

# The INSIDE STORY

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## Traditions

By Mike Dyer



The NCAA Men's College World Series has been an Omaha tradition since 1950. What started out with a very humble beginning has grown into a nationally recognized event. Over the last twenty years, I have been fortunate to be a spectator of this amazing display of teamwork and commitment - not only from the athletes that gather each year, but also from our community, its leaders and volunteers.

2011 marked a significant milestone for the CWS. With the new ball park and new location, there was quite a bit to adapt to, especially for those of us who have travelled down to Rosenblatt Stadium for so many years. I was able to get to the stadium early on opening day. Because this event brings in cops from Omaha and surrounding departments, I was able to catch up with many of those men and women who I have met throughout the years from the various police organizations I belong to or who I've represented for injuries in the line of duty. For me, spending time with those folks is one of my favorite parts of the event.

As always, the energy and great moods were contagious. Omaha managed once again to pull off this amazing event. The people and atmosphere keep me coming back for more. I'll be back next year to do it all over again!

## Thank you for the referrals...

A referral from a former client or friend is the greatest compliment our firm can receive. We are grateful for every referral - below is a list of the people who recently referred a friend or family member to our firm. We would like to publicly thank each and every one of them.

David Thompson	Lynette Black	Mark Schankelberg	Shawn McCann
Michele Romero	Chris Abbott	Preston Sears	Ed Noethe
Martin Aguirre	Cathy Gesmann	Cathy Haiar	James Watson
Randy Melroy	Justin Petzel	Jeramia Anderes	Bill McGinn
Tim Vanderpool	Henrey Chillingsworth	Matt Saathoff	Jonathan Davidson
Jeff Miller	Russ Zeeb	Jim Burn	Larry Barnett
Kim Arney	Adam Rokes	Lori Marchese	Mandy Strigenz
Gerry Haiar			Kimberly Long

*Thank You!*



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Dyer Law PC, LLO  
Attorneys at Law  
10730 Pacific Street, Suite 111  
Omaha, NE 68114  
402-393-7529

6940 O Street, Suite 324  
Lincoln, NE 68510  
402-488-3937

**TOLL FREE**

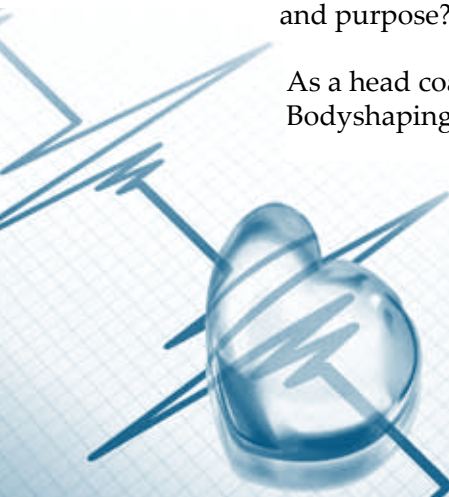
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Call or visit  
[www.dyerlaw.com](http://www.dyerlaw.com) and enter  
your questions. You will get  
confidential answers from  
one of our attorneys.

## Life at Level 10

By MJ Hier, guest contributor

Many of the things we do or don't do in our lives are driven by fear. How would you choose to live your life if you had no fear? Would you live your life with power and purpose?



As a head coach at Farrell's eXtreme Bodyshaping, I get the pleasure of watching people live their lives at a "Level 10" – that is, pushing themselves beyond what they thought was possible.

FXB is an intense 10 week program that combines cardio kickboxing, strength training and nutrition to increase your fitness very quickly. But FXB is not just another gym. Every person who walks through my door is on a different journey. And no matter where your story begins, I truly believe that living your life at a level 10 will change the course and history of where that story will end. At the end of every ten week session, there are consistently amazing stories about inches lost, medications being dropped, and finding a renewed sense of self.

I think everyone has an innate hunger to be a part of something. I have satisfied this craving at FXB. It's a community of people and constant support who all have similar goals and lifestyles. As the "boss" it constantly surprises and impresses me how loyal and dedicated people are to this life, not only to improving themselves, but to helping the people beside them as well. It's been said that once you share a heavy bag with someone at FXB, you have made a friend for life.

When you imagine your best life, who are you? I am living proof that you will feel better if you take care of your body and surround yourself with good people. I encourage you to live your life at a level 10!

If you want to find out more about Farrell's eXtreme Bodyshaping, please visit our website at [www.extremebodys shaping.com](http://www.extremebodys shaping.com)!

MJ Hier  
Head Coach and FXB Lifer

## Recipe of the Month

### No-Bake Cookies

By Lisa Fischer, Paralegal

**When you are in the mood for cookies but Nebraska's summer is keeping you from turning on the oven, try this childhood favorite!**

#### Ingredients

- 2 cups white sugar
- 3 tablespoons unsweetened cocoa powder
- 1/2 cup margarine
- 1/2 cup milk
- 1 pinch salt
- 3 cups quick cooking oats
- 1/2 cup peanut butter
- 1 teaspoon vanilla extract

#### Directions:

In a saucepan bring sugar, cocoa, margarine, milk, and salt to a rapid boil for 1 minute. Add quick cooking oats, peanut butter, and vanilla; mix well. Working quickly, drop by teaspoonfuls onto waxed paper, and let cool.

