

Kuzmich Law Firm, P.C. Friends and Clients Newsletter

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April 2006

April is Alcohol Awareness Month

By: Katie Carse

April has been designated as Alcohol Awareness month in order to recognize the serious problem of alcohol abuse among all demographic groups in the United States. Society and the media portray alcohol abuse to occur within only high school and college age students. Unfortunately, alcohol abuse occurs in pregnant women who put their babies at risk for fetal alcohol syndrome, professionals who drink after a long day at work and senior citizens who are drinking out of loneliness. Alcohol abuse does not only negatively impact your work and family life, but is associated with a huge number of adverse health effects. Alcohol abuse can cause unintentional injuries (motor vehicle collisions, falls, burns, drowning), violence (child abuse, homicide,

domestic violence, suicide), SIDS, STD's, heart disease, hypertension, depression and liver disease.

April 8th marks the annual observance of National Alcohol Screening Day. Various locations are set up around the United States where people can be **anonymously** screened to see if their drinking habits may be risky. Also, these locations will provide educational materials, presentations and the opportunity to meet one-on-one with a health professional to discuss any concerns. Best part – it is **FREE!** The following are just a few metroplex locations providing services:

Methodist Medical Center
at Dallas, 4525 Lemmon Ave, Ste. 300, Dallas, Texas 75219 214-522-8600

ConferenceCall.com
1445 MacArthur Dr. Ste. 214
Carrollton, TX, 75007
800-820-5855

Tarrant Council on Alcoholism & Drug Abuse
1701 West Freeway, Suite 1
Fort Worth, TX, 76102
817-332-6329.

For other locations visit
www.nationalalcoholscreeningday.org.



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It's not that some people have will-power and some don't. It's that some people are ready to change and others are not.

*By: James Gordon
M.D.*

Spring Cleaning and Child Safety

By: Stephanie Lindemann

Spring cleaning may not be fun, but it doesn't have to be such a chore. Especially when you get motivated by the following spring cleaning activities which will help to keep your kids safe.

Medicine Cabinet

Your medicine cabinet is not meant to be a storage area for all of the medicines that you or your child has ever been prescribed. For whatever reason, parents seem to end up having numerous left-over or half used

prescriptions in their medicine cabinet. Spring cleaning is a good time to get rid of these and any expired medicines that you may have.

Smoke & CO Detectors

If it's been a while since

Continued on page 3

Safety & Traveling

By: Michelle Brown

Spring and summer are the most popular seasons for family vacations and travel. These times with our families should be relaxing and enjoyable. With easy access airports like Dallas Love Field and DFW International, a great vacation spot is just a cab ride away. But how many times have we worried about the appliances being left on or the newspapers piling in the yard, a veritable welcome mat for burglars and thieves? By taking a few extra precautions you can leave your home in comfort and peace.

- Have someone gather your mail and keep it until your return (or you can have the post office hold it for you).
- Stop newspaper delivery.
- Arrange for someone to mow your lawn and water your plants.
- Lock all doors and windows.
- Close curtains to prevent anyone from peering through the windows.
- Put your lights on an automatic timer or leave some commonly used lights on in the kitchen, bathroom or living room.
- Activate your security system if you have one.



- Do not leave a message on your answering machine that tells everyone that you are away.
- Unplug appliances and computers, because violent storms could create a power surge that could start an electrical fire.
- Give your itinerary to a trusted friend or relative, so that you can be contacted in case of emergency.

Be sure that your homeowner's, life insurance and automobile insurance policies are paid up until your time of return.

- If you are leaving for an extended period, your banker can make arrangements for paying your bills during your absence.

