

# FLATTMANN FILES

August 2018

“Quality Is No Accident”

## FROM THE DESK OF Grady Flattmann

### ONLINE REVIEWS: ARE THEY IMPORTANT?

Congratulations may be in order, as I was recently promoted by TripAdvisor from “Senior Reviewer” to the rank of “Contributor” after logging my 10th review of hotels and restaurants. For what it’s worth, I’ve earned 1,367 points, and have only 1,133 points to go until I reach “Level 3.”

At this point you may be wondering, “What exactly does Grady get from TripAdvisor when he reaches that mysterious ‘Level 3’ status?” Here’s the answer: I have absolutely no clue!

According to some studies, 90 percent of customers read online reviews before calling a business and 88 percent of people trust online reviews just as much as personal recommendations. In addition, 92 percent of people will use a local business if it has at least a four-star rating. Think about it. When is the last time you bought something from Amazon without checking out a few reviews?

Our firm is no exception. Like any local business, we rely exclusively on reviews and recommendations. *If you’ve had a good experience with our firm and can spare a few minutes, please hop on Google and leave a review for Grady J. Flattmann, Attorneys at Law.*

Thanks for  
keeping us in  
business!



*Grady Flattmann*



## FAMILY-FUN ACTIVITIES ENJOY THE LAST OF THE SUMMER WEATHER

With school right around the corner, you might be thinking about taking your kids out for a bit of fun before the school year starts. If you’re fresh out of ideas on what to do, here are a few activities for your family this month.

### TAKE YOUR KIDS TO THE MOVIES

There were many great kids’ movies released this summer that you and your children can see as a family. “Incredibles 2” came out on June 15, 14 years after the first “Incredibles” movie. This time, watch as the character Jack-Jack explores his many superpowers. Several other films were released just last month, such as “Hotel Transylvania 3: Summer Vacation,” where the Count and his family go on a cruise. “Teen Titans GO! To The Movies,” also came out and includes the teen heroes experiencing their very first movie. This month enjoy “Christopher Robin,” which will be released on Aug. 3, and the adventures of beloved Winnie the Pooh and his friends.

While taking your kids to a family-friendly film is fun, it doesn’t have to be the sole reason to get out of the house. Before or after the movie, you can take them to a local park to enjoy the playground or a pool.

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### HAVE A PICNIC

Going on a picnic is an excellent activity for the whole family. Not only does it give you quality time with the kids, but they can engage in the activity from start to finish. While preparing for the picnic, ask the kids what they would like, and create a list of food that everyone suggests. Take the kids to the grocery store and let them help you pick out the items on the list. Teach them what to look for in ripe fruits and fresh vegetables. While packing for the picnic, let the kids wash the vegetables and fruits and help put smaller foods into zip-close bags or containers.

Traditional sandwiches and juices can be on the list, but it's more fun to include an assortment of foods. Create your own unique trail mix — combine everyone's favorite dried fruits, salted nuts, and other small snacks. You can also make a homemade fruit salad by combining bite-sized fruits.

When you get there, find a shaded place to set up your picnic — no one wants to sit

under a hot sun. Also, make sure your family has applied enough sunscreen and that everyone has sunglasses to keep the sun out of their eyes.

### GO CAMPING IN YOUR BACKYARD

Preparing for a camping trip can be stressful and even expensive. Backyard camping can be a fantastic alternative for the family. Not only can you enjoy the pleasures of a campfire, cooked food off the grill, and s'mores, but you are also just feet away from a fully functioning bathroom and refrigerator.

This activity can be a family bonding event and a chance to let the kids learn a few important values. Work together to set up the tent, and while starting the fire, take the opportunity to teach your children about fire safety. Play games in the backyard, tell a few campfire stories, and let your kids come up with a few tales of their own. After the sun sets, take some time to stargaze. Encourage your kids to see if they can spot constellations and point out the ones you know to them.

Give your kids a last hurrah before they head back into the classroom. Don't let this August slip through your fingers!