## Nebraska Summer-of-Fun!

[www.visitnebraska.org](http://www.visitnebraska.org)

### July - August Jazz on the Green - Omaha

Outdoor jazz concert at Midtown Crossing features local, regional, and national musicians. Entertainment begins every Thursday at 7pm.

**July 14 – 17 90th Annual Oregon Trail Days – Gering**  
Nebraska's oldest continuous celebration featuring parades, entertainment, chili cook-off, international food fair, regional art shows, craft fairs, and a bike race up Scotts Bluff National Monument.

**July 15 – 16 RiverFest 2011 – Bellevue**  
Good food, great music and amazing fireworks in a great setting. Sanctioned BBQ competition and live music festival.

**July 23 Helicopter Day – Ashland**  
Helicopters begin landing on the front lawn of the Strategic Air & Space Museum soon after 10 am, including a special delivery of Darth Vader in the Husker Helo.

**July 25 – 30 Nebraska's Big Rodeo – Burwell**  
Big Rodeo features professional rodeo clowns, riders and cowboys.

**August Wine Under the Pines – Nebraska City**  
A celebration of wine, craft beer, BBQ and music. Entertainment includes a grape stomp, cooking demonstrations and more.

# Where's My Check?!?

By David Handley

If you ever had a workers' compensation claim, you probably have asked, "Where is my check?" or "Why doesn't my off-work check arrive on time?" There are many reasons your check may be delayed. Holidays almost always cause delay. Adjusters that are out due to illness or vacation often cause delay. Sometimes clients receive checks regularly but suddenly the checks stop. This occurs when adjusters set automatic payments to occur regularly but fail to reset the payment cycle when the cycle ends. Adjusters then say the check, "dropped out of their system". Delays also occur when the check is written in a different state than where the adjuster operates. An adjuster may work in Kansas City, but the check writing facility may be in Florida adding additional time for mailing.

What should you do when your check does not come on the day you anticipate it? First, do you have a current off-work note? If you do not have a current off-work note, then you are not owed a check. If you have an off-work note, look at your most recent check stub. Your check stub should indicate the dates you were previously paid. For example, the stub may indicate you were paid for the 15th through the 21st of that month. Has it been more than 7 days since the last date you were paid through? If not, your check is not yet owed. If it has been 7 days since the last date you were paid through, allow 3 days for mailing. Three days for mailing is a reasonable amount of time for your check to arrive. If it has been more than one week and 3 mailing days since the last day you were paid through, call us immediately, but of course, if you have any questions at any time please do not hesitate to call us. We will find out what is causing the delay and work with you to get you paid. Please note, if you are paid on a two week cycle, then anticipate 14 days instead of 7 days.

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## August 1 – 7 Cox Classic – Omaha

The premiere event on the Nationwide Tour. Each year, some of the best golfers in the world compete to take that next step to the PGATOUR.

## August 4 – 13 Lancaster County Super Fair – Lincoln

Your free admission includes entertainment, livestock, strolling acts and a huge carnival for all ages.

## August 12 – 13 Nebraska Balloon and Wine Festival – Omaha

Enjoy award winning wine, live music and a hot air balloon launch.

## August 21 Vintage & Classic Wheels Car Show – Grand Island

Take in the 28th Annual car show with free admission.

## August 26 – 28 Popcorn Days – North Loup

All the free popcorn you can eat! Carnival, watermelon feed, talent show, parades, children's games, Polka dance, flea market, craft show, and live entertainment.

## August 27 – 28 Defenders of Freedom Air Show – Bellevue

Offutt Airforce Base featuring aerial acrobatics and many military displays.



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## Up Close and Personal With Kelly Brandon



July marks Kelly's one year anniversary with our firm. Her wealth of experience and knowledge has certainly strengthened the foundation of our team!

We are proud to have her working

with us. We recently asked Kelly a few "up close and personal" questions. Here is what she had to say:

What's one thing that most people don't know about you?

**I love to play pool!**

What's your favorite book?

**The Rainmaker by John Grisham**

What's your favorite thing about practicing law?

**The satisfaction of helping people that are injured or treated unfairly at work.**

What is your favorite movie?

**Phenomenon**

If you could vacation to anywhere in the world, where would it be?

**Australia**



## 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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Dyer Law PC, LLO  
Attorneys at Law  
10730 Pacific Street, Suite 111  
Omaha, NE 68114



## INFORMATION FOR FREE!

Getting a copy of our free books is as easy as logging into our website at

[www.dyerlaw.com](http://www.dyerlaw.com)

Complete the on-line request form and click on the "submit" button. Your free book will be sent to you by mail.

## Back-to-School Give-away!

It's that time of year again – time to start thinking about getting ready for school!

This year, we wanted to help our younger Nebraskans get their school year off to a great start. Five lucky winners will receive a back to school gift pack of school supplies. If you are a parent, guardian or simply know of an elementary school-aged child who would benefit from our back to school give-away, here are the two ways to enter:

1. On the top of a blank sheet of paper, write or type "Back-to-School Give-A-Way." Please also include your name and telephone number on the paper. Mail or deliver it to our Omaha office at 10730 Pacific Street, Suite 111, Omaha, Nebraska 68116.
2. Send an e-mail to [lori@dyerlaw.com](mailto:lori@dyerlaw.com) and place "Back-to-School Give-A-Way" in the subject line. In the body of the e-mail, leave your name and telephone number.

All entries must be received by July 29, 2011. The winners will be randomly selected by Mike Dyer on August 1, 2011. The winners will be contacted directly after the drawing.