



wife had four young children at the time, and the accident hit them hard financially.

Our first goal in a worker's comp case is to get the injured employee back to work if possible. In Nebraska, if an employee can't go back to the job they have, the company often pays for vocational training. We tried from day one to get Rob back to work at a similar pay.

Rob worked as a shift supervisor in a rendering plant. Part of his job was to check the factory's many valves. One night, as he made his rounds, one of the valves suddenly sprang a leak. Surprised, Rob gasped, and his lungs filled with toxic gas. Being an intelligent man, Rob knew exactly which gas line was leaking; the one he inhaled was full of sodium bisulfite. Rob knew the situation was serious.

Rob's injury disabled him. It destroyed the capillaries in his lungs, which made them hypersensitive. When the air got too cold or too hot, he couldn't breathe. When he caught a whiff of strong perfume, he couldn't breathe. The smallest things caused an attack; it was terrifying for him.

The injury was also devastating for his family. Rob was relatively young; he and his

Rob had some education, so we were able to get him trained up and hired on as a phlebotomist. We thought drawing blood would be a good career for him. The problem was that phlebotomists have to walk from room to room as they work, and Rob's injury made it physically grueling for him to walk and breathe.

Our efforts at getting Rob back to work fell short, but we stayed with him anyway. Ultimately, we were able to secure him a regular income on Social Security disability as well as a sizable settlement in his workers' comp case. Because we settled in mediation, Rob's wife was there the entire time. It was so rewarding for us to work with the two of them together. The day we settled — the day we knew his family was going to be okay — was a big day for him and for us.

-Bill Steffens

FOSTERING CREATIVITY IN YOUR GRANDKIDS



To encourage creativity in your grandchildren, start by getting creative yourself. What art supplies can you make available to your grandkids to get their creative energy going? Rather than just crayons and paper, why not have an entire box of supplies full of items like empty toilet paper rolls, cotton swabs, feathers, buttons, and cardboard boxes? These unconventional supplies can make some amazing creative projects.

Aside from art, there are plenty of creative outlets that kids should start exploring. Consider giving them an old camera that you don't need and telling them to take some pictures of things that are interesting to them. You just might be surprised to find out what the world looks like through your grandchild's eyes.

What about acting? Dig through your closet and see what embarrassing old

fashion pieces could make a great costume for you and your grandkid — or go to a dollar store to buy a few inspirational items. Then assume the role of a character and ask your grandchild to do the same. If they're really feeling it, commission them to come up with a script to act out. Let your imaginations run wild.

Music is another huge creative outlet that's worth cultivating. Your grandkids can start embracing music with ordinary household items like pots, pans, wooden spoons, and glasses. It won't be long before you've got a clinking, banging symphony. Don't forget to dance to the homemade groove!

These are just a few suggestions, but the sky's the limit when it comes to creativity. Your part is to give the grandkids space to

experiment, even if it doesn't always make sense to you. If your grandchild is making a picture and chooses to make the grass blue, for example, don't tell them they're wrong. Instead, ask them why they made that decision.

Creativity doesn't have to be expensive, fancy, or complicated. In fact, you'll often find more creativity when you've set some limitations. So go ahead and give your grandkids the gift of a pressure-free environment for exploration, imagination, and experimentation — and foster a lifelong love of creativity in them!

CLIENT TESTIMONIALS

"I was concerned about which attorney to hire for help with my auto accident. Steffens Law Office turned out to be a great choice. They contacted me regularly, answered all my questions, and really worked with me. I worried that I had waited too long, but my case moved forward quickly. I was very pleased with the result and shocked at the large size of my settlement."

– *Phyllis, North Platte, NE*

"I really appreciated the help from Steffens Law Office in settling my injury case. My questions were always answered quickly, and I never felt put off or that I was bothering someone. The stress I was feeling was lifted immediately, because I didn't have to deal with the inconsiderate insurance representative. Finally, I was very pleased with my settlement money. Thank you so much."

– *Susan, North Platte, NE*

"Retaining Steffens Law Office was the best decision I have made! Their team was very helpful and nice to work with. I hired Mr. Steffens after I was offered a sum much lower than what I deserved. They exceeded my expectations in every way imaginable. Mr. Steffens was also able to settle my claim quicker than I expected. I will send family/friends! Thanks so much."