## Game Night Goes (Really) Retro

### The Oldest Games You Can Play Today

People love to play games. When you play Angry Birds while waiting in line at the grocery store, you are actually participating in a long history of gaming that dates back to the earliest civilizations. Through the discovery of ancient game boards, archaeologists learned that the ancient Egyptians played a game called Senet in 3500 B.C. The rules were lost to time, but fortunately, there are plenty of other ancient games we still have the rules for!

### SNAKES AND LADDERS

Sometime during the 2nd century A.D., people in India started playing a board game associated with aspects of traditional Hindu philosophy — namely, the contrast between karma (destiny) and kama (desire). A dice was rolled to navigate a game board where good virtues, represented by ladders, allowed players to move up on the board, and evil vices, represented by snakes, would drag pieces back down. The phrase “Back to square one” is believed to have originated from this game. Snakes and Ladders made its way to England before being brought over to the United States, where it was intro-

duced as “Chutes and Ladders” by none other than Milton Bradley in 1943.

### BACKGAMMON

A blend of luck and strategy, backgammon originated in the Middle East around 5,000 years ago. Possibly an evolution of the ancient Mesopotamian game, the Royal Game of Ur, backgammon has players take turns rolling the dice to move their pieces off the board while trying to outsmart their opponent. Backgammon grew in popularity, spreading from the Middle East to the rest of the ancient world, and is still played by many today.

### GO

Originating in China around the 5th century B.C., Go — or “weiqi,” as it’s called in China — focuses on the virtues of balance, discipline, and focus. Two players go head-to-head, placing their pieces on the board to claim as much territory as possible while simultaneously capturing their opponent’s pieces. Go is likely the oldest board game still being played today, with an estimated 40 million players worldwide. Though the rules are simple, the strategies take a lifetime to master.

These are just a few games that people have been playing around the world for centuries. If you’re ready to add something new to family game night, try something *old* instead!



# What's at the Core of Your Back or Knee Pain?

## The Muscle That's Key to Your Mobility

If you're not on close terms with your psoas, it's time to get familiar. This muscle, pronounced "so-as," is a key player in your core and comprises the group of muscles called hip flexors. As the only muscle group that connects your spine to your legs, the psoas has a big effect on mobility and posture.

Psoas imbalances can contribute to back and hip pain because the muscles in these areas get overused to compensate. Imbalances are usually caused by short and tight or weak and overstretched psoas muscles. Activities that compress your hips, such as sitting, excessive running or walking, and excessive sit ups, can shorten your psoas and even lead to weakness. If your psoas muscles are short and tight, you may benefit from stretching and lengthening exercises. If the muscles are weak and overstretched, they may require strengthening movements. Here are a few ways to begin addressing imbalances.

### TRY THE CONSTRUCTIVE REST POSITION.

This neutral position can help release tension in your psoas. Lay on your back with your knees bent and heels on the floor, and set your feet hip-width apart at comfortable distance from your buttocks. Don't force your back to the floor, but simply rest your hands on your belly and let gravity do the work. Try this rest position for 10 minutes a day.

### SUPPORT YOUR SEAT.

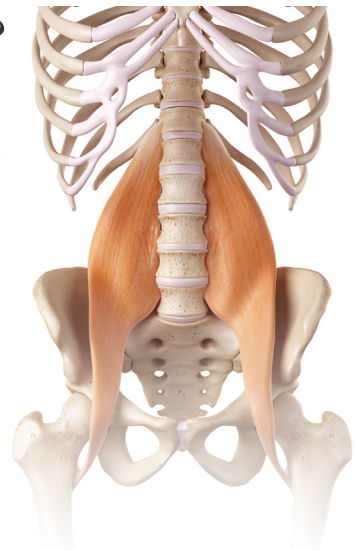
Sitting for long periods of time can compress and shorten the psoas. To decrease this effect, take regular breaks to get up and move, and practice good posture. If you're going on a road trip, consider sitting with a rolled-up towel under your sitting bones, which can release pressure on the psoas.

