



THE LAW OFFICES OF  
**PAUL H. NATHAN**  
A PROFESSIONAL CORPORATION

# Exclusively Representing **WOMEN** in **DIVORCE, CUSTODY, and SUPPORT** Matters.

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The Law Offices of Paul H. Nathan exclusively represents women on family law issues, including divorce, custody, and support proceedings. We also handle cases involving serious injuries caused by another person's negligence including car accidents and pedestrian and cyclist injuries throughout the San Francisco area.



## A 'Door Prize' No Bicyclist Wants



Across the country, the incidence of bicycle "dooring" accidents is rising. Dooring occurs when someone in a parked vehicle suddenly opens their door into the path of a passing bicyclist. Statistics indicate that dooring accidents account for over 10 percent of bicyclist-motorist collisions.

Dooring accidents can launch bike riders into the air, possibly into traffic. Bicyclists might veer to avoid the door and get struck by a moving vehicle. They may incur fractures, traumatic brain injuries, spinal cord injuries ... or death.

In towns and cities, cars parallel parked along streets, heavy traffic, and narrow roadways/lanes provide ripe conditions for dooring. Bicyclists are typically expected to ride as far to the right as possible, putting them within the "dooring zone." In some municipalities, bicycle lanes have been constructed to improve bicyclist safety. However, many of them are situated within the dooring zone.

In all states, occupants of parked vehicles are required to exercise caution when opening a car door. Forty states have specific dooring laws, which generally place responsibility for a dooring accident on the parked vehicle's occupants.

Bicyclists can take precautions to protect themselves:

- Take it slow in dooring zones; watch for taillights, brake lights, etc.; and make yourself as visible as possible.
- In most states, even when there is a bike lane, bicyclists are permitted to ride in a motor-vehicle lane when traffic permits, thus avoiding the dooring zone.
- Plan routes with safety in mind.
- Wear a bicycle helmet. Always.
- Avoid talking or texting on your cell phone.

If you are injured in a bicycle accident due to another person's negligence, contact a bicycle accident attorney to protect your rights. ●

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# Salmon with Asparagus and Herb Vinaigrette

This is a recipe my wife requests weekly. It is a great weeknight recipe. The ingredients below are for 4 servings. But, we often make the recipe for just the two of us by only using two salmon filets and 1 pound of asparagus. We like the herb vinaigrette for salads or other seafood the next day so we make the amount called for below.

## INGREDIENTS:

- 4 (6 ounces) center cut salmon filets
- 2 Tablespoons Lemon Juice (juice from 1 lemon)
- Salt and Pepper
- 1 small Shallot
- 6 Tablespoons Olive Oil
- 1 teaspoon Dijon Mustard
- 1 Tablespoon Butter
- 1 Tablespoon chopped parsley, basil or mint.
- 2 Pounds Thick Asparagus, tough ends trimmed

## DIRECTIONS:

1. Pat the salmon dry with paper towels and season with salt and pepper. Heat 1 tablespoon of the oil in a 12-inch nonstick skillet over medium-high until just smoking. Carefully lay the salmon in the skillet, skin side up, and cook until well browned on the first side, about 5 minutes.
2. Flip the salmon over, reduce the heat to medium, and continue to cook until all but the very center of each fillet has turned from translucent to opaque, about 3 minutes longer. Transfer the salmon to a platter, tent loosely with aluminum foil, and let rest while cooking the asparagus.
3. Wipe out the skillet with paper towels, add the butter and 1 tablespoon more oil and return it to medium heat until the butter has melted. Add half of the asparagus to the skillet with tips pointed in one direction and the remaining spears with tips pointed in the opposite direction. Sprinkle with 1/4 teaspoon salt and gently shake the asparagus into an even layer.
4. Cover and cook until the spears are bright green but still crisp, about 5 minutes. Uncover, increase the heat to high, and continue to cook until the spears are tender and well browned along one side, 5 to 7 minutes, using tongs to move the spears from the center of the pan to the edge of the pan to ensure all are browned.
5. Meanwhile, whisk the remaining 1/4 cup oil, lemon juice, shallot, mustard, and parsley together in a small bowl and season with salt and pepper to taste.
6. Transfer the asparagus to the platter with the salmon. Drizzle the salmon and asparagus with the herb vinaigrette and serve. •



**The salmon and asparagus with her vinaigrette at our house with a glass of Albarino wine, a Spanish white wine that's a perfect match for most any seafood dish.**

# 'The Greatest Spectacle in Racing'



Every Memorial Day weekend, the Indianapolis Motor Speedway plays host to the Indianapolis 500. The Speedway, the largest spectator sporting facility in the world, is a 2.5-mile oval surrounded by more than 250,000 permanent seats. Its infield could accommodate the Rose Bowl, Churchill Downs, Yankee Stadium, the Colosseum, and Vatican City—simultaneously.

The Speedway is affectionately known as the "Brickyard," as the track was originally composed of 3.2 million street-paving bricks—a bumpy ride. The bricks were eventually paved over with asphalt ... with one exception: a 3-foot-wide "Yard of Bricks" at the start-finish line, which has been kissed by the Indy 500 winner since 1997.

The inaugural Indy 500 was held in 1911. For 27 years, most race cars had two occupants: the driver and a "ride-along mechanic." The mechanic would monitor gauges, keep tabs on tire wear, report on the whereabouts of other drivers, and massage achy arms and shoulders as needed.

