



The Medlin News

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YOUR 21ST-CENTURY WORKOUT

Technology to Get Back in Shape

Exercising is great! Going to the gym or paying for an expensive personal trainer? Not so much. Stop relying on old-school methods to get in shape. The internet is full of free resources to help you get a great workout without ever having to set foot in the gym again.

and experience levels. Get started with the popular Aaptiv, a personal trainer and playlist in your pocket. Or maybe you're ready for an intense CrossFit workout. Download Keelo to feel the burn outside the gym. Zombies, Run! adds a little fun to your run by putting you in a "Walking Dead" episode, and Charity Miles donates to charity as you burn calories. Check your phone's app store and find one that best suits you.

FIND SUPPORT WITH SOCIAL MEDIA

No, not by posting progress selfies every week. Look into joining a support group online. Support groups are a proven way to accomplish your goals and create better habits. The American Heart Association states, "Seeking out like-minded people will help you make progress and keep you motivated and accountable to your physical activity program." Whether your goal is to lose weight, get back into running, or simply exercise on a regular basis, there are plenty of online communities full of people eager to share tips, support you through struggles, and celebrate the big wins.

Working out can be difficult at first, but these resources can make it easier. What are you waiting for? Craft a workout plan that's perfect for you, and start sweating!

GET RIPPED WITH YOUTUBE

Looking for a specific kind of workout? YouTube has you covered. Personal trainers in every field post videos online. It's like those Jane Fonda videos from the '80s, only with far more options. Build muscle with the ScottHermanFitness channel, find a full-body workout on Blogilates, try a fun dance workout with REFITREV, or take a yoga class on Yoga With Adriene. Most of these workouts require little more than a yoga mat or hand weights, making them perfect for a living-room workout.

APPS FOR YOUR PERSONAL BEST

Adding a fitness app to your phone is the best way to take your workout anywhere. There are apps for all workout types

LESSONS FROM MY MOTHER

Growing up in Dallas, my family had a tradition. Every Mother's Day, we took Mom out for ribs at Tony Roma's. We all ate some of our favorite barbecue, and Mom took a break from cooking for a family of five. When I was little, this was just a fun event outside the house. Now that I'm older, I can look back and appreciate all the good my mother did for our family.

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”

Thinking back to those days, the image that first comes to mind is of Mom making breakfast. She woke up early every morning before school to make my sisters and me breakfast and lunch. She did this from before I was in kindergarten up until the day I graduated high school. She cooked dinner every night except for Saturdays, when my old man stepped up to the task.

As you might imagine, my mom was an incredible cook. From quick snacks to four-course meals, she could do it all. Unfortunately, I was a pretty boring kid when it came to my taste in food. My lunch requests basically fluctuated between PB&Js and plain bologna sandwiches.

Beyond those early mornings and making the bland lunches I adored, Mom sacrificed a lot for us. Despite how busy she was, my mom was always supportive of my sisters and me. Although

I was the youngest and probably deserved to be regarded with more suspicion, she always treated us equally and kept our best interests at heart.

She always saw my potential, even when I couldn't. She pushed me to keep up piano and guitar lessons because, even though I didn't think I was very good, my mom saw that I had a love for music and didn't want to see me throw in the towel. While I never became a rock star, my mom's constant push for me to stick with my practice schedule taught me a lot about discipline. Those lessons would come in handy during my late-night studying in law school.

But most important of all, my mom taught us decency. She was always admonishing us and others with the old adage, "If you can't say anything nice, don't say anything at all." Mom believed in treating folks with kindness and compassion. I try to carry that same message forward in my work. Sometimes things become heated in the courtroom, but there's no excuse to throw insults — ever.

My mom sacrificed a lot to give me the opportunities I have. I wouldn't be where I am today were it not for her love and support. As a father, I'm grateful that her home-cooked meals taught me the value of sitting down with the family and just enjoying one another's company.

To all the moms out there, happy Mother's Day.

— Gary L. Medlin, Esq.





FOOD SUBSCRIPTION BOXES

Trying New Cuisine Has Never Been Easier

GRAZE

If you like variety, exciting flavor combinations, and wholesome snacks approved by a nutritionist, you'll love Graze. With this food box subscription, customers create a personalized snacking experience, something that many food subscription services don't offer! Once you set your preferences, Graze hand-picks eight snacks for your box. After you've tried your snacks, you can tell Graze how well they know your taste buds.

Unfortunately, Graze is not suitable for people with allergies. Their snacks are packed in a facility that also processes nuts, wheat, milk, soy, and egg, and cross-contamination is a strong possibility.

Graze prices depend on the services and products you select, but a standard subscription starts at \$13.99 per box. Like Try the World, you can purchase snacks separately from their online shop. Customers can pause their subscription for up to 12 weeks or cancel their deliveries at any time.

Trying new food should be a fun, stress-free experience. Food subscription boxes allow you to sample new snacks and create foreign meals cheaply and from the comfort of your own home. Try a box the next time you're feeling adventurous in the kitchen.

