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THANK YOU FOR YOUR REFERRALS!



We appreciate referrals from our friends, clients, and colleagues – they are the lifeblood of our business. We limit our practice to helping people in accident cases, personal injury and employment matters, and you can be assured that we will treat your referrals exactly as we would want to be treated if we had a problem: with respect, empathy, sound guidance and strong advocacy. While we cannot help everyone, we do our best to dole out sound advice to those who take the step to contact a lawyer.

Why we do what we do

Our clients come to us during some of the most difficult times of their lives, and we love nothing more than to know that we've helped them move forward.

"I can't say enough great things about [the firm]!! [They] stood by me from day one. [They] only had my well-being in mind win or lose (of course we won!!). Our situation was a David vs Goliath and "David" won!! I tell everyone and anyone to talk to [D'Orazio Peterson] before you make any move!!"

– *Former client*

If you have questions, or would like to be removed from this list, just send an email to newsletter@doraziopeterson.com, or call the office.

"Maybe that's enlightenment enough: to know that there is no final resting place of the mind; no moment of smug clarity. Perhaps wisdom... is realizing how small I am, and unwise, and how far I have yet to go."



"I don't have to agree with you to like you or respect you."

–Anthony Bourdain



"Life lessons from different places."

It's been a difficult month.

Recently a family friend (and my former pediatrician) passed away. Then, a few days later while I was attending to another family matter, I read that Anthony Bourdain had taken his life.

To be clear, I am not comparing the personal impact of the death of a close family friend to that of a person I'd never met.

But as I've thought about these two during the days since their passing, I realized that I was inspired by both, in what I thought were different, but were ultimately similar ways.

Over the past year I'd grown closer with my former doc. He'd been helpful to us through some family health concerns, and during that time he and I spent what ultimately amounted to several hours together in waiting rooms, engaged in conversation. I learned more about him, and he about me, but our conversations routinely came back to larger discussions about life. He was always thoughtful and reflective, tending to view life events from a big picture, philosophical perspective. I saw in him attributes that I strive for: dedication to helping others, empathy, a constant and genuine desire to listen and learn about new things, people, events and cultures. And the ability to provide thoughtful perspective on most any situation, without rendering judgment.

OUR TAKE

I never met Anthony Bourdain, but I felt like I had. I'd read his books and articles, watched his shows, and admired many of his traits from afar, like so many others. His thoughtful approach to food and travel, biting observational humor, open mindedness about and empathy for other people and cultures and his ability to weave historical lessons into a narrative about food or travel (not to mention his love of Jiu Jitsu), were, again, traits that I personally value in others and try to incorporate in my own life. Of course, he was not perfect – none of us are - and one of the things I admired about him was his self-awareness and acknowledgment of his mistakes and faults. I felt sorrow at his death not because of what it meant to me personally, but because it represented the loss of a perspective on life that I personally believe is necessary in today's world.

When I look at the lives of these two people, I can't help but notice that the things I admired most in them, and learned from them, had nothing to do with their wealth or material successes, but rather from their respective philosophies about life.

So how does this relate to the law? I think in this way: Giovanna and I, as lawyers, try to protect people and families, and to guide them through an often complex process that occurs following some of life's most difficult events. The traits I was referring to above – empathy, open mindedness, ability to put things in context – are critical. Rather than mourning them, I'm thankful to have had the opportunity to learn so much from each.

JUNE 2018
NEWSLETTER



D'ORAZIO
PETERSON
ATTORNEYS

IN THIS ISSUE:

Page 1:

Our Take

Page 2:

Summer Bike
Helmet Giveaway

Page 3:

Finding Balance
in Summer-Part 1



SUMMER BIKE HELMET GIVEAWAY

For those of you who don't know, Marino is an avid biker. If you walk around Saratoga long enough, you're bound to see him riding his bike.

His enthusiasm for biking is infectious, and we've all become fans of riding. One of our favorite evening activities (when not at baseball practice) is taking a family bike ride around the neighborhood.

Biking is a wonderful activity for adults, and even better for kids. Gets them outside, in fresh air, doing something active. But accidents happen, and safety is critical. We've discussed before the dangers of bicycle accidents, and we are here to help if you or a family member are

hurt while biking.

But in an effort to avoid serious injuries while biking, we're giving away two bike helmets each month over the course of the summer.

To enter, simply send us an email to newsletter@doraziopeterson.com, with your or your child's name and helmet size. At the end of the month we'll take the submissions, put them in a hat, and pick a winner.

Bonus: send us a photo of you and/or your family at your favorite bike spot and we'll include it in our next newsletter.

FINDING BALANCE IN SUMMER PART 1

Starting in June, it seems our schedules are packed to the gills. School events for the kids, baseball games/sporting events, concerts, camps, etc. I know we're not alone in this.

On top of that, if you're like me, you want to carve out some personal time, whether to work out, practice jiu jitsu, read, play golf, or just take a walk.

Plus, most all of us have a job, or in our case, a busy law firm to run and clients to help.

So how do you make it work? This summer we'll be sharing a few of our own personal tips for trying to find the right balance during the busy summer months (or any time of year, really).

1 – Get up an hour earlier.

This may sound obvious, but if you get up an hour earlier, you have an extra hour in your day. The nice thing about this is that, in the summer, it's bright at 5 AM, so if you leave your shades open a bit you can wake up with the sun, which is a great feeling.

But, you say, I can't possibly get up at 5 AM, because I stay up until 1 AM. Well, then try going to bed an hour earlier.

For me, the hours of 5-8 AM are my most clear headed and productive of the day, by far. The key, however, is that when you wake up, you don't spend that extra hour or two looking at Facebook or checking email. Status updates and "urgent" matters can wait.

Instead, spend the extra hour or two doing something



for yourself.

Get that work out in, read a few pages from that book, meditate, practice a hobby, or just take a walk outside. For me, the quiet of the early morning with a book and a cup of coffee is one of the simple pleasures in life, and if I have to trade an hour of Netflix at night to get it, I'm happy to.

(Note: Giovanna would like the record to reflect that she objects to waking up prior to 7 AM).

2 – Schedule everything.

Jocko Willink, former Navy Seal and popular author/podcast host, has a saying: "Discipline Equals Freedom." To me, that means that staying disciplined and focused during peak time creates more time to enjoy unstructured play time.

Giovanna makes fun of me because I calendar everything, from the gym, to checking email, to blocks of time for work. This helps me to know exactly what I'm doing when during business hours and frees my mind from the clutter of whatever is coming at me during the day. I try very hard to guard my calendar, which means that if I'm blocked to do work on a client's case, I know that nothing is going to stop me from undistracted work on that case.

Is this always perfect? Of course not. But when things fall off the rails, as they inevitably do, I know I can go back to my calendar and pull it together again.

Have any tips or tactics of your own? Email them to us and we'll share them in part II in our July newsletter.