The emotional pre-race ritual of singing "Back Home Again in Indiana" began in 1946. The true voice of the song will forever be associated with Jim Nabors, who performed it from 1972 through 2014. In 1972, he was a guest at the race and was asked to sing it with only 20 minutes' notice. Nabors agreed, wrote the lyrics on his hand, and became an icon.

In 1936, Louis Meyer downed a bottle of his favorite drink, chilled buttermilk, on the Speedway infield to celebrate his victory. Milk-industry executives knew a marketing opportunity when they saw one and pounced. The milk celebration has been a mainstay ever since. In 1993, Emerson Fittipaldi broke tradition and drank orange juice. After hearing the crowd response, he decided to have a milk chaser. •

# Misconceptions About Drowning



Swimming season is upon us; unfortunately, that also means an increase in drownings. According to the Centers for Disease Control and Prevention, drowning is a leading cause of unintentional death in young children and adolescents in this country.

The World Health Organization defines drowning as “the process of experiencing respiratory impairment from submersion/immersion in liquid.” Not all drownings are fatal; nonfatal drownings greatly outnumber fatal ones.

With nonfatal drownings, on rare occasions even a small amount of water in the lungs can damage their membranous lining and cause fluid buildup, inflammation, and/or infection, which may progressively worsen.

*However, symptoms of respiratory distress will be evident*—if not immediately (the norm), then within two or three hours.

What has spooked many parents is rampant misinformation in news and social-media reports about children who were rescued from the water or who otherwise inhaled a small amount of water; were alleged to have appeared perfectly healthy a few minutes afterward; and then many hours later—even *days* later—died without warning. Medically inaccurate terms like “secondary drowning” and “dry drowning” are frequently tossed about.

Truth is, medical experts say drowning deaths that occur well after an involuntary submersion incident do not come out of left field. A child (or adult) will display symptoms along the way, such as labored breathing, coughing, wheezing, dizziness, confusion, chest pain, or excessive lethargy. Sometimes another medical condition is the true culprit—for instance, a head injury, rib fracture, heart condition, or asthmatic event.

Minor respiratory impairment due to drowning typically improves in two to four hours. If it doesn’t, seek medical attention immediately. ●

## Paul’s Birthday was in April

It was Paul’s birthday this past month.

Paul, Carrie and their daughter, Maggie, met up with friends at Terrapin Crossroads for brunch and live music.



## May 2019 Notable Dates

May 2 – World Password Day    May 5 – National Astronaut Day

May 9 – National Lost Sock Memorial Day

May 13 – National Apple Pie Day

May 17 – National Endangered Species Day

May 24 – National Scavenger Hunt Day

May 28 – National Hamburger Day    May 31 – National Smile Day





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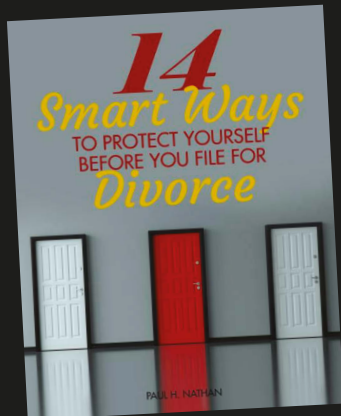
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## 14 STEPS TO PREPARE FOR DIVORCE

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# A Buffer From Harassment

Our clients are often the victim of ongoing harassment by their husbands and/or fathers of their children. Many do not know this but Domestic Violence is not just your husband physically attacking you. It is also domestic violence if your husband continuously text messages you, insults you, calls you numerous times in a day, and intends to disturb your peace of mind.

Those who have been the victims of domestic violence (or threatened with it), emotional abuse, harassment, stalking, or elder or child abuse, among other circumstances, have a tool to help them with their predicament – a temporary restraining order.

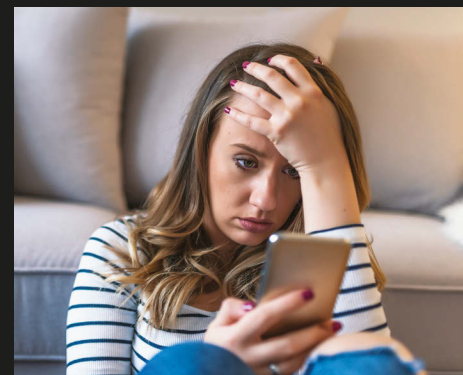
In California, a domestic violence restraining order (DVRO) is a civil order issued by a judge in state court that requires your husband to refrain from all contact with you. The DVRO is normally issued against a current or former spouse, boyfriend, girlfriend, domestic partner or civil union partner, or any relative. If someone falls outside that scope, a “civil harassment order” may be obtained.

When you file for a DVRO, it will frequently be done in court. Your attorney will draft papers explaining in some detail—in writing—what has happened and why you need the DVRO. A judge may want to ask a few questions before signing the order.

It is also within the purview of the court to issue a DVRO ex parte (i.e., in the absence of a hearing). Once the order is issued and your husband is notified, the order is in effect and may be in force anywhere from 2–30 days. Afterwards, you can seek a permanent DVRO while the temporary order is in place.

If your husband violates the DVRO, he can be charged with civil contempt of court, and possibly, be arrested; If found guilty, the Defendant may be fined, and possibly serve time in jail, as well as be ordered to pay your attorney’s fees and costs.

Contact our office if you have questions about this important matter. We have handled numerous DVRO cases. •



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