

What's up at SKLF?

I love summertime, but it's always hard to find young musicians for the SKLF Youth Music Project Gallery Night Stage in the heat of Summer vacation.

We got lucky and had one of the best Summer month lineups ever: Morgan Allen played, first time on our stage, outstanding piano and singing. Danny Prostman on the ukulele with an original song and some really mature and cool cover song choices. Catie Harris came back for the second time at the YMP stage and, with one very touching original song and other popular covers, sounded awesome and kept the crowd engaged with her stellar voice and in-between-song crowd presence. Lastly, we had Daniel and Josh as "Remnant". Daniel and Josh are a guitar-keyboard duo who have amazing harmony and soul for two such young men.

Everybody who performed... Thank you and wow! Now that school is starting back, please be sure to encourage the young musician in your life to reach out to us to book a spot on the next YMP Gallery Night Lineup. Just call Cheryl at the office.

Finally, Eric is getting settled back in to work after being at the Gerry Spence Trial Lawyers College for three weeks at Gerry's ranch in Dubois, WY. The Trial Lawyers College is one of the premier advanced trial colleges for lawyers in the United States. Its primary mission is teaching advanced trial skills to lawyer who actually try cases.

Stevenson Klotz is the only law firm in the region where all partners in the firm have been accepted and completed the intensive, immersive trial skills program.

Welcome back Eric! We missed you!

An Artist's Rendering

The police were called to the studio of an abstract artist who'd just reported being burglarized.

"You said you encountered a person fleeing the premises," one of the officers said. "Do you think you could provide us with a description of the person you saw?"

RECIPE OF THE MONTH

Chicken Sour Cream Casserole



Ingredients:

- 3 Chicken breasts, par boiled and cut up
- 3 Cups of Pepperidge Farm stuffing
- ½ Cup of melted margarine
- ¼ Cup of chicken broth
- 8 oz. sour cream
- 1 Can of cream of chicken soup
- Salt & pepper to taste

Directions:

- Preheat oven to 350°F.
- Combine butter and stuffing. Blend well.
- Spoon 1½ cups of stuffing into a 9x13-inch pan. Cover with par boiled chicken.
- Combine sour cream, broth, soup, salt and pepper. Add extra sour cream for an extra creamy casserole. Pour over chicken.
- Cover with the remaining 1½ cups of stuffing.
- Bake for 25 minutes.

"I can do better than that," the artist said and directed the officers over to an easel. The artist sat down and began creating a charcoal sketch of the suspect.

"There," the artist said as he finished the drawing.

The two officers looked at the abstract picture. "Hmm," one officer said as he inspected the work. "So it was a horse?"

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Stevenson Klotz Monthly Calendar—August of 2018

National Watermelon Day, Aug 3. Healthy, refreshing, and at least 92 percent water. With over 300 varieties grown in North America alone, it's the perfect summer fruit, snack, or dessert.

National Night Out, Aug 7. The first Tuesday of the first whole week of August promotes the partnership between communities and local law enforcement. Let's work together to keep our neighborhoods safe. Visit NATW.org to learn more.

Navajo Code Talkers Day, Aug 14. This day honors the 400 Navajo who served in the U.S. Marine Corps during World War II. These brave men and teens transmitted top secret messages in the Navajo language during battles and along the frontlines. This indecipherable code gave the United States a strategic communications advantage.

National Relaxation Day, Aug 15. Put your feet up. Take a load off. Chillax. This is your day to take it easy.

Also Inside This Issue: ↪

- Lauren's Corner
- What's up at SKLF?
- An Artist's Rendering
- SKLF August Calendar
- A Reminder to be Kinder
- Better Posture Leads to Better Health
- Community Spotlight: Blues Angel Music
- Practice Area: Car Wrecks & Pre-Existing Conditions
- Recipe of the Month: Chicken Sour Cream Casserole

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Stevenson Klotz
is committed to our
local community!

Community Spotlight: Blues Angel Music

Each month, we like to feature people we work with, our neighbors, or people who are influential in our community. This month, we would like to feature Blues Angel Music.

Last month more than half of the young musicians on the SKLF Youth Music Project Stage were students at Blues Angel Music.

For those of you who are not familiar with Blues Angel Music, it is one of the few independent, locally owned music stores in the area. Don't be fooled by not being a big box chain music store. The store is huge, and they have everything a musician could ever need.

They have all instruments and an outstanding music faculty to boot.

One of their claims to fame is being on an episode of "Tanked". The drum kit fish aquarium is the first thing that catches your eye as you walk in. Then, musicians, step into the inviting and well stocked candy-land of guitars, amps, keyboards, drums, orchestra instruments, ukulele's, and a whole room devoted to all species of beautiful pianos.

