

What's up at SKLF?

Now that the Summer is over, we are working hard to make sure that we finish the year strong on our year end goals. We have been having regular meetings to make action plans to reach our financial, communication, and personal goals.

Something about late Summer/early Fall weather begins to bring focus and clarity in a little. What sort of things do you do toward the end of the year to evaluate how the year went? Do you pull out your list of New Year's resolutions and see whether you have accomplished them or can get back on track with them? This is a great time of year to resume focus.

We had a great write up in the Pensacola News Journal regarding our Youth Music Project. We are so excited that our efforts are getting noticed. Gallery Night had a great turn out for the acts on stage in September. We had an amazing lineup with Taylor Grisset, Laws Savage, and Tris on stage.

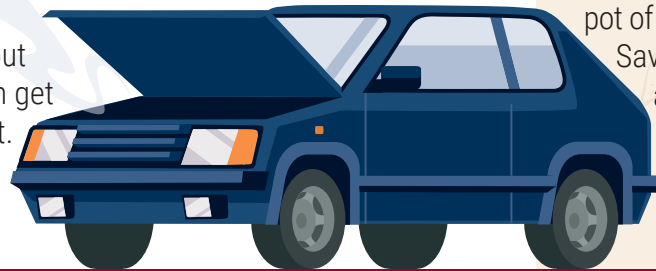
Check out our Youth Music Project website at www.YouthMusicProjectPensacola.org to learn about scholarships and how to sign up to play. You may also find out more information on the Youth Music Project and learn about upcoming events.

Road Rules

When Jane's car stalled in the middle of a busy intersection, no amount of wishing and praying could get the engine to turn over.

Just as she turned on her hazard lights, the guy in the car behind her began to lay on his horn, and he continued to honk even as other cars began to pull around.

Jane walked back to the other driver and said: "My car won't start and I'm waiting for a tow, but if you think you can get it started, have at it. I'll sit in your car and honk at you."



Our areas of practice include:

- Personal Injury
- Consumer Protection
- Nursing Home Injury
- Premises Liability
- Criminal Defense
- DUI Defense

RECIPE OF THE MONTH

Fettuccine Alfredo



I've been making Alfredo sauce forever, but all my recipes are so heavy, not to mention high in fat and cholesterol. I finally landed on a really fantastic, but lighter version, of Alfredo sauce that does not weigh you down and is quite a bit healthier. Don't skip the lemon zest. It makes the recipe.

Ingredients:

- 1 tbsp butter (unsalted)
- 1 clove garlic (minced)
- 1 tsp lemon zest (grated)
- 2 tsp all-purpose flour
- 1 cup milk (low-fat)
- 2 tbsp Neufchatel or low-fat cream cheese
- 3/4 cup grated Parmesan cheese
- 3 tbsp fresh parsley
- 12 oz fresh fettuccine
- Freshly ground pepper
- Kosher salt

Directions:

Melt the butter in a sauce pan over medium heat. Add the garlic and lemon zest and cook for about 1 minute. Add in the flour and cook, stirring with a wooden spoon for 1 minute. Whisk in the milk and a pinch of salt and cook while whisking constantly until thickened, about 3 minutes. Add the Neufchatel (or cream cheese) and Parmesan cheese; whisk until melted, about 1 minute. Stir in the chopped parsley. Meanwhile, bring a large pot of salted water to a boil. Add the fettuccine and cook. Save 1 cup of the pasta water, then drain the pasta and return to the pot. Add the sauce and 1/2 cup of the reserved cooking water to the pasta and gently toss to combine, adding more pasta water as needed to loosen. Season with salt. Serve.



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Stevenson Klotz Monthly Calendar—October of 2018

National Taco Day, October 4. Have one for breakfast, lunch, dinner, or any time of the day. We celebrate the taco on this day just to give you one more reason to enjoy them.

World Smile Day, October 5. You should commit to making others smile every day of the week, but if you've been slacking off, the first Friday of October has been designated for that purpose.

You Matter to Me Day, October 7. "Because everyone matters to

someone, and someone matters to you." Take time out to acknowledge those you love and let them know how much they mean to you.

National Boss's Day, October 16. A day for many workers to appreciate their employers. Say thank you to your employers.

Halloween, October 31. The night of October 31, the eve of All Saints' Day, commonly celebrated by children who dress in costume and solicit candy or other treats door-to-door.

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Community Spotlight: Four Seasons

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 Four Seasons.

Are you longing for a place that you can get home-style meals that are tasty, delicious, and reasonably priced? Then Four Seasons is your place!

Located on Palafox place across from the old Escambia County Courthouse, Four Seasons has been serving up their amazing food for many years. Most people typically think of it as a weekly lunch joint, but they have expanded their hours and are open on Saturdays and even for dinner.

Their fried chicken is the best in town. They are also known for their Gouda macaroni and cheese, fish selections, gumbo, and many great sandwiches like their Italian and

their fried green tomato sandwich. They also have an incredible cheeseburger.

Four Seasons also caterers. I was recently at my friend Jay Bradshaw's 45th birthday party. Four seasons brought the food to his house and did the set up and take down. The dinner was incredible. They had crab cakes, fried chicken, the Gouda mac & cheese (I'm telling you, it's really good), hamburger sliders, and a great salad. The presentation was great, and the staff was friendly and did a great job cleaning up. If you are looking for someone to cater an event, I would highly recommend Four Seasons. Next time you are downtown, check them out.



