

INSIDE THIS ISSUE

1. Reflections on Back to School
2. What do USDA Beef Grades Really Mean?

Three Shady Tactics Insurance Companies Use Against You
3. How to Keep Your Student's Criminal Record Clean

Inside-Out Grilled Ham and Cheese
4. 3 Fitness Strategies for the Back-to-School Season

WE'VE MOVED!
As of 6/1/18, find us in Suite 318 of the same building.

DID YOUR WORKOUT ROUTINE TAKE A SUMMER VACATION?

Jump Back in With These Strategies

With barbecues, trips to the pool, and indulging in refreshing beverages on the patio, summer is full of relaxation and fun. But those heart-pumping, muscle-building trips to the gym may have become less frequent during the warmer months. If your workout routine went on its own summer vacation, here are three strategies to get back to it.

1. Find something you like to do. Maybe part of the reason your fitness routine took a break was because you didn't enjoy doing it. If that's the case, re-evaluate your options. There is no superior form of exercise, and there are plenty of options to align with your preferences. If you couldn't get enough of hiking in national parks over the summer, join a hiking group in your community. If you prefer being on a team, look for a local adult league for your favorite sport.

2. Set yourself up for success. You *would* go to that 5:30 p.m. boot camp class, but it's right in the middle of your daughter's dance practice. Getting to the gym is half the battle, so make it easier on yourself by preparing in advance. Find a facility with a schedule that easily fits yours. If you're planning to work out in the morning, set your clothes out the night before, and choose an energetic song for your alarm. If there's a class after work,



consider leaving an extra set of gym clothes at your office so you'll never have an excuse not to go.

3. Make your workout an unavoidable part of your day. It's tempting to join your coworkers for happy hour, especially when that outdoor patio is just around the block from your office. But what if it were that easy to get to the gym? Look for facilities that are on your commute, near your work, or close to home. If it's easy to get to, you'll be more likely to go and still have time for that drink afterward.

It may take time to make your workout routine a seamless part of your life, but implementing some of these strategies will make it easier and more enjoyable. You might even find yourself looking forward to back-to-the-gym season!



The Medlin News

SEPTEMBER 2018

FIRSTS

Reflections on Back to School

By the time you read this, my daughter will have just started kindergarten. At the time of writing, there's some anxiety surrounding this next big step. She'll be in a new school with new teachers and will have to make new friends. I've got full confidence in her, though.

I still remember the time I dropped her off for her first day of pre-K. There was the typical clinging and crying parents expect, but she quickly grew out of it. These days, she can't wait to run in and play. She's already great at making friends. I hope that enthusiasm sticks with her the rest of her life.

My daughter's at that age when she talks about what she wants to be when she grows up, and the answers are constantly shifting. One moment it's a firefighter, then a police officer, then an *underwater* firefighter. My wife always jokes that our daughter is a lawyer in training. She is already very adept at negotiation. She'll make points like, "I went swimming today, so I shouldn't have to take a bath tonight." She may have law school in her future after all.

It's hard to believe, but my first day of law school was over 39 years ago. I can definitely remember feeling my own sense of trepidation and anxiety starting down the path of becoming an attorney. I knew there were going to be a lot of new expectations on me and my ability to study. Still, the academic in me felt some semblance of comfort getting to stay within the familiar structures of collegiate life a while longer.

Law school was harder than I expected. The volume of reading is considerably larger than anything I experienced as an undergrad, and I had to work hard to ensure that study time wasn't my only time. More than anything else, those years of study instilled in me a clearer sense of what being a lawyer is all about.

You see, a common misconception is that practicing law is all about finding tricks and loopholes. This is especially pervasive in the field of criminal law, where there's an added stigma that lawyers are trying to "get guilty people off." This idea that good criminal defense attorneys are somehow unethical is a dangerous notion in our society.