Eating the same foods over and over gets old, but it's often hard to be adventurous when you don't want to waste money on unappetizing food. Enter the food subscription box. When you sign up for a food subscription box, you'll have the opportunity to sample new foods without committing much money — or time at the grocery store — to the cause. Here are two tasty food subscription boxes that'll make your mouth water.

TRY THE WORLD

Try the World believes that the most authentic way to discover a new culture from the comfort of your own home is through food. With two price points to choose from, Try the World sends you artisanal and gourmet foods from different cultures each month. Each box comes with a "culture guide" that includes the story behind each food, recipes that incorporate the products, and tips to enhance your food-tasting experience.

Like most subscription boxes, you can't choose which country's foods you'll sample. However, you can purchase individual items at Try the World's online shop. Customers can pause or cancel their subscription any time, and pricing depends on the length of your subscription.

WHAT TO DO If You've Been Involved in a Car Accident

The moments following a car accident are crucial to proving your claim later and protecting your rights. However, most people aren't able to think clearly after a collision. Here is what to do if you're a victim of a car accident.

CALL 911

If you are seriously injured, the first thing you should do is call an ambulance. Protecting your claim pales in comparison to the importance of protecting your health. Even if no one is hurt, make sure you call 911 to report the accident and get an officer at the scene. They will be able to objectively examine the damage caused by the wreck and write up an official report. Police presence also guarantees on-the-spot interviews and someone to determine who was at fault. Be sure to get the report number from the officer before they leave the scene so that you can obtain a copy once it's ready.

EXCHANGE INFORMATION

After you've reported the accident, exchange information with the other driver. Sometimes attorneys have a hard time finding a defendant

because their client didn't get enough information from them at the scene of the collision. Make sure to get the other driver's full name, address, license number, date of birth, license plate, VIN, phone number, and the name of their insurance company.

GATHER WITNESS INFORMATION

While you're still at the scene, gather witness information. Witness statements are often valuable when proving fault. Be sure to write down their name and phone number in case you need to contact them again.

TAKE PICTURES

While the police officer is writing up his report, take pictures of the scene. This includes taking pictures of the damage caused to both vehicles, damage to any public property, skid marks, and the location of the crash.

Insurance companies will look for every reason to deny your claim. The more documentation you have, the better your chances of getting a fair result. Don't settle for less than you deserve. Call us today at 817-900-6000 to discuss your case.



WHY YOU SHOULD ALWAYS PLEAD THE FIFTH

Have You Been Pulled Over for a DWI?

The Fifth Amendment isn't just some ploy you see a character use on the stand while watching your favorite TV show. It is an integral part of your rights as an American citizen. No one person or entity can force you to speak. It is an unalienable right bestowed upon you that you will always have control over. When an officer reads your Miranda rights, the beginning statement, "You have the right to remain silent," is referring to the Fifth Amendment. But we don't advise waiting until the cuffs are on to exercise your right. If you're ever pulled over in a DWI case in the state of Texas, we recommend you apply your Fifth Amendment rights immediately.

Answering the simplest of questions when you're pulled over can put you in a sticky situation. A question as simple as, "Have you been drinking?" can have an immediate negative impact on your case. We aren't recommending this option so you can get away with committing a crime or escape judgment. The Fifth Amendment is in place to protect you from self-incrimination. It's extremely common to have facts manipulated. By refusing to give up any information, you protect yourself from the likelihood that you'll accidentally incriminate yourself.

This isn't to say that if you're pulled over for a DWI, you'll be let go because you're not speaking. Implied-consent laws prevent you from leaving if you are suspected of drinking and



driving, and you'll more than likely be asked for a blood alcohol test. Pleading the Fifth allows your attorney to build a more substantial case and prevents leading questions from creating an alternate and contradictory version of the events.

If you find yourself pulled over for a DWI, we recommend you always plead the Fifth and contact us immediately. No matter how much you are probed by an officer or how many questions they ask, you are not required to answer. The more information you give up, the more opportunity you're giving the prosecutors to misconstrue facts. If you have more questions, reach out to us today.

Brain Buster

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2	4	6	1	3	9	7	8	5
4	9	5	8	2	3	1	6	7
8	6	3	4	1	7	2	5	9
1	2	7	6	9	5	3	8	4

GRILLED SKIRT STEAK With Asparagus



Ingredients

- 1 1/2 pounds skirt steak
- 2 tablespoons canola oil
- 1 pound asparagus
- 2 teaspoons crushed red pepper
- Salt and pepper to taste
- Grated pecorino Romano cheese

Directions

1. Heat grill to high. Season room-temperature steak with salt, pepper, and 1 tablespoon oil. Any oil with a high smoke point, such as canola, will work.
2. Trim bottom inch of asparagus. Season with salt, pepper, and remainder of oil.
3. Cut steak into four portions and grill for 3–5 minutes per side, depending on desired doneness. Skirt steak is thin and will cook quickly.
4. Let steak rest for 10 minutes. While it's resting, grill asparagus for 6 minutes, turning once.
5. Sprinkle cheese and crushed red pepper on asparagus. Serve alongside steak.