



# The Road To Justice Starts Here

Exclusively Representing Women in Divorce, Custody and Support Matters and the Injured through No Fault of Their Own.

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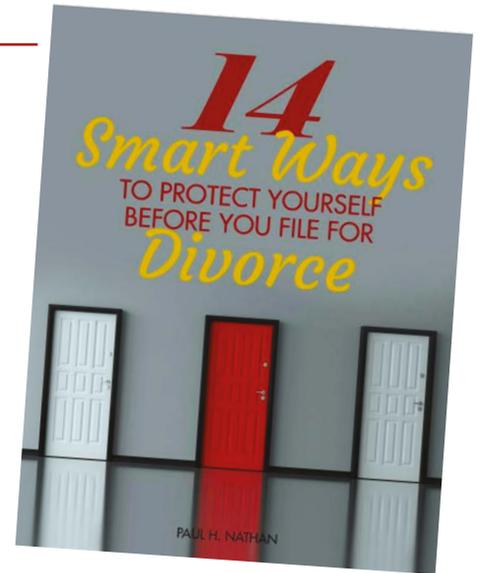
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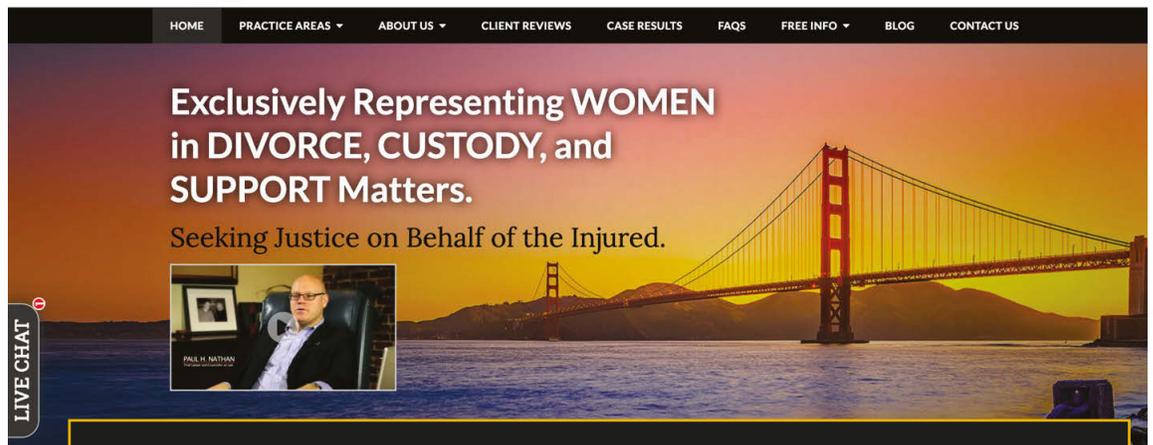
## 14 Steps

### TO PREPARE FOR DIVORCE

Paul's *14 Steps for Smart Ways to Protect Yourself Before Filing for Divorce* is now being turned into a book. However, you can download these tips right now from our website at [www.nathanlawoffices.com](http://www.nathanlawoffices.com).



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## OUR NEW WEBSITE IS LIVE!!! COME CHECK IT OUT!

We decided last year it was time to update our website. Now, it is Live! Come check out our new website at [www.nathanlawoffices.com](http://www.nathanlawoffices.com) and let us know what you think.



# spinach and feta pita bake

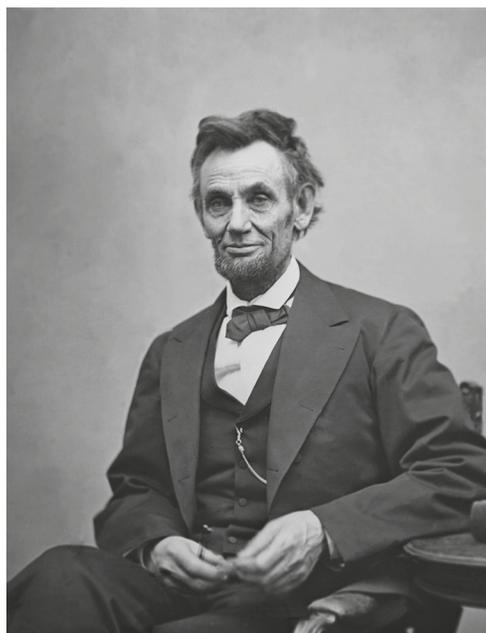
This quick and easy dish can serve well as an appetizer at a party, or a meal around the table.

## Ingredients

- 1 tub sun-dried tomato pesto, 6 oz.
- 6 whole wheat pita breads, 6-inch each
- 2 roma (plum) tomatoes, chopped
- 1 bunch spinach, rinsed and chopped
- 4 fresh mushrooms, sliced
- ½ c. crumbled feta cheese
- 2 Tbsp. grated parmesan cheese
- 3 Tbsp. olive oil
- (optional) ground black pepper

## Preparation

- Preheat oven to 350 degrees F.
- Spread tomato pesto onto one side of each pita bread and place on a baking sheet, pesto-side up.
- Top pitas with tomatoes, spinach, mushrooms, feta, and parmesan cheese. Drizzle with olive oil. Season with pepper (if desired).
- Bake for about 12 minutes, or until pitas are crisp. Cut into quarters before serving. ■



## historical extras

### ON LINCOLN'S ASSASSINATION

On April 14, 1865, President Abraham Lincoln was assassinated at Ford's Theatre in Washington, D.C. A single shot from 26-year-old John Wilkes Booth punctuated the end of the Civil War.

