

# The Road To Justice Starts Here

Exclusively Representing Women in Divorce, Custody and Support Matters.

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## OF ALTERNATIVE DISPUTE RESOLUTION

Sometimes divorce litigation in the courtroom is the only option for a divorcing couple, especially if there are matters of serious disagreement – if hostility and strong distrust exists between the parties, or if past emotional and/or physical abuse was a factor in the relationship.



However, for cases that fall outside that domain, out-of-court methods for resolving issues in divorce are becoming increasingly popular and fall under the banner of Alternative Dispute Resolution (ADR). The two most common forms of ADR include divorce mediation and collaborative divorce.

Divorce mediation involves an impartial third-party mediator who facilitates communication between the parties and offers suggestions for creative problem solving, enabling both parties to reach a voluntary agreement. Mediators are

not there to judge or determine who's right or wrong. If a settlement cannot be reached, the couple still has the option of litigation.

Collaborative divorce is even less formal than divorce media-

tion. There is no mediator at all; each party is accompanied by their attorney, and meetings take place at a neutral location. Couples can work together in a positive, results-focused setting to come to terms on matters of child custody and visitation, child support, and division of property. Experts in accounting and asset valuation may be called in to assist with technical aspects. If the couple cannot come to an agreement and decide to go the litigation route, their respective lawyers cannot be retained for the court case.

ADR processes are generally less adversarial, quicker, and more cost-effective ways to deal with divorce. They also avoid the stress of having to step into a courtroom and the uncertainty inherent in a trial. ■



# PAUL'S recipe of the month

Mother's Day is coming up on May 12th. I have shamelessly plagiarized this recipe for perfect French omelets from Cooks illustrated so that you can serve the mom in your life breakfast in bed. Make sure to have your ingredients ready before you start cooking. If you don't have skewers or chopsticks to stir the eggs in step 3, use the handle of a wooden spoon. Warm the plates in a 200-degree oven.

- 2 tablespoons unsalted butter, cut into 2 pieces
- 6 large eggs, cold
- Table salt and ground black pepper
- 1/2 teaspoon vegetable oil
- 2 tablespoons shredded Gruyère cheese
- 4 teaspoons minced fresh chives

## Instructions

1. Cut 1 tablespoon butter in half again. Cube remaining tablespoon butter into small dice, transfer to small bowl, and place in freezer while preparing eggs and skillet, at least 10 minutes. Meanwhile, place oil in 8-inch nonstick skillet and heat over low heat 10 minutes.
2. Crack 2 eggs into medium bowl and separate third egg; reserve white for another use and add yolk to bowl. Add 1/8-teaspoon salt and pinch of pepper. Break yolks with fork, then beat eggs at moderate pace, about 80 strokes, until yolks and whites are well combined. Stir in half of frozen butter cubes.
3. When skillet is fully heated, use paper towels to wipe out oil, leaving thin film on bottom and sides of skillet. Add 1/2 tablespoon reserved butter piece to skillet and heat until foaming subsides, 45 to 90 seconds. Swirl butter to coat skillet, add egg mixture, and increase heat to medium-high. Following photos below, use 2 chopsticks or wooden skewers to scramble eggs using quick circular motion to move around skillet, scraping cooked egg from side of skillet as you go, until eggs are almost cooked but still slightly runny, 45 to 90 seconds. Turn off heat (remove skillet from heat if using electric burner) and smooth eggs into even layer using rubber spatula. Sprinkle omelet with 1-tablespoon cheese and 2 teaspoons chives. Cover skillet with tight-fitting lid and let sit 1 minute for runnier omelet and 2 minutes for firmer omelet.
4. Heat skillet over low heat 20 seconds, uncover, and, using rubber spatula, loosen edges of omelet from skillet. Place folded square of paper towel onto warmed plate and slide omelet out of skillet onto paper towel so that omelet lies flat on plate and hangs about 1 inch off paper towel. Roll omelet into neat cylinder and set aside. Return skillet to low heat and heat 2 minutes before repeating instructions for second omelet starting with step 2. Serve. ■

# the many shades OF

## WORKERS' COMPENSATION

A person who is injured on the job or becomes ill due to work-related factors may be eligible for workers' compensation. Workers' compensation covers a wide scope of benefits, details of which vary from state to state.

**Medical benefits** cover hospital and medical expenses necessary to identify and treat your injury or illness, including doctor's visits, medication, surgeries, and equipment (e.g., a wheelchair). Depending on your circumstances, pain therapy, counseling, and acupuncture may be covered.

States differ on whether the employer or employee chooses the health-care provider. Some states regulate how much a provider can charge for a service.

**Rehabilitation benefits** are another aspect of workers' compensation. Medical and therapeutic care (e.g., physical therapy) may be necessary to enable you to regain the abilities you need to return to work.

