

STEVEN BOOKER LAW

Licensed in Texas and Oklahoma

## Glad To Be A Dad

As another Father's Day approaches and Dad's everywhere long for their anticipated day of relaxation, I pause to think what it means to be a Dad. Is it the lunches that need to be made or the homework that needs to be done during a school year? Is it Dad, can you call Mom because I have tennis, softball, bowling, cheerleading practice and youth group? And the everyday question, Dad I'm hungry, what do we have to eat? Or questions from me like , we have to go where for your next bowling tournament or you need how much \$\$\$ for cheerleading season?

These days it seems that those questions go along with the territory. On most days,



I am able to answer most of those questions in the positive. But as another Father's Day comes and goes, I am brought back to the thoughts of how much my Father sacrificed for my brother, sister and me and his continued efforts to provide and educate us in the ways of the world. For his sacrifices, I am glad for my Dad.

Although I sometimes complain about all the activities my kids find themselves in, I would not change it because of the joy in my kids eyes. As I see my kids grow and mature, I see now why my Dad sacrificed so much for me. It is that feeling of true lasting love that comes from my kids. For that reason alone, I'm Glad To Be a DAD.

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# Drive Safely, Grads!

Spring means high school and college graduation for many in our area. For some, celebrating includes drinking alcohol. (Of course the legal drinking age is 21, and violations can mean steep penalties.) But if you or a loved one chooses to drink, our law firm wants to make sure you stay safe by following a few tips:

#### 1. If you're drinking, designate a 100-percent sober driver.

The only completely safe approach is for a designated driver not to drink at all. Even one drink can impair a driver.

It's illegal to drive with blood alcohol content (BAC) of 0.08 percent. For a 120-pound woman, just one small glass of wine can mean a BAC of 0.04, which can significantly affect driving. For a man of 180 pounds, just two beers can result in 0.04 BAC with similar results. Any amount of alcohol can be risky if not accompanied with food.

#### 2. If you're drinking, consider a local driver or taxi service.

Using a local driver or taxi can be an enjoyable and reasonably priced way to ensure that everyone in your party has a safe and carefree night out.

**3. If someone you know is drinking, do not let that person get behind the wheel.** Offer to drive them or call a taxi or driver for them.

**4. If you see an impaired driver on the road, contact law enforcement immediately.** Your actions could save a life. Do not try to pass a drunk driver. Try to stay as far back form the driver as possible and call 911. Remember, buzzed driving is drunk driving.

Have a safe and happy graduation! •

### Did You Know? New Blood Test May Detect Cancer Tumors

Recent studies in the United States and England have raised the exciting possibility that a simple blood test may revolutionize the detection and subsequent monitoring of solid tumor cancers. Up to this point, tumors in the organs of the body have required invasive (and often expensive) biopsies to determine if they are cancerous or not.

In addition to the life-saving value that comes with early detection of all cancers, a blood test for solid tumor cancers would have the potential to greatly reduce medical costs by reducing or eliminating the need for invasive biopsies, could help patients avoid additional surgeries and may enable doctors to better monitor patients' response and resistance to cancer therapies.



### **Booker's** Spicy Black Beans and Rice Best Bites

BACK BY POPULAR DEMAND and for a filling yet "good" carbohydrate, I recommend trying my Spicy Black Beans and Rice.

This receipt goes well with grilled chicken, steak, and ribs.

**Booker's** 

### INGREDIENTS

- 1 Cup of Uncle Ben's Brown Rice (Gluten Free);
- 1 Can of Black Beans ( organic preferable);
- 1 Can of Petite diced tomatoes:
- 1 to 1 ½ cup of white onion;
- Tablespoon of Coconut Oil (for sautéing onions);
- 1 Cup of sliced Jalapenos with the juice.

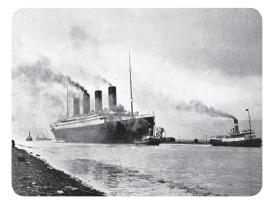
### DIRECTIONS

- Boil the rice in a three (3) quart cooking pot with approximately 2 1/2 cups of water.
- Dice white onion and sautee in skillet with Coconut Oil.
- 1-5101 T Once the rice is cooked and the water boiled off and without draining, add can of black beans, can of petite dice tomatoes and sautéed onions to the rice.
- Season to taste with salt and pepper.
- Add Jalapenos and juice. For additional heat, consider adding cayenne pepper to taste.
- Heat to a boil and stir to liquid is absorbed.
- Top with Frank's Red Hot or your favorite hot sauce. ENJOY!!!

# The Legend Lives C

More than 1,500 people lost their lives in 1912 in the sinking of the RMS Titanic (including 26 honeymooning couples). It's a story/legend that won't let go, and countless other tidbits of information accompany it.

Speaking of "RMS," it stands for Royal Mail Steamer, which means the ship was certified to carry out postal duties. Hundreds of thousands of letters, packages, postcards, and business documents went down to the depths with the Titanic.



In addition to mail, a lot of "staples" went under as well. The Titanic began its journey with approximately 75,000 pounds of fresh meat on board, 7,500 pounds of ham and bacon, and 25,000 pounds of poultry. As far as alcohol-a key cruise component-over 16,000 bottles of beer (that would make that song really long) and roughly 1,500 bottles of wine were available for first-class passengers to wet their whistles.

Tragedy was linked to the Titanic prior to its maiden voyage. The construction of the ship-a 26-month project undertaken in Belfast, Northern Ireland – resulted in the deaths of two workers and injuries to 246 more.

Milton Hershey of chocolate renown was slated to be on the ill-fated Titanic trip, but was a no-show. Although his company's chocolate bar was first produced in 1900, the course of chocolate history may have been very different had he made the trip.

The last remaining survivor of the voyage, Millvina Dean, died on May 31, 2009, at the age of 97. She was only two months old when the tragedy occurred...thankfully too young to be haunted by memories of it.

- Important Dates June 1 Atlantic hurricane season begins

June 14 Flag Day

June 21 Father's Day

> June 21 Summer begins



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# Paying for a Totaled Car

If you ever experience the misfortune of being involved in a car accident, your auto insurance company may determine that your car has been "totaled"—the cost of repairs exceeds a certain threshold of what your car's fair market value (FMV) was prior to the accident. This point of no return differs from company to company, but a typical benchmark is 80 percent. If your car's FMV is \$10,000 and your repairs are under \$8,000, the insurance company will pay for repairs. If repairs amount to \$8,000 or more, your car will be deemed totaled and you will be issued a check for the FMV of your car.



Hopefully the check you receive will equal or exceed the amount you may possibly owe to any money-lending institution. However, certain circumstances may result in your check being for less than that amount. In this scenario, guess who's legally obligated to pay the difference—you are. If you have gap insurance (which covers the "gap" between what you receive and what you owe), problem solved. But that's a preventive measure, not a post-accident solution.

Most insurance companies are willing to negotiate the amount of compensation you'll receive for your totaled vehicle. Do your homework to make sure the FMV of your car as stated by the insurance company is accurate.

If another driver is at fault for the accident, you can file a third-party claim with the other driver's insurance company to make up the difference on what you owe.

Your other option is to hire an experienced auto accident attorney. He/she can negotiate for you, file any claims, and guide you through the process to ease your burden and protect your rights. •