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The Mo Show – Live with Morris Lilienthal!

If you're looking for the newest "attorney on call" show for legal advice, you've come to the wrong place. The Mo Show is the creation of M&B partner Morris Lilienthal. A creative and welcoming treat for Facebook followers to watch as Morris interviews fun and interesting guests every other Wednesday at 3PM CST on Facebook LIVE. Each guest is selected because they have a wonderful story to share about how they are making a difference in the community.

To enjoy this new and different program, you can simply visit the link, www.TheMoShow.live to watch live and participate along with the video by leaving comments or asking questions. You can also view recorded versions of the show. As you view these programs, please "like" and "share" the videos of the show in order to help "spread the word" about the show, the news and stories about the great and wonderful guests who share their stories on the show. Isn't it time we had some good news after all?



Speeding Tickets: Things to Know



In Alabama, speeding tickets, along with all traffic citations, are processed through the criminal court system. Each speeding ticket should have identifying information regarding your speed and the posted limit, the officer name, and other information about the circumstances surrounding the citation. But, by far, the most important piece of information on the ticket is the initial court date. You should double and triple check

the court date and time so that you can either resolve the ticket prior to that point, or appear in court. Missing the court date without resolving the matter beforehand will result in an arrest warrant being issued for failing to appear. Calendar your court date immediately after receiving a speeding ticket.

Even though speeding tickets are minor, all traffic violations are punishable by up to 30 days in jail and a fine of up to \$200 plus court costs of another few hundred dollars. The more

serious traffic offenses are punishable for longer jail periods and higher fines.

A guilty plea or a conviction on a speeding charge will also add "points" to your license. Alabama law requires the suspension of your driver's license if you have 12 or more "points" on your license within a 2 year period. More serious traffic offenses, like reckless driving, racing

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Stay Safe when Working in the Heat

When heat and humidity combine to reduce the amount of evaporation of sweat from the body, outdoor work can become dangerous even for those in good shape. The key rules for coping with heat are to drink plenty of water to avoid dehydration and slow down and cool off when experiencing fatigue, a headache, a high pulse rate, or shallow breathing. Overheating can cause serious, even life-threatening conditions such as heatstroke. Look out for these symptoms of heat illness:

- **Heat cramps.** Working in hot weather can lead to muscle cramps, especially in the legs, because of brief imbalances in body salts. Cramps become less frequent as a person becomes used to the heat.
- **Heat syncope or fainting.** Anyone not used to working in the heat can experience a quick drop in blood pressure that can lead to fainting. As with heat cramps, the best approach is to take it easy.
- **Heat exhaustion.** Losing fluid and salt through perspiration or replacing them in an imbalanced way can lead to dizziness and weakness. Body temperature might rise, but shouldn't exceed 102 degrees. The best defense is to take it easy and drink plenty of water. Don't take salt tablets without consulting a physician.
- **Heatstroke.** In some cases extreme heat can upset the body's thermostat, causing body temperature to rise to 105 degrees or higher. Symptoms are lethargy, confusion, and unconsciousness. Even a suspicion that someone might be suffering from heatstroke requires immediate medical aid. Heatstroke can kill.

Sunscreen Tips for Summer Fun



As temperatures rise and summer nears, it's time to take inventory of your sunscreen know-how. If you have ever experienced a sunburn or sun poisoning, you know the value in applying sunscreen early and often. In addition to avoiding the discomfort of a sunburn, sunscreen also helps protect against skin cancer.

Properly applied sunscreen reduces the chances of melanoma by 50-73%, according to the Journal of Clinical Oncology. Take a look at the following tips to ensure you and your family take full advantage of the benefits of sunscreen this summer.

Select an Appropriate Sunscreen

Not all sunscreens offer equal protection. The American Academy of Dermatologists recommends a broad-spectrum sunscreen (protects against UVA and UVB rays) with a sun protection factor (SPF) of 30 or higher. An SPF 30 sunscreen blocks 97% of UVB rays while an SPF 15 blocks 93%. No sunscreen is 100% waterproof, but a water resistant sunscreen is a good idea to maximize protection. Additionally, a lotion sunscreen may provide more even and uniform coverage than a spray.