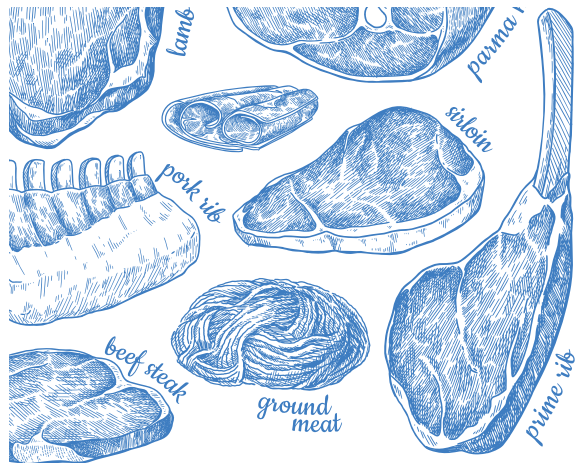
Those who were fortunate enough to get a good civics class in high school will remember that one of the most important pillars of our democracy is the concept that the accused is innocent until proven guilty. Our government cannot and should not overstep its bounds by wrongfully punishing those it cannot prove to be guilty. It was made clear to me in law school that it is the duty of criminal defense attorneys to hold the government to that burden of proof, not only to protect the rights of their clients, but as an ongoing preservation of the rights of the citizens of the United States.

This has been even more clear in subsequent decades, as DNA exonerations have become more common. Time and time again, we've found that innocent men and women have gone to prison; an unfortunate amount have even served time on death row. While it's great that groups like the Innocence Project work to give these folks their freedom back, no amount of compensation will ever amount to the years or even decades these people had to spend away from their families. My job is to make sure that sort of tragedy doesn't happen.

Looking back over the years, I wouldn't have changed a thing. All I would say to my younger self getting ready to start law school almost four decades ago is to study up. His clients and his family are going to need him.

—Gary L. Medlin, Esq.





If you’ve ever purchased a cut of beef or strolled past the meat counter at your local grocery store, you’ve probably noticed the different grades of beef. The United States Department of Agriculture (USDA) has guidelines for the meat sold in stores across the country. Before the meat is sold, it receives a grade. As a shopper, it can be difficult to understand what these grades really mean. Here’s how the grades break down:

USDA Prime: If you want a high-quality cut of beef, you should get USDA Prime. These cuts of meat tend to be more expensive, but for the price, you get a tender, flavorful, well-marbled cut of meat. For a fantastic steak, you should reach for Prime.

BEEF GRADES DECODED

Understanding USDA Beef Guidelines

USDA Choice: A lot of people purchase USDA Choice when they want a good cut of beef but don’t want or cannot afford to pay the USDA Prime price. These cuts generally have less marbling, but they are still fairly high quality. When you just want to throw a few steaks or burgers on the grill, Choice will serve you well.

USDA Select: This grade of meat is decent quality, but it doesn’t have the level of marbling found in Prime and Choice cuts. Because of this, Select cuts are usually less tender and flavorful. These aren’t great options for steak, but if you’re making a stew, you can’t go wrong with Select.

Standard and Commercial: These cuts of beef don’t always make it to the supermarket, but when they do, they’re often priced lower. They also have limited marbling, which can mean a tougher texture with less flavor. Keep in mind that these cuts are not often labeled anywhere on the packaging, so if you see beef packaging that lacks a grade, it may be a lower-grade cut.

Utility, Cutter, and Canner: Many people never encounter these grades at the supermarket. These are cut from very lean, older cattle and are usually sold directly to food manufacturers to make processed meat products, such as hot dogs. These grades are also used in dog food.

BEWARE THE ADJUSTER

In an ideal world, insurance companies would exist to financially protect us when disaster strikes. But the insurance industry is just that: an industry. These companies want to maximize their own profits, which means minimizing the claims they pay out each year. That’s where adjusters come in.

Insurance adjusters are some of the friendliest strangers you’ll ever meet. They are trained to be empathetic and charming, but make no mistake; they are industry professionals looking for any excuse to minimize or deny your claim. When you’ve been in an accident and find yourself chatting with an adjuster, it’s important to keep an eye out for these red flags.

They want to record you.

The first thing insurers will push for after an accident is for you to give them a recorded statement. No matter how urgent they make this request out to be, always remember that this is *a request*, not an order. You are not legally obligated to agree to a recorded statement, and refusing will not hurt your claim. However, if you do agree to be recorded, anything you say can and will be used against you as admissible evidence.