Blues Angel Music is the place for your music needs. They are located at 657 N Pace Blvd, Pensacola, FL 32505. The phone number is **(850) 457-7557**. You may visit their website at www.BluesAngelMusic.com.

Blues Angel Music, thank you for your support of the SKLF Youth Music Project!

Lauren's Corner

I'm officially a homeowner! I was fortunate enough to buy my very first home in April, and I have been relishing my new status as a first-time homebuyer these past few months. I loved the house when I bought it, but I knew it needed quite a few updates for it to fit my vision.

I have a tendency to be a little impatient, so I'm not kidding when I tell you there was wet paint on the fireplace within an hour of setting foot inside the house after closing.

The first weekend in the house I bribed my friends with some pizza, assembled a small army, armed them with paintbrushes and rollers, and we set out to paint every room in the house. We got a solid start that day! In about a month's time we had painted every room, painted all of the trim in the house, painted exterior shutters, replaced interior doors

and doorknobs, removed wallpaper, removed a bizarre rock garden of sorts in the front yard, and laid new sod.

Everything was finished just in time for the perfect house warming party with many of my kind and supportive friends and family, and some of my great SKLF co-workers too!



After the updates were finished and the housewarming party was over, I found myself coming home from work with no house projects to work on. I didn't know what to do with myself. I was stuck in a "Ok, what next?" frame of mind.

And then I had an "aha moment". I am often guilty of living my life in "Ok, what next?" mode instead of being present and grateful for the "right now" moments. I had this beautiful new home to enjoy and yet I was so busy worrying about the next thing that I had not given myself permission to sit back, relax, and enjoy it.

Since my "aha moment," I have been consciously working towards staying in the present moment and being grateful for that moment instead of being worried about the next.

I pulled out a blank gratitude journal I'd had for months. Each night I began writing three things I was grateful for from that day.

I've also been working to eliminate distractions that steer me away from being present. My iPhone and iWatch are the worst offenders, so I have been switching them to silent mode more often now.

I have so many wonderful things to be grateful for, including my new home, and I am able to find much more gratitude for those things when I stay in the "right now" moments.

You should give it a try!



Practice Area: Car Wrecks & Pre-Existing Conditions

Sometimes the person injured in a car wreck is in perfect health before the wreck. Oftentimes, however, the person injured may have already been hurt before the wreck has happened.

If you are healing from a previous injury or health condition that existed before the wreck, those injuries or health conditions are called "pre-existing conditions."

So what does that mean for your personal injury case? Usually, it means the defendant will try to claim all of your injuries already existed and that you are not entitled to compensation because you did not get any new injuries in the car wreck.

However, the law allows someone with a pre-existing condition to recover compensation if the car wreck "aggravates" a pre-existing injury or condition or makes it worse.

A personal injury attorney can collect your medical records from before and after the accident and help

you prove that the car wreck left you more injured than you were before the wreck occurred.

If you are working on a personal injury case with an attorney and you had pre-existing conditions before your car wreck, it is very important that you tell your attorney about the pre-existing conditions from the very beginning of the case.

Letting your attorney know about the pre-existing conditions at the beginning of the case will enable the attorney to anticipate the defendant's arguments at mediation or trial and will allow the attorney to gather evidence and better prepare a response to those arguments.

Remember, your lawyer is on your side and is always going to protect your best interest.

If you or a loved one was injured in a car wreck, please call us to discuss your legal rights.

A Reminder to be Kinder

Two friends were out in a rowboat when it overturned. Luckily, two young women were nearby in another boat and came to their aid. Unfortunately, the women had neither a radio nor a motor on their boat. They were a long way from shore, and the two young men needed medical attention.

The young women screamed for help at each passing motorboat on the waterway. Their pleas were ignored by many. By the time they were finally able to secure help, one of the young men had perished from his injuries.

This was the story Lorraine Jara read in her local paper one day, more than 30 years ago. Though Jara did not know any of the young people involved in this tragedy, it touched her so deeply that she had to do something.

In 1988 Jara created Be Kind to Human Kind Week, August 25-31.

The smallest act of kindness can have a significant impact on a person's life. Knowing this, what will you do to make the world a better place for humanity?

Better Posture Leads to Better Health

Poor posture can have a negative effect on your physical and mental health, doctors say. An article on the Health website suggests that getting up and moving can have these **healthy benefits for your body and your mind**:

- **More energy.** Research suggests that poor posture, whether you're standing and sitting, can cause fatigue and stress. Sitting upright in a comfortable position—not slumped over—has been seen to improve people's moods in clinical studies.
- **More confidence.** You'll appear more self-confident by standing and walking upright, creating a self-fulfilling prophecy. People respond positively to people who exude confidence through their posture and physical behavior.
- **More openness.** Slouching in a chair or while walking tends to make you more guarded. People will be reluctant to interrupt you or chat with you. An open posture invites people in, giving you the opportunity to talk with and learn from them.