Apply Early & Reapply Often

Apply sunscreen before stepping outside for the pool, beach, or other outdoor activities. For each application, you should be using about a three tablespoons of sunscreen lotion on your child. If your child is squirmy, try applying sunscreen while he or she is buckled in a car seat. Briefly warming up sunscreen lotion in your hand can also help alleviate the urge to squirm from the cold. Sunscreen should be applied every two hours, after getting out of the water, and otherwise as directed by the label.

Keep Sun Exposure to Appropriate Levels

Parents should avoid exposing babies under six months to direct sunlight. For kids over six months, some sun exposure contributes to healthy levels of vitamin D. However, make sure they also get plenty of time in the shade, and consider covering their body with activity appropriate clothing.

Keep it Fun

If your child hates applying sunscreen but loves games, make the process a little more tolerable by turning it into a competition or race. Maybe your kid will be more willing to let you apply sunscreen if they first apply it to you.

Always Be Prepared

Always be prepared for unexpected fun in the sun. For days that you plan to be in the sun for a long period of time, make sure you pack extra sunscreen. Consider keeping a tube of sunscreen in the car or other convenient places. Healthy sun exposure should combine sunscreen, protective clothing, and plenty of time out of the sun in the shade. Sunscreen is important for sunny and cloudy days alike, as 80% of UV rays can still reach your skin on cloudy days.



Planning Your Digital Legacy

In today's world of social media, it's important to plan not only for your physical property, but also your digital accounts. Having a well-crafted estate plan is an enormous benefit to your family and loved ones. By including instructions for your online profiles, or utilizing the memorial tools from social media, you can make things simpler for loved ones after you pass away. Here's a look at how some popular social media platforms handle accounts of deceased or inactive members.

Facebook

You may be surprised to learn that Facebook has given a lot of consideration regarding what can happen to your account once you pass away. In fact, there are a number of ways to utilize your Facebook to preserve your final thoughts and memories. Facebook allows you to designate a "legacy contact." This person will be allowed to pin a post on your Timeline after your death, such as a funeral announcement or obituary. The contact won't be able to log in as you or read your private messages, but will be allowed to respond to new friend requests, update your cover/profile photos, archive your Facebook posts and photos.

If you're interested in designating a legacy contact, while logged into your Facebook account, you can simply go to Security and click on "Legacy Contact." Here, you'll be able to select one of your Facebook friends. You'll also be given the option to send them a pre-written message (which you can edit) that provides information about the policy. Otherwise, the contact will be notified only when your death has been reported to Facebook, and your account is memorialized.

Gmail/Google Accounts

Google allows you to plan for the management of your Google accounts after your passing. Through the Inactive Account Manager, you can authorize a trusted person to download content from your Google accounts like Gmail, Youtube, and Google Hangouts. When Google detects that your account has become inactive, they contact your trusted contact via email.

Instagram

Instagram offers two options for a deceased user's profile. The account can either be memorialized or deleted. In order to have the profile memorialized, contact Instagram with proof of death such as a link to an obituary. Immediate family members can also request the profile be deleted. In order to do so, you will have to provide proof that you are a family member, an authorized representative of the estate, and proof of death.

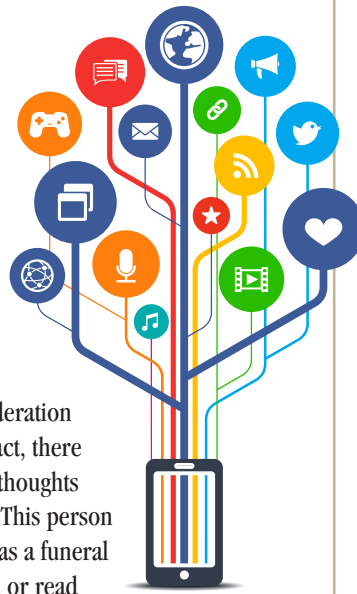
Pinterest

In order to have a loved one's Pinterest account removed, email care@pinterest.com with your name, the name and email of the deceased loved one, a link to their Pinterest account, proof of death (such as death certificate), and proof of your relationship (such as a birth or marriage certificate).

