



THE
INJURY &
DISABILITY
LAW CENTER

Personal Injury, Social Security Disability, and Workers' Compensation

The Sentinel

575-208-1608
www.idlawcenter.com

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Our Mission Is Hope The Heart of The Injury & Disability Law Center

Whenever someone asks our team members here at The Injury and Disability Law Center about the purpose of our firm, we respond with a simple word: hope. Now, we understand that hope probably isn't the first word that comes to mind when you think of a law firm, but for us, hope is involved in all that we do. While we specialize in both injury and disability law, we have found that in order for attorneys to truly help clients, they have to genuinely care about every single individual with whom they work. A reality of this business is that no client is going to walk through our doors because their life is going perfectly. In fact, sometimes they are going through the worst event they've ever experienced. It is our job to sit down with them and hear their stories. It is our job to be a stabilizing force of hope during an otherwise chaotic time in their lives.

“It is our job to be a stabilizing force of hope during an otherwise chaotic time in their lives.”

Both my career inspiration and my brother's started nearly 20 years ago. Our dad was a lawyer here in Roswell for 40 years before his recent retirement, and I can't remember a day when he didn't love his job. As kids, Josh and I ran around the hallways of his firm, and as we grew up, we learned how the legal field can help families during hard times. We credit our father for not only initiating our interest in law, but for demonstrating how to help clients best reach their individual pictures of success.

To help clients find success, we start by asking every single one of them the simple question, “How can we make life better for you?” We want to pinpoint the details from the accident that



keep them up at night. By identifying these issues, we are equipped to understand and serve their specific needs. This is why our firm's slogan is “Custom Solutions. Happy Clients.” We start by listening to their story in order to build an honest and empathetic relationship with them. It is only after accomplishing this that we create a custom plan to serve their individual needs. It is not a one-size-fits-all service we provide; building these relationships takes time, commitment, and a genuine understanding of each client's situation. It is an investment, and it is what makes us different from other attorneys. Most importantly, our methods help us restore our clients' lives through hard work, encouragement, and hope for the future.

From the first day we started our firm, we have been intentional about the legal services and experiences we offer our clients, and we try to

exemplify those aspects in everything we do. Between the technology and resources, the personalities of our hard working team, our honest and genuine methodology, and even our modern architecture and bright decor, we constantly work to ensure that our office exudes the hope we want clients to feel when they come to us for help.

Throughout our combined 25 years of experience, our team has discovered that what we do is 60 percent legal guidance and 40 percent life guidance. We are so much more than just a group of lawyers operating a business. We are human beings who genuinely want to help others get their lives back.

-Jeremy Worley

Thanksgiving Prep for the Whole Family

Thanksgiving is more than just a feast; it's about coming together as a family and being thankful for one another. So why wait to get into the spirit until everyone is seated at the table? Here are a few ways you can make the actual preparation of Thanksgiving dinner fun and engaging for the whole family!

GIVE EVERYONE A ROLE

No, not those rolls — yet. Making the feast a family project can turn the day from a hectic list of chores into a magical bonding experience. It's important to match each family member to a job that best fits their abilities. Young children can mash potatoes or rinse ingredients in the sink. Older kids can take on more responsibility, like measuring ingredients, keeping an eye on timers, and setting the table. Teens and young adults can supervise their younger siblings and cousins in these important tasks and may be called upon to stir what's on the stove while an adult checks on the football game.

ROLL OUT THE DECORATIONS

Still not talking about bread. Not everything in Thanksgiving preparation needs to be tied to the kitchen. Creative family members of all ages can

work together to bring some seasonal flare to the dining room. Maybe this means picking up some thanksgiving coloring books, or perhaps the family can venture outdoors to collect autumn trimmings for crafts. It's a great way to let each family member put their own personal spin on the holiday!

HAVE A 'ROLLER DERBY'

Finally. While an adult should be the one to put these delicious baked goods in the oven, the whole family can help shape the dough. In fact, Care.com recommends making this a contest. Set aside a time when everyone can vie for the title of Fastest Roll Maker, and you'll have plenty of warm, flaky, delicious treats come dinnertime.

Letting everyone play a part may take a little more planning and add slightly more chaos to your Thanksgiving preparations. But it's sure to produce a lot of great memories and bonding moments among your loved ones. And by the time you sit down to eat, you'll all have something to be thankful for right in front of you — *Those. Delicious. Rolls.*

3 True Crime Shows You Have to See MOVE OVER, SITCOMS, THERE'S A NEW TREND IN TOWN

There's a genre of entertainment that many Americans are afraid to admit is their secret obsession. It's as if you're hiding a secret that you desperately want to confess, but you're afraid of the judgment and concerned looks from your friends. Then one day, you muster the courage to casually mention a docu-series you watched — hoping for absolution but concerned the jury won't understand — and the floodgates open. Suddenly your closest friends and family have passionate opinions on the justice system and can tell you they know exactly who murdered who and how. Deep down inside, everyone loves a good mystery. Here are three of the best.



'MAKING A MURDERER'

Directors Laura Ricciardi and Moira Demos take viewers through an experience that feels like the most maddening game of ping pong ever played — in any given episode, your view may bounce from one polarizing opinion to another. After watching 10 mind-bending episodes of Steven Avery and his attorneys going back and forth during the trial, you'll have questions that demand answers. So many, in fact, that Netflix has confirmed the production of a second season and a spin-off series titled "Convicting a Murderer."

'THE JINX'

Forty years of conflicting reports on three murders make for one compelling HBO series. Robert Durst goes under the spotlight after speaking for the first time about the death of three people connected to him. A web of lies, convolution, and gritty storytelling comes to one bone-chilling conclusion that will make your jaw drop.

