

LAW OFFICES OF KIM MICHAEL CULLEN, P.A.
 PERSONAL INJURY - WRONGFUL DEATH

**LIFE, LIBERTY,
 AND THE LAW**

<p>Stop Procrastinating.</p> <p><i>There's no better time than now to start working towards your goals.</i></p> <p>Pages 2 and 3</p>	<p>Do you have good water sense?</p> <p><i>Brush up on your water rules to prevent accidents.</i></p> <p>Page 3</p>	<p>When the heat is on...</p> <p><i>Kids love summer as long as they are having fun. Read about ways to keep them entertained.</i></p> <p>Page 3</p>	<p>Hot Wheels???</p> <p><i>Read about this year's worst rated cars, according to Consumer Reports.</i></p> <p>Page 4</p>
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Dogged Days Of Summer?

Family Grieving, Pondering Future

The Cullen family has been in a state of anxiety and depression over the several weeks since our family dog, a seven-year old yellow Labrador Retriever named Stella, went missing. Several of you will know that Stella has always been a bit of a social butterfly. Ever since we brought her home as a puppy, Stella has always had a way of silently and stealthily steeling away in order to take leisurely unescorted strolls around the neighborhood (usually stopping in to check every dog and cat food dish she might smell along the way.) Stella has a *healthy* appetite.

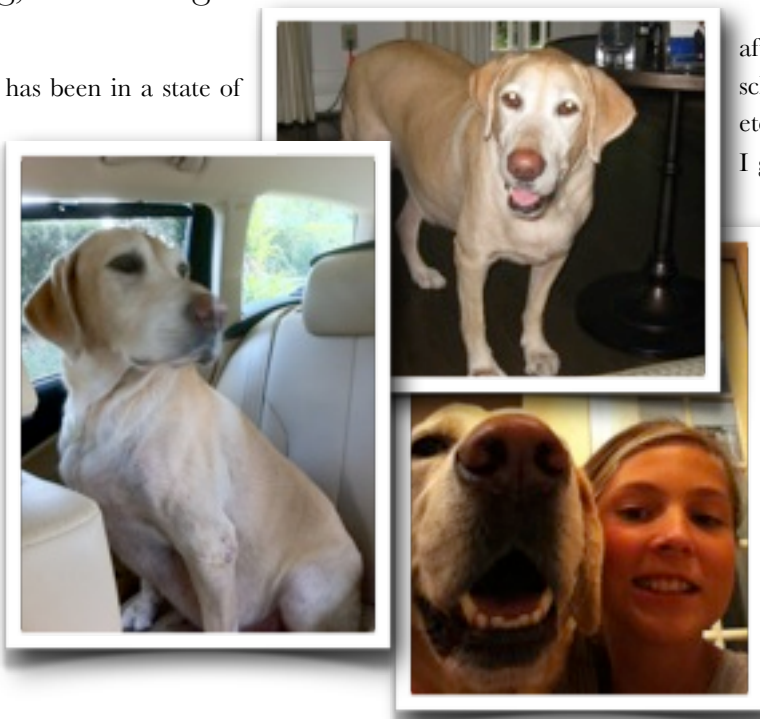
As Stella grew into an adult, and despite our efforts to keep her inside and under our watchful eyes, her little journeys began to expand. Over time, we became aware of her favorite and most frequent stops, and were able to easily find her. Or, she would be

dropped off by friendly pet owners returning her to us. Stella became a very popular and well-known young "lady" in our corner of Winter Park.

A few weeks ago, we had a particularly busy afternoon where all six of us had events scheduled (soccer, lacrosse, baseball, chorus, etc.), and the front door was frequently open. I guess none of us noticed Stella heading out for one of her adventures. Nobody noticed until we all came home that evening and there was nobody there to greet us. We waited and waited, then went looking, but there has been no sign of Stella. Nobody along her regular routes seems to have seen her, either.

My 12-year daughter has been the most diligent searcher. She has been on the internet almost every day with Weeze hoping for some sign about what happened to Stella. While hope remains alive, it seems to dim every day. We comfort ourselves by telling ourselves that she was such a sweet and loving dog that someone who really loves her and needs her has taken her in.

I don't know what the proper waiting period is for replacing a lost dog, but I bet it won't be long before my daughter (and Weeze) start making a serious play for a new puppy. Hopefully, the next one will be more of a home body... In the meantime, if any of you have any suggestions for good breeds, I would love to hear from you.



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The Practice of Doing: The Right Time is Now

Have you ever decided that you're going to get into better physical shape? You go out and buy yourself a new outfit, running shoes, or maybe a 10 pack of Yoga classes. You're so pleased that you've finally decided to commit! Today, you're too busy to put them to use, but tomorrow's the day! Tomorrow comes and you see that you could only get

in a 35 minute workout. You hear your friend in your head telling you "I wouldn't even strap on my shoes for anything under 60 minutes" so you wait. The day after tomorrow you see an opening to attend that Yoga class. When the day comes you're feeling rushed by some things that came up and you know you won't be in the "right headspace" to get the most out of Yoga. Still, you look at your outfit, your running shoes, or your Yoga pass lovingly and you think to yourself "when the time is right, I'll be ready to begin."

This is a practice of "not doing." Always waiting for the perfect time, a better time or at least more mental focus, or physical energy. This is what the majority of people are doing. They're looking at their new outfit and waiting... while they're waiting they begin to feel anxious, some will become depressed, some angry. They will tell us

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When it Comes to Water Fun: Safety Needs to be First

As the days warm up, more and more of us rely on water to cool back down. Unfortunately, we've seen more than our share of drowning cases (most involving kids, unfortunately.) Before ramping up for another season of water fun, be sure you're aware of aquatic dangers and what to do to prevent them. According to the Centers for Disease Control, ten people die from accidental drowning every day in the U.S. Drowning is the sixth leading cause of unintentional injury death for people of all ages, and the second leading cause of death for children ages 1 to 14 years.