LinkedIn

LinkedIn also allows you to request the profile of a loved one or colleague be deleted after they have died. In order to make the request, you will need their name, link to their profile, their email address, your relationship with them, their date of death, a link to an obituary, and their most recent company.

While these steps help manage a portion of your online presence after you pass away, it's crucial to have a plan for your family and loved ones. Regardless of the size of your estate, you should have a comprehensive plan. The experienced attorneys at Martinson & Beason can help at any step along the way.



Speeding Tickets: continued

on a highway, passing a stopped school bus, or DUI, carry anywhere from 4 to 6 points per offense.

So, if you have a serious traffic offense conviction within the past 2 years, a new speeding ticket, while only 2 points, may result in you receiving 12 or more points total over a 24-month period, and could jeopardize your driving privileges. Regardless of whether your license may get suspended, a conviction for a speeding offense will likely cause your insurance premiums to rise, especially if this is not your first offense.

There are many options available to people who have been cited for speeding which will prevent points being added to their license and will not result in increased insurance payments. First, if your driving record is relatively free of citations then you may be eligible to participate in a one-time 4 hour defensive driving class if you have not previously taken the class within the last 2 years. There is an 8 hour class for people whose driving records are worse or who have taken the defensive driving class within the last 2 years. Payment and completion of the class will result in the dismissal of the speeding ticket, preventing points on your license and higher insurance costs.

If your driving record is not good enough to qualify for defensive driving, there is a possibility to have the charges amended so that fewer points are added to the driver's license following a guilty plea or conviction. Of course, you always have the option of a trial, and despite their hard work, police officers sometimes make mistakes, so do not be intimidated to let a judge decide the facts. Be respectful of the police officer giving you the ticket, because any legal or factual argument you have to fight the ticket might quickly disappear once the officer explains how rude you were.

No matter how you choose to handle your traffic ticket, do not procrastinate and get informed because your case will move faster than you think.

Client's Bill of Rights

Lawyers will tell you that it is impossible to offer a guarantee in the legal business. **WRONG!** We say that law firm clients should settle for nothing less! Remember, your attorney works for you – not the other way around.

At Martinson & Beason we believe we can promise our clients quality service with personal attention. We believe that as our client you are entitled to have the:

1. Right to loyalty to you and your cause.
2. Right to be updated regularly and in a timely manner as to the progress of your case.
3. Right to our respect.
4. Right to expect competence from our firm and all who work here.
5. Right to know the truth about your case.
6. Right to prompt attention from us.
7. Right to have your legal rights and options explained in plain English without legal mumbo jumbo.
8. Right to a fair written fee agreement with our firm.
9. Right to a fair fee for the work we do.
10. Right to make the ultimate decision on your case.



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Squash Casserole

By M&B Atty - Caleb Ballew • Makes 8 servings

Ingredients

- 3 lb. yellow squash, cut into 1/4-inch thick slices
- 1 small onion, chopped
- 1 1/2 TBSP. salt
- 16 saltine crackers, divided
- 1 1/2 cups (6 oz.) shredded sharp Cheddar, divided
- 1/2 cup mayonnaise
- 1 large egg, lightly beaten
- 2 TBSP. butter, melted
- 1/4 tsp. pepper and 1/8 tsp. salt

Instructions

1. Cook first 3 ingredients in boiling water to cover 25 minutes or until squash is very tender. Drain well and mash mixture with a fork.
2. Crush 10 crackers and stir into squash mixture; stir in 1/2 cup cheese and next 5

ingredients. Spoon mixture into a lightly greased 11x7-inch baking dish. **I also add an extra 1/4 - 1/2 cup of bread crumbs or saltines, but this is different from the original**

3. Crush remaining 6 crackers and sprinkle over casserole (**also use more crackers here than the original**); sprinkle remaining 1 cup cheese evenly over casserole.
4. Bake, uncovered, at 350 for 30 minutes or until cheese melts and casserole is bubbly.

Notes: To make ahead, prepare recipe as directed; do no top with crackers or cheese. Cover and chill overnight. Remove from fridge; let stand 30 minutes. Uncover and top with crackers and cheese; bake as directed.

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