While the above-cited facts may be widely known, others frequently fly under the radar. For instance, Lincoln was familiar with Booth, who came from a well-known theatrical family. In 1863, Lincoln had attended a performance at Ford's Theatre in which Booth played one of the lead characters—fittingly, a villain. According to author Harold Holzer, who penned the book *President Lincoln Assassinated!*, Booth, who had already developed a seething hatred for the president, directed much of his dialogue toward the presidential box.

Lincoln's assassination was part of a much broader conspiracy. Booth and his fellow conspirators also planned on bumping off Vice President Andrew Johnson and Secretary of State William Seward concurrently, at different locations. The attack on Johnson was aborted; the attempt on Seward was unsuccessful. Ulysses Grant had been targeted, too, at Ford's Theatre. He and his wife were originally scheduled to accompany the Lincolns, but tension between the wives prompted "other plans." The ultimate goal for Booth, a Confederate, was to cripple the Union government in one fell swoop.

Lincoln's bodyguard was nowhere to be found at the time of his assassination. He allegedly left his position for a better view of the play and at some point, headed to the saloon for a cold one. Ironically, Lincoln had signed legislation the day before which created the Secret Service. However, the Secret Service's duties would not include protecting the president until 1902, following the assassination of President William McKinley. ■



WARM WEATHER ...

# with a twist of lyme

From spring through summer, Lyme disease can be a menace, spread primarily by the deer tick. The tick is not the source of Lyme disease; it is merely the carrier, feeding off animals that are host to the offending bacteria, *Borrelia burgdorferi*.

Ticks cannot jump or fly. They rest on low-lying vegetation and attach themselves to humans or animals who brush against them.

When a tick feeds on a victim, the transfer of Lyme disease—which takes at least 24 hours—is aided by immune suppressors contained in their saliva, which shield the bacteria as it invades the host's bloodstream.

Lyme disease's familiar bull's-eye rash is evident in only 70 to 80 percent of cases. Early-stage Lyme disease is highly treatable. Untreated Lyme disease can lead to severe arthritis, neurological damage, and serious cardiac conditions.

The reason many early tests for Lyme disease turn up false-negative is that it takes the body four to five weeks to build up antibodies that show up in blood tests. Anyone tested sooner may get a false reading.

When spending time in wooded or grassy areas, protect yourself from ticks by wearing light-colored clothing (to more easily spot ticks). Cover up, use tick repellent as instructed, and conduct a thorough tick check following outdoor activities.

If you find a tick—pay extra attention to damp, creviced, and/or hairy areas—gently remove it with a fine-tipped tweezers. Do not attempt to use heat, nail polish, petroleum jelly, or alcohol to extract it. Home remedies just agitate the tick, prompting it to release more infected saliva into the bloodstream. Bottom line: Don't tick off a tick. ■

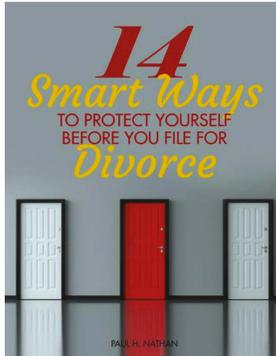
## April 2019 – Mark Your Calendars

April 3 – National Walking Day    April 5 – National Flash Drive Day    April 9 – National Cherish an Antique Day    April 12 – National Grilled Cheese Sandwich Day  
April 17 – National Bat Appreciation Day    April 23 – National Talk Like Shakespeare Day    April 27 – National Pool Opening Day    April 30 – National Honesty Day



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## 14 Steps TO PREPARE FOR DIVORCE



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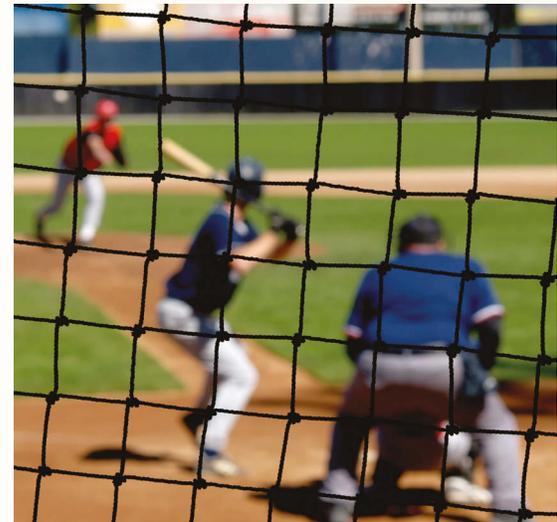
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## SPORTING EVENTS AND

# 'assumption of risk'

This spring and summer, millions of fans will walk through the turnstiles to cheer on their favorite major league, minor league, and college baseball teams. In doing so, however, fans accept a certain level of risk ("assumption of risk").

Stadium owners have an obligation to act reasonably to minimize spectator injury risks posed by the game, hence the netting behind home plate. However, during a game, foul balls and errant throws will enter the stands at unprotected areas. Bats that slip out of hitters' hands or pieces of broken bats may occasionally land there, too. These events are considered inherent to the game; therefore, spectators assume the risks that accompany them. Typically, stadium owners and players will not be liable for resultant spectator injuries.



The same generally holds true for other sports in which a puck, stick, ball, or hurtling player may interject themselves into fans' lives.

However, actions that are not a normal part of the sport are a different matter. For instance, a player who throws something in anger at another player but strikes and injures a fan instead, or a players' brawl that spills into the stands and causes harm to spectators.

Assumption of risk also does not apply to circumstances originating from outside the field of play. For example, if an attendee is injured due to a defective product (e.g., railing, escalator, steps, etc.), inadequate lighting, a slip-and-fall incident, or lack of security personnel, among other possibilities, he/she may have a valid personal injury claim.

Attending a ball game should be a fun night out. However, if you are injured, contact a personal injury attorney to explore your options. ■

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