'THE STAIRCASE'

Did Michael Peterson kill his wife? Did the American justice system tear apart the dream it so righteously attempts to protect? What is considered fact in a murder trial? These are just a few of the questions you'll contemplate as you go on a 16-year journey told over 13 gripping episodes. Questionable expert testimony and crime scene evidence are juxtaposed with a competent defense team and a convincing defendant, making for a story that begs viewers to take sides. In the end, the only fact you'll know to be true is that you can't trust your intuition.



THAT MORNING CUP OF JOE

Coffee and Its Relationship to Your Health

What's the first thing you do in the morning? For most of us in the United States, it's one crucial task: getting that morning cup of joe. Our obsession with coffee is nothing new. A paper entitled "The Consumption of Coffee in the United States," published July 18, 1861, noted that "the people of the United States habitually consume more coffee than the inhabitants of any other country." Its popularity has only increased with time; people in the U.S. consume an estimated 400 million cups of coffee a day.

Of course, we weren't the first to find out how great coffee is. Long before anyone in the Americas enjoyed the beverage, legend has it that an Ethiopian goat herder discovered the amazing effects of coffee beans — on his goats. He noticed that after eating "berries" from a certain tree, his goats became so energetic they didn't want to sleep. News spread around the Arabian Peninsula, and cafes began to pop up, known as "Schools of the Wise" for the intellectual conversations that happened there.

In addition to coffee's long-standing popularity, science has found several reasons to give our morning habit the thumbs-up. In 2015, the U.S. Dietary Guidelines evaluated the effects of coffee and caffeine for the first time, concluding that coffee can be part of a healthy lifestyle "along with other behaviors, such as refraining from smoking, consuming a nutritionally balanced diet, maintaining a healthy body weight, and being physically active." The guidelines cite "strong and consistent evidence" that consuming coffee within the moderate range (3–5 cups per day, or up to 400 mg of caffeine per day) is not associated with an increased risk of major diseases. In fact, according to observational evidence, caffeine intake may be linked to reduced risk for certain diseases in healthy adults. Scientists think that antioxidants found in coffee, such as polyphenols, might contribute to its positive effects.

There's one major caveat, however. While coffee shows potential benefits when consumed in moderate amounts, the sugar and other additives that many of us like to put in it get a thumbs-down. The Dietary Guidelines also note that health alone isn't a reason to start drinking caffeine. Folks with blood pressure concerns should be especially careful and should consult their doctor about how much coffee is okay to drink, as studies have shown evidence of increased blood pressure with caffeine consumption.

Everything in moderation, as the saying goes, at least when it comes to caffeine.

CAFFEINE BY THE CUP

| Type | Milligrams/ fluid ounce |
|-----------------------|----------------------------|
| Brewed or drip coffee | 12 |
| Espresso | 63 |
| Instant coffee | 8 |
| Decaffeinated coffee | 2-5 |



SPICY, CREAMY SWEET POTATOES

Sweet potatoes are a Thanksgiving staple, but they're often the blandest thing on the table. Luckily that's not the case with this recipe, which features Thai spices and coconut milk.

Ingredients

- 5 pounds sweet potatoes
- 1/2 cup dark brown sugar
- 1 cup canned coconut milk
- 4 tablespoons unsalted butter
- 1 tablespoon Thai red curry paste
- 1 tablespoon kosher salt

Directions

1. Heat oven to 375 F. On a large sheet pan, bake potatoes until very soft, approximately 75 minutes.
2. Let potatoes cool until they are safe to handle, then peel and mash.
3. In a small saucepan over low heat, combine coconut milk and curry paste. Once mixed, add the mixture, salt, half the sugar, and half the butter to potatoes.
4. 30 minutes before serving, heat oven to 425 F. Spread potatoes in a baking dish, cover with foil, and bake for 20 minutes.
5. Uncover potatoes, and dot with remaining butter and sugar. Broil until brown, crusty, and delicious. Serve hot.

Inspired by The New York Times



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This year, Veterans Day takes on particular historic significance: Nov. 11, 2018, marks the 100th anniversary of the armistice that ended the First World War. Countries around the world will commemorate the signing of this peace agreement with moments of silence, centennial ceremonies, and historical exhibits.

Unlike Memorial Day, Veterans Day is a celebration of life. It's a day to honor the power of peace and the living veterans across the globe who have served their countries. This November, take a moment to remember the war that helped shape the international community's dedication to peace and thank the individuals who served to defend it.

THE GREAT WAR

By 1914, a world war had been years in the making, but the assassination of Archduke Franz Ferdinand of the Austro-Hungarian Empire by a Serbian nationalist provided the spark that would

eventually burn down much of Europe. A chain reaction of land disputes, pre-emptive attacks, and strategic alliances brought over 30 countries into World War I.

The Great War that ravaged Europe resulted in a devastating loss of life, but from those ashes rose a renewed appreciation for the importance of peace and a global effort to ensure its place in the future.

THE RESTORATION OF PEACE

In 1918, Germany surrendered unconditionally, and the armistice ended the fighting at the 11th

hour on the 11th day of the 11th month in 1918, though the war did not officially end until the signing of the Treaty of Versailles the following July. An estimated 16 million soldiers and civilians died in just four years, making it one of the deadliest conflicts in modern history.

VETERANS DAY

Originally called Armistice Day, Veterans Day was first observed on Nov. 11, 1919, to honor the one-year anniversary of the armistice, and it became a U.S. holiday in 1938. Today, Veterans Day celebrates veterans who served their country honorably. The U.K., France, Australia, and Canada also commemorate their veterans in November. If you know a veteran, thank them for their service this month.