

SULLIVAN & HEPLER

Attorneys at Law

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SOCIAL SECURITY DISABILITY

WORKERS' COMPENSATION

CRIMINAL DEFENSE

CAR ACCIDENTS

It's the June/July Issue of our Newsletter!

Summer is coming soon, are you ready? Wouldn't winning TWO Universal Studios Preferred Annual Passes make it an amazing summer to remember? Don't forget our about contest! When the number of our Facebook "Likes" reaches 400, we will celebrate by raffling off TWO Universal Studios Preferred Annual Passes!

Win 2 Universal Studios Passes!

To be eligible you must:

- Be a Florida Resident.
- Not be a present or former employee of Sullivan & Hepler or a relative by blood or marriage.
- "Like" Sullivan & Hepler, Attorneys at Law on Facebook.



 Find us on Facebook

July 4th Trivia

150 Million hotdogs will be consumed – one per two people in the U.S.

Americans will spend \$211 Million on fireworks.

The 4th of July was first declared a national holiday in 1941.

The first Fourth of July party held at the White House was in 1801.

Try celebrating the day in a place called "America." There are five such places in the country, with the most populous being American Fork, Utah, with 21,941 residents.

Three U.S. presidents have died on July 4th. Both **Thomas Jefferson** and **John Adams** died on July 4, 1826, the fiftieth anniversary of the signing of the Declaration of Independence. Five years later, **James Monroe** died on July 4, 1831.

Have a Safe & Happy 4th of July!



WELCOME AND THANK YOU!

We welcome all of our new clients who joined us this past month. Also, thank you to all our friends and past clients who have referred folks who needed our services. It's a huge compliment to us! Sullivan & Hepler is proud to represent working people and their families in the areas of Social Security disability, workers' compensation, personal injury, and criminal defense.

WHAT IS UNINSURED MOTORIST COVERAGE?

Uninsured Motorist (UM) Coverage is extremely important to have in this day and age. This type of automobile insurance protects you if an at-fault driver injures you and does not have enough insurance to cover your losses. Too many Jacksonville drivers are driving around without any coverage at all or just the bare minimum. UM coverage is not mandatory; however, your agent must offer it at the time you purchase your policy. In fact, a separate form must be filled out where you either select or reject UM coverage. Think very carefully before rejecting this extremely important protection.



SPOTLIGHT ON SMALL BUSINESS: DINNERS DIRECT

Kirsten Schneider is the chef and Owner of Dinners Direct, a delivery-only prepared meal service in the Jacksonville area. Originally from New Orleans, Kirsten and her family relocated to Jacksonville after Hurricane Katrina destroyed their home. She is a graduate of the University of Connecticut and The Culinary Institute of America, Hyde Park and has over 20 years experience as a catering and restaurant chef, working in some of the most esteemed kitchens in New Orleans, including those of the Chef Emeril Lagasse.

Dinners Direct is a service that provides freshly prepared, ready-to-cook meals, sides, soups and stews and desserts. The concept is designed to help busy, working families put a nutritious dinner on the table without the hassle of preparing the meals themselves and to avoid the temptations of convenient drive-throughs, take out, and unhealthy frozen foods.

What sets them apart is that they start with fresh, not frozen, all-natural meats, vegetables and ingredients. Once the meals are prepared and sauces and accompaniments are made, the meal is packaged, labeled with easy-to-cook instructions, and flash frozen. Cooking instructions are simple, there is virtually no clean-up, and most meals can be on the table in under 30 minutes – all for under \$5.00 per serving.

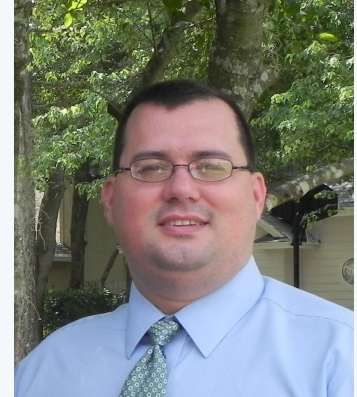
“I have a real desire to help all those busy working Moms, like myself, who barely have enough time to take care of themselves to at least prepare a nutritious meal for their family. Dinners Direct makes it so easy and eliminates the stress of “What’s for Dinner?”

