

# The INSIDE STORY

August, 2017

# Thigh five hero

## **DYER LAW'S HIGH 5 HEROES**

As a part of our 25th anniversary celebration, we wanted to include the community that has

given us so much and find new ways to pay it forward. Our High 5 Hero award does just that! Each month, we select one deserving person from our many nominees to receive \$500 for themselves and \$500 to pay it forward. This celebration serves as recognition for those people in our community who make a difference in other people's lives.

The High 5 Heroes have included individuals who are active with retirement community residents, who provide fresh starts for our veterans, and who make huge differences in the lives of young Omaha girls. We are excited to continue honoring local heroes and encourage you to nominate deserving individuals. **Please visit our website, dyer.law, for more information.** 





#### **KEEPING NEBRASKANS "SAFE AND SOUND"**

After reviewing the late 2016 spike in workplace fatalities in Nebraska, Kansas, and Missouri, the U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) has decided to take action—launching the "Safe and Sound

Campaign". The movement calls for employers to provide a safer environment for their employees. This is an important step in the fight for employee protection and safety. As Kim Stille, the Regional Administrator for OSHA's Kansas City branch, emphasizes, "...Working together with businesses, unions, and employees, we can reduce these sobering statistics and implement and sustain workplace safety and health programs that can help employees avoid preventable injuries and death."

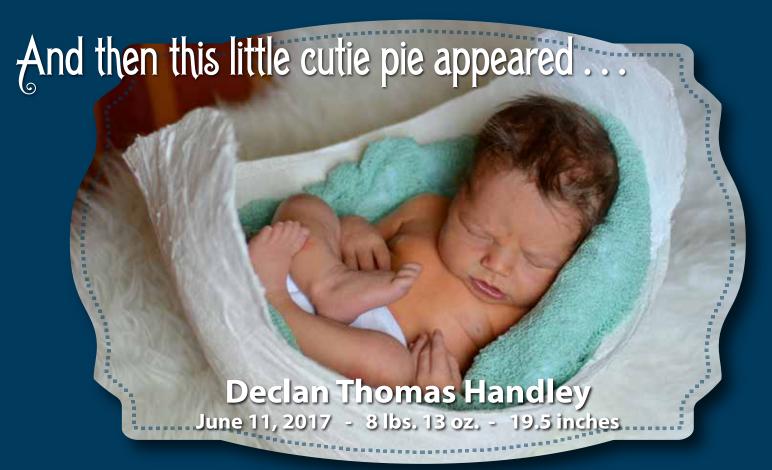
# **END-OF-SUMMER FUN FOR THE WHOLE FAMILY!**

The summer season is coming to a close, but that doesn't mean the family outings have to! We've compiled a list of local events that children, adults, sports-fanatics, and arts-appreciators alike can enjoy.

August 18th: The Omaha baseball scene doesn't shut down after the College World Series! The Storm Chasers will be playing the Oklahoma City Dodgers at 7:05 PM on August 18th, with tickets ranging from \$9-25.00. Enjoy an exciting night of sports and summer foods, along with post-game fireworks provided by Hy-Vee. Visit the Storm Chasers' website to purchase tickets and view game times.

**August 21st:** This summer, a solar eclipse totality viewing path will run through Nebraska for the first time since 1954 and the last time until 2106, making it a once-in-a-lifetime occasion! Viewing in Kearney will begin at exactly 12:57:30 PM CDT, in Grand Island at 12:58:34 PM CDT, and in Lincoln at 1:02:36 PM CDT. Total eclipses are only visible for 1-2 minutes, so timing is absolutely crucial! Visit www.eclipse2017.org to order eclipse glasses for your entire family, or to check if your town is on the totality path—you do not want to miss this historic event!

August 25th-September 4th: The Nebraska State Fair is one of the most popular displays of state-pride all year, as well as the perfect place to celebrate Labor Day weekend. Both kids and parents will be able to enjoy performances from renowned modern artists like Brad Paisley and Pentatonix, as well as American classics such as Lynyrd Skynyrd and Joan Jett & the Blackhearts. Fair-food favorites will be available for munching at every corner, along with endless activities and games to enjoy. Accessibly located in Grand Island, Nebraskans from all over the state can visit for admission prices ranging from \$2-\$12.00 per day. Visit www.statefair.org for specific pricing information, as well as hours and directions!



**Proud Parents - David and Anna Handley** 

# RECIPE TIME

## **FRESH PEACH TRIFLE**

Peaches are in season, and end-of-summer celebrations are in full swing! Guarantee yourself the status of favorite party guest and bring this refreshing dessert to your next neighborhood cook-out.

#### You will need:

- 6 large, ripe peaches—peeled and sliced
- 1 fresh lemon (to be used for one tablespoon of lemon juice, and one teaspoon of lemon zest)
- 2 eight-ounce containers of vanilla yogurt
- 1 ten-inch pre-made angel food cake

#### **Directions:**

- 1. Place all six sliced peaches into a large bowl, along with a tablespoon of lemon juice, and toss. Scoop one cup of the peach mixture into a blender, and puree until smooth. Set aside the remaining peach slices for later.
- 2. Place the yogurt into a separate bowl and stir in the peach puree, along with one teaspoon of lemon zest. Set aside.
- 3. Slice your angel food cake into bite-sized cubes, and place half of the pieces loosely on the bottom of a glass dish. Make sure your glass dish is presentation-worthy—you'll be serving the trifle in this! Next, spoon half of the sliced peaches over the cake, and top everything off with half of the yogurt mixture. Repeat this step, saving a few peach slices to garnish the top.
- 4. Refrigerate until ready to serve!

# Quick Tips!

With **back-to-school season** upon us, it's easy to get stuck in a rut when it comes to **lunch-packing**. These tips make putting together a healthy lunch just as simple as tossing snack cookies into a bag and calling it quits. Cut sugar by swapping juice or soft drinks for **fruit-flavored water**. Make the switch to **whole-wheat bread** rather than white bread on sandwiches, and choose **almond butter** over Nutella, or mustard over mayonnaise, for your sandwich spreads. If you're going to include a dessert, pack a homemade cookie rather than processed or "diet" foods. Remember: whole, natural foods are the best way to **fuel your child for success** during the school year!

## **Client's Bill of Rights**

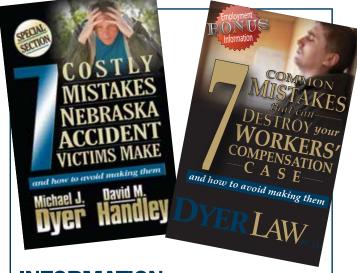
Lawyers will tell you that it is impossible to offer a guarantee in the legal business. WRONG! We say that law firm clients should settle for nothing less! Remember, your attorney works for you - not the other way around.

At Dyer Law 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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