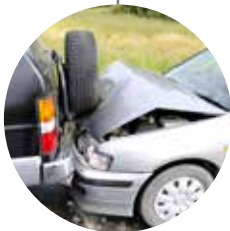
They ask to see your medical history.

In negotiating a claim, you will have already sent off relevant medical records to your insurer. But sometimes the adjuster wants more information. This can be an innocent request, such as wanting to see X-rays from your visit with a radiologist. However, be on the lookout for record requests that predate or have no relevance to your injury. The adjuster may be hunting for information to discredit or embarrass you.

They get personal.

A common tactic in the adjuster’s arsenal is to ask seemingly harmless questions about your job, hobbies, and home life. While this is often framed as the adjuster “getting to know you,” their intent is to build evidence that your life and livelihood have not been affected by your injuries.

There are a lot of pitfalls when speaking with an adjuster. They are counting on your inexperience with the insurance process to save their company money. Having an experienced personal injury lawyer in your corner can help you keep the adjusters and their companies honest.



BETTER THAN A GOOD REPORT CARD

With the school year getting into full swing, many students of all ages are taking strides toward their futures. While good grades and standardized test scores are essential for college placement and career opportunities, it’s also essential to maintain a clean criminal record. Even with a perfect GPA, something as simple as a shoplifting charge can create a permanent stain on a student’s opportunities.

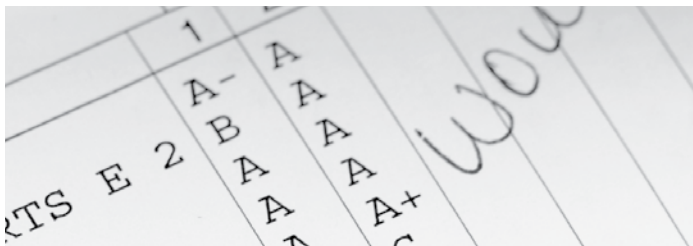
Unfortunately, growing up involves making mistakes, and sometimes these mistakes land you on the wrong side of the law. According to the National Institute of Justice, the prevalence of committing a crime is highest among people ages 15–19. If you are a parent or guardian of a student who is charged with a crime, it’s important to know they have options.

Fight the Charge

As with any criminal matter, your student has the legal right to challenge the charges against them. Because of the serious nature of the case, it would be wise to consult with an experienced criminal defense attorney to understand how likely a dismissal is, weighed against the likelihood of negotiating a fair deal with the prosecution.

Seek Pretrial Diversion

The pretrial diversion program here in Texas offers a great avenue for students who want to make up for their mistakes without incurring a criminal record. As an alternative to



prosecution, this voluntary program focuses on rehabilitating the accused rather than punishing them. To qualify, a student must have little to no criminal history, be facing nonviolent charges, and be willing to meet all the requirements of an agreed-upon probationary period.

Depending on the crime, this probation may include drug rehabilitation, community service, or specific acts of restitution to the accusers. In signing up for pretrial diversion, the student signs a provisional statement of guilt, essentially admitting they committed the crime. However, so long as they maintain a clean record and meet all the requirements of probation, the charges will be dismissed at the end of the program. The student will be allowed to return to normal life as if the charges had never been brought.

The field of criminal law is as wide as it is complex. Having an expert team on the side of your student can help you chart the best possible route for their future. Everyone makes mistakes when they’re young. A misdemeanor shouldn’t stand between your student and their future.

Brain Buster

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4	9	1	6	8	2	7	4	9

Inside-Out Grilled HAM & CHEESE

Ingredients

- 8 slices of bread (Pullman works best)
- 4 tablespoons unsalted butter, room temperature
- 1/2 cup freshly grated Parmesan cheese (preferably Parmigiano-Reggiano)
- 8 ounces ham, thinly sliced
- 1/2 pound Swiss cheese, sliced
- 2 tablespoons Dijon mustard
- 1/4 cup apricot preserves

Directions

- Butter each slice of bread on the outsides and sprinkle with Parmesan.
- Layer ham and cheese evenly on top of 4 slices of bread.
- Spread apricot preserves and mustard across the other 4 slices. Press sandwiches together.
- In a cast iron skillet or large sauté pan over medium heat, grill sandwiches until golden, about 3 minutes per side.
- Cut in half and serve.

Inspired by Food & Wine magazine