If your injury prevents you from returning to your former job, rehabilitation benefits might pay for evaluation, retraining, tuition, and other expenses to qualify you for another vocation.

**Disability benefits** compensate the sick or injured worker for wages lost from not being on the job, whether temporarily or permanently. Disabilities fall into one of four categories:

- **Temporary total disability.** A complete inability to work for a temporary amount of time.
- **Temporary partial disability.** An inability to do some aspects of your job for a temporary period of time.
- **Permanent total disability.** Prevents you from ever returning to work.
- **Permanent partial disability.** The damage is permanent, but only partially impairs your ability to work.

If you've been injured on the job, contact an experienced workers' compensation attorney to ensure that you receive the benefits to which you're entitled. ■

# DUI/DWI TRIALS PRESENT MORE complexity

If a traffic-ticket case goes to a jury trial, it will generally involve opening statements by both party's testimony (usually the police officer and the person charged), cross-examination, closing arguments, and final defense rebuttal. After that, it's up to the jury.

A DUI/DWI jury trial, however, throws other wrinkles into the mix. Science is involved with regard to measurements, the instruments used to take them, and the effects alcohol may have on physical and mental faculties. The prosecution will likely call upon an expert witness—someone with expertise in a particular subject. To most effectively cast doubt on the prosecution's expert witness, you may need to hire your own.

Observer ("regular") witnesses might occasionally enter the fray if they directly witnessed events pertaining to your case. The witness should be someone who has no ties to you. Family members, coworkers, and friends generally won't cut it, since jury members will listen to their testimony with a healthy dose of skepticism.

If you believe evidence was gathered against you in

an illegal manner, your attorney may make a motion to suppress evidence before a judge several weeks or months before trial. If successful, that evidence will be off-limits at trial.

Motions to "strike a prior..." may come into play as well. Second or third DUI convictions incur heavier penalties than a first offense. To achieve the stiffer penalty, the prosecution must "charge" the prior conviction against you. When you plead "not guilty" to the current charge, never admit to a prior charge; simply deny it—which is perfectly legal. This keeps your options open as far as challenging prior convictions. If you have a prior charge successfully stricken, it may lessen the severity of your current charge's punishment.

If you're charged with DUI/DWI, contact an experienced DUI/DWI attorney to protect your rights.

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May 2013 Important Dates

May 1 – May Day    May 5 – Cinco de Mayo  
May 12 – Mother's Day    May 18 – Armed Forces Day    May 27 – Memorial Day

## did you know?

Each year, approximately 90,000 children are treated in emergency rooms for unintentional poisonings and nearly 40 die. It is estimated that 90 percent of poison incidents happen at home.

The Consumer Product Safety Commission (CPSC) has produced the following list to help prevent unintentional poisonings:

- Keep medicines and household chemicals in their original, child-resistant containers.
- Store potentially hazardous substances up and out of a child's sight and reach.
- Keep the national Poison Help Line number, 800-222-1222, handy in case of a poison emergency
- When hazardous products are in use, never let young children out of your sight, even if it means you must take them along when answering the phone or doorbell.
- Leave the original labels on all products, and read the labels before using the products.
- Always leave the light on when giving or taking medicine so you can see that you are administering the proper medicine, and be sure to check the dosage every time.
- Avoid taking medicine in front of children. Refer to medicine as "medicine," not "candy."
- Clean out the medicine cabinet periodically and safely dispose of unnecessary and outdated medicines.
- Do not put decorative lamps and candles that contain lamp oil where children can reach them. Lamp oil can be very toxic if ingested by children.. ■





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## advantages

OF ALTERNATIVE  
DISPUTE RESOLUTION




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## MONARCH BUTTERFLIES

# becoming scarce

Each autumn, monarch butterflies migrate from Canada and the United States to their winter haven in the mountain fir forests of central Mexico. But the monarch numbers reaching their winter destination have been in decline six out of the last seven years. It is estimated that only one-fifteenth as many monarchs reach the Mexican forests today as in 1997—a statistically significant long-term trend. Experts are divided as to the precise causes.



Illegal logging in the monarch reserve has long been thought to have a disruptive effect. Increased enforcement and alternative development programs have reduced logging, but it still exists.

Disruption of water resources in Mexico may also play a role in the monarch decline. Mountain streams have been interrupted by drought and human use. Tourism in the reserve area may have an unsettling effect, too.

Factors in the United States and Canada may be contributing as well. The World Wildlife Fund believes changing climate conditions and agricultural practices are the main culprits, especially pesticide use that kills off milkweed, the main source of food for monarchs and their offspring. The loss of milkweed makes it difficult for monarchs to lay eggs and for the offspring that do hatch to find a sufficient supply of food.

Whatever the exact cause of the dwindling monarch population, Canada, the United States, and Mexico will need to work together to reverse the trend. The continued decimation of this beautiful creature would indeed be sad news for all. ■

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