Because of rising gas prices, many of us may be staying closer to home instead of traveling for vacation. Living in the Dallas/ Fort Worth area has some great advantages when it comes to quick vacation places. Along with being a great place to live and work, we also have lots of fun family places to go on day trips or for over night visits just around the corner! The Dallas Arboretum and The Science Place, both in downtown Dallas, provide entertainment and educational

value for the whole family. If you are feeling a little Western, check out The Stockyards and Sundance Square in Fort Worth to get a taste of the old 'cow town'. For overnight fun, take the family camping at beautiful Chickasaw National Park just south of Oklahoma. As always when planning day long trips or extended periods of time in the sun, remember to take the appropriate precautions:

- A commercially available first aid kit may be



handy

- Tweezers (to remove splinters)
- Tylenol® and ibuprofen for pain relief (both adult and children's preparations)
- Cold pack or ice bag for treating bruises and sprains
- Thermometer (for taking children's temperatures)
- Antihistamine like Benadryl® (in case of allergic reaction)
- Nasal decongestants (especially when traveling by air)
- Insect repellent
- Suntan lotion (a SPF of 15 to 30 is recommended)
- Hydrocortisone cream or lotion (for insect or bug bites)
- Phone numbers of pediatrician and family doctors

Any prescription medications you are taking (Bring original bottles or record exact names and dosages of each drug.)

Whether you choose to vacation far away or to take day trips with your family, safety is always an important factor. By taking the proper precautions, you can avoid undue hassle and enjoy peace of mind.

Spring Cleaning and Child Safety *continued*

you tested your smoke alarms and carbon monoxide detectors, now is a good time to do so. You can also use this time as a reminder to review and rehearse your family's fire escape plan.

Broken Toys

Many parents use spring cleaning as an excuse to go through and get rid of toys that their kids no longer play with. You can also use spring cleaning as a time to check the toys that they do still play with and get rid of those that are broken or can't be repaired. When considering toy safety, you should be especially watchful for:

- Splinters or sharp edges on wooden toys
- Weak or loose parts that could fall off and become a choking hazard
- Broken pieces
- Leaking batteries

- Loose screws and bolts, especially on things like playground equipment and ride on toys (bicycles, scooters, skateboards, etc.)

- Loose or exposed wires in electrical toys

Childproofing

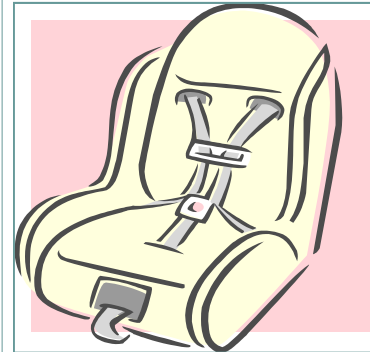
Even if you believe your home is well childproofed, with latches on cabinets, gates on stairs, and covers on door knobs, you do have to regularly inspect them to make sure they are still working properly. Cabinet and drawer latches and locks are especially prone to wear and tear, which may allow your child to get into them and to any unsafe items you have stored in them.

Recalls

Although you should always be watching for reports and alerts about recalled products, spring cleaning time is a good time to catch up and check to see if any toys or

household products in your home have been recalled.

Car Seats



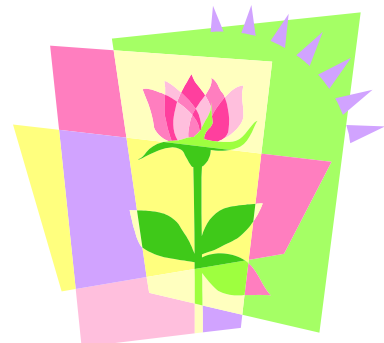
Checking your child's car seat to ensure proper installation is another

thing that you should be doing much more often than when you are doing your spring cleaning, but it is a good time to think about it all the same. It might also be a good idea to consider taking your car up to a local car seat inspection facility to make sure your child's car seat is properly installed.

SPRING TIME IS IN THE AIR

P G S F F W B G R B E G X J Y L Y W
 V A N U G A O A F Y V T E O I Q N A
 L E S I N H I B M J N H A R X D N R
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|---------|-----------|
| APRIL | BUDS |
| BUNNY | BUTTERFLY |
| CRICKET | CULTIVATE |
| EASTER | EGG |
| EQUINOX | FLOWRES |
| KITE | MAY |
| MIGRATE | MOSQUITO |
| NESTING | PASTEL |
| RAIN | RAINBOW |
| SHOWERS | SPRING |
| SUN | WARM |
| WIND | |



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APRIL 2006

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
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MAY 2006

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