Kirsten is a member of the Jacksonville Chamber of Commerce, Chair for the Community Involvement Committee of the Professional Women’s Council, a member of the Women in Business Network, and a member of The Culinary Institute of America Alumni Association. She and her husband of 15 years, Chris, have two beautiful children, 9 year-old Christian and Grace, who is 3.

Contact Kirsten by phone at [904-239-6162](tel:904-239-6162) or email at dinnersdirect@gmail.com. You can also become a fan on the Facebook Dinners Direct page.

INTRODUCING OUR SUMMER INTERN

We are pleased to announce that William Odom will be working with us this summer as an intern. William is a 3rd-year law student at Florida Coastal School of Law in Jacksonville. Originally from South Carolina, William is a veteran who proudly served overseas during Operation Enduring Freedom. He also worked as a Conductor and Engineer at CSX Transportation for 10 years and was a Local Chairman for the United Transportation Union for six of those years. He has been married to his high school sweetheart, Frances, for almost 17 years, and they have a beautiful 13-year-old daughter, Meghan.



William's passion is to be an advocate for his fellow veterans, as well as handle railroad personal injury claims. When not at school or the office, William enjoys playing with his two dogs, Yum-Yum (20-lb. Pomeranian) and Butter (115-lb Yellow Lab), working in the yard, going camping, and spending time with his family.

We look forward to having William work with us this summer.

THE "LAZY CAKE" DUI DEFENSE

William Odom

By now, you have probably heard of or even seen at your local convenience store a "Lazy Cake". Steering away from the usual convenience store products that promise to keep us awake, Lazy Cakes are being promoted to help us relax and mellow-out.

Lazy Cakes co-founder Tim Barham says they "are not pot brownies and that the ingredients used in them have been sold for years at your local Walgreens or Wal-Mart, such as melatonin, valerian root, rose hips." There are internet rumors that they contain the same synthetic marijuana compounds found in herbal incense products like Spice or K2.

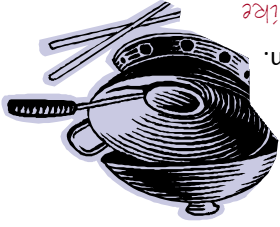
The National Poison center gets more calls about melatonin than any other herb or supplement. In large doses, melatonin can cause problems with your central nervous system, cause problems breathing, as well as make you sleepy or nauseous.

While the risks of Driving while Lazy Cakes (DWLC) is yet unknown, I am sure that a good defense attorney will make his mark defending those drivers, who while trying to stay awake, are enroute to the Chinese buffet to cure their munchies.

LAWYER JOKE



A man walked into a bar with his alligator and asked the bartender, "Do you serve lawyers here?" "Sure do," replied the bartender. "Good," said the man. "Give me a beer, and I'll have a lawyer for my 'gator."



Enjoy! Mike Add veggies back in. Serve over steamed rice.

Add the protein, stir constantly until opaque. Combine all sauce ingredients and pour over protein. Reheat pan until very hot. Add 1 Tablespoon of cooking oil and swirl around in the pan.

Remove veggies and place on a holding plate.

Add Veggies, Garlic and ginger, stirring constantly and cook until al dente.

Add 1 Tablespoon of cooking oil and swirl in the pan.

The most important thing about this recipe is to make sure your wok or frying pan gets as hot as possible.

- 1 Tablespoon of rice wine vinegar
- 1 Tablespoon of soy sauce
- 1 Tablespoon of honey
- 1 Tablespoon of mustard
- 1 Tablespoon of wine (I use Chinese cooking Sherry)

Sauce

- 1 Teaspoon fresh ginger
- 1 Teaspoon of garlic chopped
- 2 Tablespoons of cooking oil
- 2 cups of your favorite veggies (e.g. carrots, squash, green beans) cut into small bite size pieces
- 2 cups of protein (e.g. beef, chicken, shrimp or pork all work well) cut into small bite size pieces

Stir Fry Ingredients

I love Asian food! Here is a light dish that is perfect for the summer.

MIKES SUMMER STIR FRY

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Working hard for the hard working since 1995

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Here comes... *The Scoop!*