### GET A MASSAGE.

Here's permission to treat yourself. Because of where the psoas is located, it can be difficult to stimulate, and a certified massage therapist will know how to access it. Regular massages can help with circulation and may improve function.

### CONSULT A PHYSICAL THERAPIST.

If you're experiencing pain in the lower back, hips, or knees, an imbalanced psoas may be to blame. A licensed physical therapist can recommend appropriate stretching or strengthening exercises depending on what's right for your body.



## Take a Break!

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					1		4	
1	9					2		
		8						
	6					7		
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					2		8	

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## SUMMER GRILLED HALIBUT

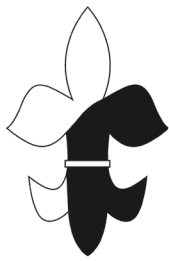
### Ingredients

- 4 boneless, skinless halibut fillets, about 5 ounces each
- 1/4 cup olive oil, plus extra for drizzling
- 1 lemon
- 2 pounds mixed tomatoes, sliced
- 1/2 cup hearts of palm, drained
- Basil leaves, for garnish
- Kosher salt and black pepper, to taste

### Directions

1. Lightly oil grill grates and heat grill to medium.
2. Grate 1 teaspoon lemon zest onto halibut fillets. Drizzle with olive oil and season with salt and pepper.
3. Grill halibut, turning just once, for about 5 minutes on each side.
4. In a mixing bowl, combine tomatoes, hearts of palm, juice from lemon, and oil. Season with salt and pepper.
5. Garnish salad with basil. Spoon salad over grilled halibut. Serve.

Inspired by *Bon Appetit* magazine



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## "Quality Is No Accident"

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## BOOK A CARIBBEAN CRUISE Safe Sailing This Hurricane Season



wake up in another?  
This charming mobility  
is also what makes  
cruise travel the safest  
option for visiting the  
Caribbean and the  
coast of Mexico this  
time of year.

### FLEXIBILITY IS A MUST

The flipside of this ability to dodge storms  
is the fact that your ship may not be able to  
stick to its original itinerary. You may have  
to anchor at an island you weren't expecting  
to or miss out on seeing a port you were  
supposed to visit. If you have your heart set  
on seeing a specific location, cruise travel this  
time of year may not be for you. But if you are  
simply looking for a safe, affordable vacation  
to a beautiful region, then it doesn't much  
matter which white-sanded beach you wake  
up to next.

While unpredictable weather will always be  
a concern for any vacation, the safety and  
variety cruises offer make them great options  
for anyone looking for a Caribbean getaway  
before the holiday season. So if you have  
a flexible schedule and a healthy sense of  
adventure, it's time to call your travel agent,  
pack your sunscreen and bathing suit, and  
head to paradise!

### SAFETY AND SAVINGS

Much like resorts and airfare, cruise lines  
discount their Caribbean fares significantly  
during peak hurricane season, from August  
to October. However, unlike a traditional  
hotel, these massive ships have the luxury of  
navigating out of a storm's path with ease. For  
all their ferocity, hurricanes move slowly across  
the Atlantic and have relatively predictable  
trajectories. Meanwhile, modern cruise ships  
carry the most sophisticated weather-tracking  
instruments, allowing them to bypass even  
small storms and inclement weather.

After last year's devastating storm season,  
would-be tropical travelers are undoubtedly  
hesitant about purchasing those discounted  
plane tickets to the Caribbean Basin. No one  
wants to face a possible evacuation during  
their vacation — or worse, be forced to  
weather a hurricane at a beachfront resort.  
If you want the most bang for your buck  
while enjoying the turquoise waters of the  
Caribbean this fall, consider booking a cruise.

Cruise-ship travel is a fun and adventurous  
way to explore any time of year. After all, what  
could be more magical than a floating hotel  
room where you fall asleep in one country and