Lights Out! Make Sure Your Entire Family Gets Enough Sleep

What's the one thing busy families have in common? The morning chaos that consumes the household when no one received enough sleep the previous night. If your family starts the day with pouting, shouting, whining, and other cranky behavior, it's time to establish a consistent bedtime for yourself and your children.

According to Harvard Health, the average adult ages 18–64 should be getting seven to nine hours of sleep at night. The average time for teens 14–17 is eight to ten hours; school age children 6–13 should get nine to eleven hours; and preschoolers ages 3–5 require ten to thirteen hours of sleep.

Aside from knowing how much sleep is enough, here are a few best practices for creating a peaceful environment in your home that is conducive to a good night of rest:

- **Taste.** Make sure to avoid sugary and caffeinated foods at dinnertime, as well as overeating and eating too close to your bedtime. Your final meal or snack of the evening should be about three hours before you retire for the evening, so you have plenty of time to digest it.
- **Touch/feel.** We all have our preferences for pima cotton, cotton jersey, flannel, or even microfiber sheets. The important thing is to invest in linens and adequate bed covers that will

promote a sense of comfort. Another consideration is the temperature of the bedroom. Environments that are too hot or too cold can create a challenge for relaxing.

- **Sight.** The bright contrast of TV screens, computers, and smart phones can be more visually stimulating than you realize, and the use of them during the evening might be keeping you from unwinding. Stay off electronics, and keep lights dim in the hour leading up to bedtime. Try room-darkening shades or window treatments that will prevent you from being awakened by street lamps or sunlight.
- **Sound.** For adults, ambient sound or white noise can be soothing, and necessary for sleep; infants and young children often settle down with lullabies or bedtime stories; the rest of us will be just fine as long as there is quiet.
- **Smell.** For healthy adults and children (10 and over), consider diffusing high-quality essential oils of lavender or cedarwood in the bedroom before turning in for the night. Make sure the room is well ventilated in the event pets or other family members are sensitive to the fragrance. Inhale, breathe out, relax, and get a good night's sleep.

With enough rest, everyone in your home should start the morning refreshed, agreeable, and ready to take on the day.



Motivate Your Employees to Use Safety Gear

If your workforce operates in hazardous conditions, you know that the best protective gear available is worthless if your employees won't use it. To encourage workers to wear their safety goggles, ear protectors, and other equipment, follow this advice:

1. **Reduce the need for protection.** Look for safer ways to do things so that extra protective equipment isn't necessary. This will emphasize to your workers that their safety is a number 1 priority. For example, before purchasing heavy-duty gloves to protect workers' hands from a caustic cleaning solution, investigate alternative cleansers with less potential for harm.
2. **Involve employees in safety decisions.** People feel more committed to policies they have helped shape. Include employees in selecting equipment; connect them with vendors so they can ask questions and receive the information they need to contribute to the decision.
3. **Educate and train your workforce.** Many times, employees don't use their protective gear because they don't know how—or even more important, why. Provide sufficient training so that employees understand the risks associated with not using the equipment. Once they fully understand what's at stake, workers will be much more likely to support the proper use of prospective equipment.
4. **Reward and reinforce safe behavior.** First, be a role model and actively use the same gear you expect your workforce to take advantage of. Spotlight situations in which using the equipment correctly prevented an accident or saved a life. And whether you reward workers with gifts or just words of praise, make sure they know you're paying attention to their safety habits.
5. **Check the fit.** Workers may "forget" to wear boots or gloves because they don't fit well. As much as possible, let employees select their own equipment with an eye toward what they'll feel comfortable wearing and using.



Chris' Corner

It's kind of nice to fall into that post-Summer vacation rhythm. Max is now a freshman in high school and Sam has started middle school. Almost every day I try to find a way to take advantage of the time they have left at home. I find myself jealously guarding the moments they have before they are all grown up and gone.

Max, my high school freshman, wants more and more time with friends and less time with dear old dad. Understandable, and circle of life and all that, but I'm going to make the most out of our time while I have it.

Hopefully, we are going to finish up the boys' SCUBA lessons in October. With the patient help of Carlos Faught, Bruce, and the rest of Carlos' awesome crew at Bay Breeze Dive Center in Gulf Breeze, we have been doing a live SCUBA class at the shop. Hopefully we'll get our check out dives before the water gets too cold.

Next on the list is hunter safety courses for Max and Sam. Eric and I are taking Max, Sam, and Cole for a pheasant hunt with a group of our friends in South Dakota this Fall.

Max is about to start high school lacrosse. Tryouts are soon to see if he will be on the JV team or Varsity lacrosse team as a freshman. He's a really big 14-year-old, so we'll see where he lands. Sam has crossed over from Cub Scouts to Boy Scouts and has set a goal of achieving Eagle Scout by 16.

Never a slow or dull moment here. I'll keep you posted. Have a wonderful Fall!

Practice Area

What do you do if someone assaults or batters you? Of course, you call the police and report it, but what then? Don't get hung up on the difference in Florida law between the legal definition of "assault" versus "battery". There is a difference, but most folks think assault and battery are the same. What I am talking about is when someone physically causes you bodily harm because they have hit you or pushed you in a fight or violently hurt you in some other way that was not an accident. Most lawyers will not take a case where there has only been a minor physical injury. If you have a serious bodily injury because someone has intentionally hurt you, we can talk to you about your legal options. If you have medical bills or permanent injury as a result of an intentional battery from someone, you have a possible civil legal action. We can talk to you during this difficult time about your options.