To help prevent water-related injuries: Designate a responsible adult to watch young children while in the bath and all children swimming or playing in or around water. Preschool age children should be close enough to reach at all times. Adults should not be involved in any other distracting activity (such as

reading or talking on the phone) while supervising children.

Buddy System. Always swim with a buddy. Select swimming sites that have lifeguards whenever possible.

Learn to Swim. Formal swimming lessons are always a good idea. However, even when children have had swimming lessons, constant supervision when children are in the water, and barriers such as pool fencing are always a good idea.

Learn Cardiopulmonary Resuscitation (CPR). In the time it might take for paramedics to arrive, your CPR skills could make a difference in someone's life.

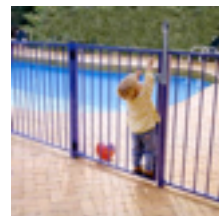
Do Not Use Air-Filled or Foam Toys. Do not use air-filled or foam toys, such as "water wings," or "noodles," in place of life jackets. These toys are not designed to keep swimmers safe.

Avoid Alcohol. Avoid drinking alcohol before or during swimming, boating, or

water skiing. Do not drink alcohol while supervising children.

If you have a swimming pool at home:

Four-Sided Fencing. Install a four-sided, 4-foot high pool fence that completely separates the house and play area of the yard from the pool area. Use self-closing and self-



latching gates that open outward with latches that are out of reach of children. Also, consider additional barriers such as automatic door locks or alarms to prevent access or notify you if someone enters the pool area.

Clear the Pool and Deck of Toys. Remove floats, balls and other toys from the pool and surrounding area immediately after use so that children are not tempted to enter the pool area unsupervised.

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Practice of Doing (continued from page 2)

clearly why they are “not doing” something and it will make perfect sense, especially to others who are “not doing.” This practice sets people up for failure merely because they have committed to the wrong thing. They have committed to their ultimate goal “better physical shape” rather than committing to *working* on that goal.

If you’d like to make a more permanent change in your life and have longevity of success with your goals take some time and rethink your commitments. Consider the possibility that *doing a little of something* often adds up to a lot. Reconsider looking for a better time, a better mindset. Reconsider that all or nothing attitude.

Consider the possibility of “doing” vs. “not doing.” Doing often, at every opportunity, even just a little. Not waiting for a perfect time, not needing a perfect mindset. Just doing. The goal is not the end result, the goal is to practice exercising, eating better, sleeping more, mindfulness, yoga, being present with your family, complimenting your spouse, reading more, etc... this is the a practice of **Doing**. Make this your goal and you will be happier and more successful.

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Summer and Kids: Make it a Good Mix

As a parent of four kids, I understand that summer can be a welcomed or dreaded time of year. A break from packing school lunches, family reunions, camps, vacations, pool time, and the beach all sound great. However, as the hot weeks wear on, kids can become bored and require entertaining. This can be a challenge, but can be managed, with the right tools. Here are some ideas (with a heavy contribution from my wife, Weeze):

Ages 5-8: Have lots of summer specific toys on hand. A fun sprinkler attached to the hose, a hula hoop, bubbles and a slip ‘n slide will go a long way.

Ages 9-13: Make your house kid friendly so that friends will want to hang out with (and entertain) your kids. Have fun snacks and juices on hand, make a comfortable spot for playing X-Box or Wii, or for just hanging out and talking or listening to music. Crafts can also be good entertainment at this age.

Ages 14-17: Talk with your teens about summer rules in your house. Make sure they are aware of things such as curfews, your expectations for summer employment, chores they need to do around the house, or homework they may be assigned over the summer. Talking with them now can prevent blow-ups come the hot summer months.

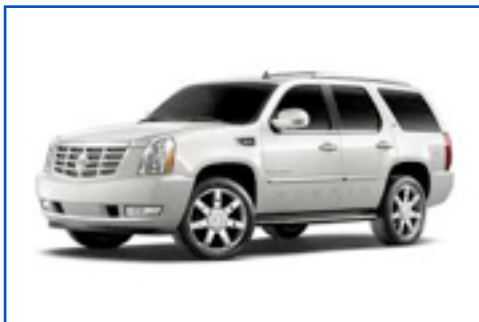


Email us your favorite thing to do with your kids in the summer, or the thing you most enjoyed doing in the summer as a kid. The person with the best idea will receive a \$50 gift card, and we'll share the idea in next month's issue!

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Bad to the Bone?

Despite the fact that current sales of all General Motors models (including the Escalade) are on the rise,



Consumer Reports rated the Cadillac Escalade as among the worst vehicle on the road in terms of safety, dependability, reliability, and value. It certainly seems that a buyer should expect more from vehicle that is priced over \$62,000.00.

Three GM vehicles made the “Worst Made” list this year. In addition to the Escalade, the Chevrolet Aveo and the Chevrolet Colorado pickup also had the dishonor of making the list. The Colorado was not the only pickup on the list. GMC’s Canyon pickup and Ford’s F250 Lariat pickup were also poor, with the Lariat actually earning “Worst Value” and “Worst Safety Performance.”

According to Forbes, other “winners” included the Chrysler Town & Country minivan, Jeep Wrangler, the Jeep Liberty, Dodge Nitro, Dodge Dakota, Chevy Tahoe, Chevy Aveo, Nissan Titan, Mercedes-Benz S-Class, and the Smart ForTwo.

Hopefully, none of our readers owns any of these cars. However, if you do, let us know if you’ve had experiences different than Consumer Reports, and we’ll include them in a future issue.

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