– *Brett, Kearney, NE*



"When I first went to Steffens Law Office, I was very frustrated. The insurance company had told me that my case was closed, and they were not going to do anything else. Bill and his staff got me on the right track. They helped me find good doctors to treat me, and convinced the insurance company to pay my medical expenses. I never thought I would get nearly as much money as I did for my settlement."

– *Christina, Beaver City, NE*

CHECK ESTATE PLANNING OFF YOUR LIST!

Let Steffens Law Help You With Your Resolutions

NEW YEAR'S RESOLUTION – COMPLETE ESTATE PLANNING!

If this goal is on your resolution list for 2016, you're in luck. Steffens Law Office will be presenting a free workshop on February 17, 2016, at 6:30 p.m. in the Cobblestone Hotel conference room.

We will review Wills and Trusts, as well as Powers of Attorney, and our Estate Planning Notebook. We pride ourselves on simple and direct presentations — no confusing “legalese.”

Unfortunately, many people put off completing this process until it's too late. The result is a lot of unnecessary confusion and stress for loved ones — and sometimes, unintended heartache or financial loss for heirs — because simple documents were not prepared.

We will show you a simple, straightforward, and foolproof approach with our Estate Planning Notebook system.

It breaks down what is needed to have a thorough estate plan, and provides a method of organizing and storing this important information.

The workshop will enable you to complete simple information sheets that can be used to prepare all of your estate planning documents. We will provide all the information you need to make your personal choices.

This is a one-of-a-kind, “git-r-done” opportunity. We urge you to stop

procrastinating and sign up now. Besides, the free coffee and cookies are outstanding!

A number of handouts accompany the presentation, and space is limited. So call now to reserve materials and a seat.



Laugh Out Loud



SLOW-COOKER SWEET-AND-SPICY CHICKEN

INGREDIENTS

- 2 teaspoons ground cumin
- ½ teaspoon ground cinnamon
- Coarse salt and ground pepper
- 4 chicken leg quarters (2 ½ pounds total)
- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion, cut into ½-inch wedges (root end left intact)
- 3 garlic cloves, minced
- 3-inch piece peeled fresh ginger, sliced into rounds
- 1 can (28 ounces) diced tomatoes
- ½ cup raisins



INSTRUCTIONS

1. In a large zip-top bag, combine cumin, cinnamon, ¾ teaspoon salt, and ½ teaspoon pepper; add chicken and toss to coat. In a large skillet, heat oil over medium-high. Cook chicken, skin-side down, until golden, about 4 minutes; flip and cook 2 minutes.
2. In a 5- to 6-quart slow cooker, place onion, garlic, and ginger. Add chicken, skin-side up, then top with tomatoes and their liquid and raisins. Cover and cook on high until chicken is tender, 3 ½ hours (or 6 hours on low).

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**This mailing contains advertisement intended for your benefit.*

PROBIOTICS *to Treat Anxiety and Depression?*

In a recent study, researchers at University College Cork (UCC) found that participants who took a specific probiotic capsule daily for a month reported less stress and anxiety — and had lower levels of the stress hormone cortisol — when compared to those who took a placebo instead.

Ted Dinan, head of psychiatry at UCC, said the findings of the study are still preliminary and need to be confirmed in more people, but that it's a promising start. While not a drastic change, the effect of the probiotic bacteria was noticeable enough to be of help to some individuals.

Participants performed better on memory tests that required them to pair objects together, such as a color and a number,

and enjoyed lower stress levels with the probiotics as well. And this isn't the first time UCC researchers observed this effect. They had conducted similar studies on mice, and Dinan enthusiastically noted that this study is one of the few examples where a probiotic acted the same way in humans as it did in rodents during preclinical trials .

The live bacteria being studied is a harmless strain known as *Bifidobacterium longum 1714 (B longum)*. One possibility here is that the substances released by *B longum* activate the vagus nerve, which connects the gut to the brain.

For now, the science isn't fully understood, but Dinan still hopes to see a major advance in neuroscience and psychiatry soon. What's



more, he's optimistic that within the next five years, there will be a probiotic on the market that can effectively treat mild anxiety and depression without the side effects that come with powerful medications. This is big news for anyone who suffers from these conditions!