

# The **INSIDE** STORY

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## Bar-b-que Heaven!

By Mike Dyer

Last month the Sarpy County Fraternal Order of Police hosted an amateur barbecue contest in Springfield, Nebraska. Because it was barbecue, I couldn't resist an invitation to be one of the judges. However, having never judged any kind of food contest, I had no idea what I was getting myself into, but I was sure it included lots of delicious Midwest food.

Before starting, a seasoned judge gave me a very valuable piece of advice - pace myself. With 7 contestants in each of the five categories, I was destined to eat more than my fair share of barbecue. I knew I was in trouble when I set my eyes on the first entry - the biggest, most delicious looking piece of chicken. I forgot all about that genius advice of pacing myself - this food was delicious. After the seven pieces of chicken, I started in on the seven plates of ribs. You'd think I would have learned my lesson after filling up on the chicken, but I love ribs. I was living every man's dream as this was turning into some kind of Thanksgiving on steroids, I had already sampled 14 different meats, and I wasn't even half done.



Mike Dyer (r) and Dean Loftus, Sarpy County Diversion Officer (l)

Over the next hour and ½ I got through shredded pork, brisket & a surprise category that had deserts, appetizers and side dishes. We do a lot of things right here in Nebraska, and one of those things is food. I don't think there's a good way to eat 35 plates of anything, but I sure had a great time doing it!

## 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.

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## Up In Flames!

October is National Fire Prevention Month. During October, many public service departments join forces to educate the public about fire safety. Each year, a different aspect of fire safety is promoted. This year's theme is "Have 2 Ways Out." The National Fire Protection Association offers these statistics:

- One home structure fire was reported every 85 seconds in 2010.
- Most fatal fires kill one or two people. In 2010, 19 home fires killed five or more people. These 19 fires resulted in 101 deaths.
- In 2010, U.S. fire departments responded to 369,500 home structure fires. These fires caused 13,350 civilian injuries, 2,640 civilian deaths, and \$6.9 billion in direct damage.

What can YOU do to protect yourself, your family and your home?

### **National Fire Protection Association Safety Tips:**

- **INSTALL** smoke alarms inside every bedroom, outside each sleeping area and on every level of the home, including the basement. Larger homes may need additional alarms.
- For the best protection, **INTERCONNECT** all smoke alarms so when one sounds they all sound.
- **REPLACE** all smoke alarms when they are 10 years old.
- **MAKE** a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- Know at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- Have an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- Practice your home fire drill at night and during the day with everyone in your home, twice a year.
- Practice using different ways out.
- Teach children how to escape on their own in case you can't help them.
- Close doors behind you as you leave.
- If the smoke alarm sounds, get out and stay out. Never go back inside for people or pets.
- If you have to escape through smoke, get low and go under the smoke to your way out.
- Call the fire department from outside your home.



## Recipe of the Month

### Fast and Easy Potato Soup

By Lori Schmidt

#### Ingredients:

- 1 – 32 oz. bag of diced hashbrowns**  
(found in the freezer section)
- 1 lb. bacon**
- 1 medium white or yellow onion**
- 8+ cups milk**  
(whole milk makes a much creamier consistency)
- Salt and pepper to taste**



The day before you plan on making this soup, place your hashbrowns in the refrigerator to thaw. On soup day, dice your onion and cut your uncooked bacon into bite-size pieces. Place the diced onions and bacon into a large soup pot to brown on medium-high heat until the bacon is crispy and the onions are soft. Drain excess oil off of bacon and onions. Reduce heat to medium-low and add your THAWED diced hashbrowns and 8 cups of milk. Simmer for 20-30 minutes stirring frequently. You may need to add additional milk to thin the consistency to your preference. Add salt and pepper to taste. Garnish bowls of soup with finely shredded cheddar cheese, chopped scallions, chunks of cooked bacon or whatever sounds delicious to you. If you are like my husband, just fill the rest of the space in your bowl with soup crackers and enjoy!



## A Treat From The Tree

Have you ever been tasked with bringing “healthy” Halloween treats to your child’s school party? For many children, the word “healthy” makes them wrinkle up their nose and maybe even utter the word “gross.” But how about this spin on a miniature jack-o-lantern treat. Recruit help from your children to decorate clementines (a delicious type of mandarin orange) into fun, edible jack-o-lanterns. Leaving the outer peel intact, use a marker to draw goofy, scary or traditional jack-o-lantern faces on your clementines. Before you know it, you will have a basket full of creative and healthy snacks to pass out to the class.

## Client's Bill of Rights

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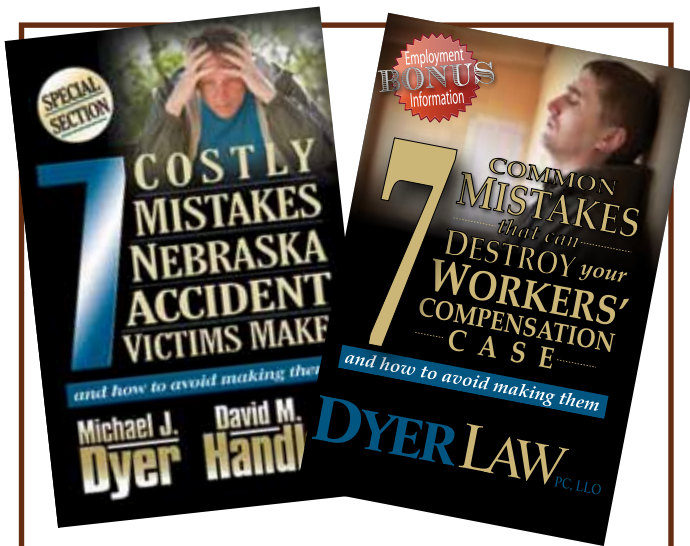
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## Quick Tip!

It's coming - slushy, icy and snowy roads. But is your car ready to get you where you need to be? A critical part of car winterization is making sure your car has a safe grip on the road. Quality tires help keep your vehicle secure. Inspect your tire tread and pressure (your local mechanic can help you) and replace worn tires if necessary.



## Referrals

We want you to think of us as your law firm.

If you have a legal matter that needs attention, let us know. If we can't handle the matter, we will refer you to a firm that can. Please feel free to refer us to your friends and family for their legal needs. We welcome the opportunity to help.