

The INSIDE STORY

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Where The Road Takes You

By Jerry Fennell

What do old trial lawyers do when they retire? Well, this spring I took a 15 day bicycle trip from Minot, North Dakota to Minneapolis, Minnesota. Why? Even after completing the 800 mile solo bike trip, I am still not sure, but I can tell you I really had fun, ate to my heart's delight and met some of the most wonderful people on earth.



My journey began on May 10th when I took the Amtrak to Minot, arriving midmorning the next day. After a last tune-up of my bike, weighted down with 45 pounds of camping gear, snack food, water and bike repair stuff, I headed south. Most of the way south I followed the Lewis and Clark scenic byway, riding about 60 miles a day. I camped each night, mostly in small town city parks. The fun part was finding a great café each morning and evening. Breakfast was always a special of the day as I would wonder into a small town café, join the local coffee group and really get to know the locals. At Hector, Minnesota an older retired banker, responding to a hard of hearing farmer, yelled, "the damn fool is riding his bicycle to Minneapolis." I just laughed. He then bought me breakfast, even though I had downed 3 pancakes, 3 eggs, 2 fantastic sausage patties, orange juice and coffee.

There were parts of South Dakota that were particularly remote, as I covered 55 miles without passing a single town or gas station. When I got close to Minnesota, it really turned green, and it was much easier to find food and

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'Tis the Season – For Grilling!!

There is nothing quite like that food fresh off the grill. Grilling has become one of the most popular ways to cook food. More than 82% of all US households own a grill. A majority uses them year round and 45% of them grill at least 1-2 times per week during the summer months. Two of the most popular grilling occasions are coming up, the Fourth of July and Labor Day.

June and July are the peak months for grill fires, and fire departments respond to an average of 7,900 home fires involving grills each year.

Basic safety tips -

- Grills should only be used outdoors
- If you smell gas while cooking, get away from the grill and call the fire department
- Keep children and pets away from the grill area
- Always open the lid prior to lighting a gas grill
- Use baking soda to control a grease fire and have a fire extinguisher handy
- Use long handled utensils to avoid burns and spatters

Grilling and food safety -

- Completely thaw meat and poultry before grilling so it cooks more evenly
- Keep meat and poultry refrigerated until ready to grill
- Use different platters and utensils for raw and cooked meat and poultry
- Never partially grill meat or poultry to finish cooking later
- In hot weather food should never sit out for more than 1 hour

On-Line Resources!

For more safe grilling information, please visit these websites:

www.fsis.usda.gov
www.hpba.org
www.nfpa.org

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a good camp spot. The roadway was often empty. With the sun on my face, the wind at my back and an empty highway, I was as happy as I could be.

When you are riding a bicycle across this beautiful land we call the USA, you really see, smell and feel it. When you slow down and linger in small town cafes, you meet the most wonderful and kind people. One particular day sticks in my mind. I stopped at a lake-side resort near Linton, ND and asked an old cowboy who was standing outside if the café was open. He smiled and said, “No, we’re just getting it ready for the summer, but you need to get off the bike and come on in, cuz we need to feed you.” Inside I met the kindest four generation ND farm family just gathering for Sunday dinner. Now that’s called luck of the Irish.

Would I do it again? You bet. I’m already planning a fall trip from Pittsburgh, PA to Washington, DC.

Jerry Fennell has spent many years in Nebraska courtrooms. In an advisory role to our firm, he has shared that wealth of experience with us. Although the road Jerry is traveling these days does not lead him into our office nearly as often, we are so glad that he is enjoying his retirement.


Recipe of the Month

Strawberry Rhubarb Pie

By Anna Canarsky-Handley

Ingredients:

2 cups of finely chopped rhubarb
2 cups of sliced fresh strawberries
1 cup sugar
4 Tbsp. of minute tapioca
2 unbaked pie shells



Mix together the rhubarb, strawberries, sugar and tapioca in a large mixing bowl. Let mixture stand for 15 minutes. Place an uncooked pie shell into a pie pan. Pour the mixed ingredients into the unbaked pie shell. Top with the other pie shell, and crimp the bottom and top pie shells together as desired. Cut slits into the top pie shell. Bake in a pre-heated oven at 350 degrees for 45 minutes to one hour or until the top crust is golden brown and the pie's juices are bubbling through the slits. Allow the pie to cool to room temperature before serving. Serve with ice cream, whipped cream or both!

Office Warriors!

This year Lori and David ran in the Warrior Dash. The 3.3 mile run took them through 14 obstacles including climbing walls and cargo nets, hurdling burning logs, wading through water and crawling under barbed wire through a pit of mud.

Nearly 16,500 other people participated in the two-day event set in the rolling hills of Louisville, Nebraska in an effort to raise money for St. Jude's Children's Research Hospital. Families who receive treatment at St. Jude's never have to pay a dime for those services thanks in part to the participants of Warrior Dash.



Lori Schmidt and David Handley

Feeling Hot-Hot-Hot!

Summer is officially here. With the hot and humid conditions, the risk of heat-related illnesses increases. Heat-related illnesses range from a heat rash and heat cramps to more serious conditions like heat exhaustion and heat stroke. Even though our bodies are designed to self-regulate internal temperatures, there are times when our own system simply isn't adequate. If your work or activity schedule has you outside in the heat, how can you protect yourself? First, drink plenty of fluids, especially water. Avoid alcoholic drinks or drinks that contain large amounts of sugar. Take plenty of rest breaks - either indoors or in the shade. When possible, wear light-colored, loose-fitting clothes. If your schedule is flexible, try to plan your activities during the cooler parts of the day. Above all - listen to your body, and work and play smart.

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.

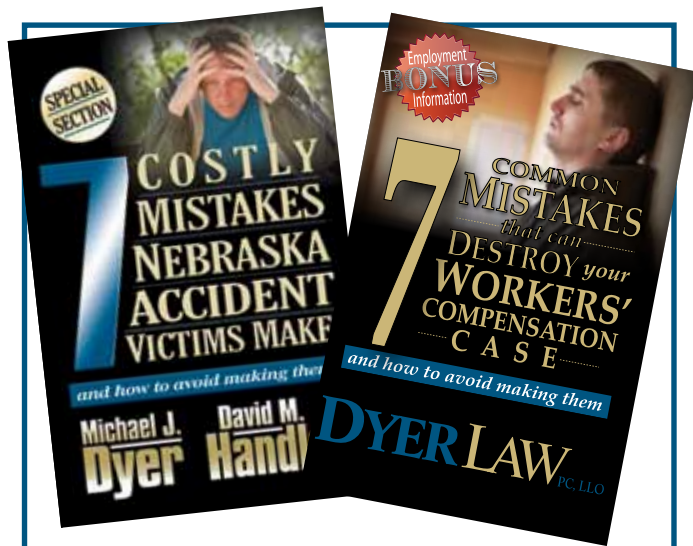
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Quick Tip!



Take some time to enjoy the Nebraska State Fair from **August 24 - September 3, 2012** in Grand Island. The fair's concert line-up includes **The Fray**, **Billy Currington** and **The Steve Miller Band**.

Take the whole family and venture out for one of the free concerts featuring **The Charlie Daniel's Band**, **Larry Gatlin & The Gatlin Brothers** and **MercyMe**. Find more information at statefair.org.

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