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## MELDON LAW TALK

A Monthly Newsletter Publication from Meldon Law

## **Attorneys**

Jeffrey L. Meldon Tom L. Copeland Carey W. Meldon



**Personal Injury** 



Criminal Defense

**February** 

2015

Wrongful Death

# FEBRUARY

### Valentine's Day Humor

Dream Big-

A woman was taking a nap on Valentine's Day afternoon. After she awoke, she told her husband, "I just dreamed that you gave me a gorgeous and expensive diamond necklace for Valentine's Day! What do you think it means?"

"You'll know tonight," he said.

That evening, her husband came home with a small package for her. Thrilled, she opened it and found a book titled 'The Meaning of Dreams.'

A Thoughtful Valentine's Day Gift.

Jim asked his friend, Tony, whether he had bought his wife anything for Valentine's Day.

'Yes", came the answer from Tony who was a bit of a chauvinist, "I've bought her a belt and a bag."

'That was very kind of you," Jim added, 'I hope she appreciated the thought." Tony smiled as he replied, "So do I, and hopefully the vacuum cleaner will work better now."



## FEBRUARY IS AMERICAN HEART MONTH

someone you know. Make it your mission to fight heart disease and stop the No. 1 killer in America. Go

## $Valentine's \ Day:$ The Full Story Behind the Holiday.

Every February 14th across the United States and in other places around the world, candy, flowers, and gifts, are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint, and where did these traditions come from?

Day is one of America's most popular holidays. More than 62% of Americans celebrate by sending greeting cards, er the history of Valentine's Day seems to be somewhat surprising. For example

the roots of Valentine's Day date back to an ancient Roman fertility festival held in mid February called Lupercalia. Later the Christian church chose mid February for St. Valentine's Day to Christianize the day. One legend contends that

Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers.

There's no doubt about it, Valentine's When Valentine's actions were discovered, Claudius ordered that he be put to death. According to one legend, an imprisoned Valentine sent the first "Valentine" greeting flowers, candy, and other gifts. Howev- himself after he fell in love with a young woman who visited him during confinement. Before his death, it is alleged that he wrote her

signed "From your Valentine", an expression that is still in use today. Although the truth behind the Valentine legend is murky, the stories all emphasize his appeal as a sympathetic, heroic, and most importantly romantic figure. By the Middle Ages,

Valentine became one of the most popular saints in England and France. Interesting Fact: Americans began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland is known as the "Mother of the Valentine." She made elaborate creations with real lace, ribbons and colorful pictures. Today an estimated 1 billion Valentine's Day cards are sent each year.

VALENTINE'S DAY

## February's "Trivial Pursuit" >>>

## Questions:

**Connect With Us** 

on:

1. Approximately how many Valentine's Day cards are sent each year?

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- 2. During the 1980's, what industry began to promote their product as a good Valentine's Day gift?
- 3. What percentage of Valentine's Day cards are purchased by women?
- 4. In which of Shakespeare's plays does he refer to Valentine's Day? 5. Valentine's Day evolved from what ancient Roman festival?
- 6. In what year was Valentine's Day declared an official holiday?
- 7. Cupid is who's son?
- 8. Which state produces the most roses every year for Valentine's Day?
- 9. Who created the first box of Valentine's Day candy?
- 10.On what day is Valentine's Day celebrated in Brazil?



GUIDE

9. Richard Cadbury, 10. June 12th.

Answers: 1. 1 Billion, 2. The diamond industry, 3. 85%, 4. Hamlet, 5. Lupercalia, 6. 1537, 7. Venus, 8. California,

## Community Spotlight: Local United Way Receives a 4–Star Rating.



## **United Way**

Charity Navigator, the nation's largest and most-utilized evaluator of charities, has ranked the United Way of North Central Florida among its top performers. Specifically, Charity Navigator's rating system examines two broad areas of a charity's performance; their financial health and their accountability & transparency. The ratings show of North Central Florida donors how efficiently a charity will use their support, how

well it has sustained its programs and services over time, and their level of commitment to good governance, best practices and openness with information. Formed in 1957, the United Way of North Central Florida focus its efforts into three main areas: health, income and education. All of the money raised here is applied in the counties of Alachua, Bradford, Dixie, Gilchrist, Levy and Union. For more info, visit www.UnitedWayncfl.org

## Small Business Spotlight...

Salon Savoy of Gainesville.



Originally from the Philadelphia area, and relocated from Austin, Texas, Salon Savoy comes to Gainesville with over 25 years of diversified experience in the salon industry, to include everything from styling, teaching, corporate training, spa management and now salon ownership.

This team of professionals are dedicated to continually advancing their craft by attending the latest in advanced training seminars throughout the country. They are totally committed to providing their guests with the latest salon trends, personalized to fit their own unique personality and lifestyle.

Salon Savoy is located at 2727 NW 43rd Street in Gainesville and open Tue –Fri. 9a.m to 8 p.m., and Saturday 9a.m. –6p.m. For more info on Salon Savoy and its list of services, please visit www. salonsavoy.com or call (352) 373-5055 to book your appointment today!



The Salon Savoy Team

## Community Events...

Saturday, February 21, 2015: Tour of Kitchens! Presented by the

Gainesville Junior League. Visit Gainesville's finest homes, kitchens and outdoor spaces and sample delicious food, drinks and sweets from local Gainesville establishments. Tickets are \$35 per person and can be purchased online at www.gainesvillejrleague.org or at any of the stops along the tour. Proceeds benefit the Junior League's community projects and initiatives. For more info, please call (352) 371-4994.

February 4th-20th,2015: 4th Annual Winter Nationals. The Bubba Raceway Park of Ocala presents the winter nationals. Bubba Raceway Park provides dirt track stock car racing in an exciting venue for the entire family. Located in Ocala Florida. For a schedule of the Winter National races and ticket info, please visit www.BubbaRacewayPark.com

# This month's topic of interest: February 2015 Each month our staff takes a number of calls from people within the North Central

Each month our staff takes a number of calls from people within the North Central Florida Community. Although we aren't always able to take every case we receive, there is always an opportunity to educate others. Here's a topic worth discussing.



Mediation, an Alternative Dispute Resolution.

When a lawsuit is filed by an attorney with a court, a judge may refer the case to mediation. What is mediation? Mediation is a meeting between two or more parties to a lawsuit. The people present at the mediation may include the parties to the lawsuit, their attorneys, family or spouses, and the mediator. The mediator is a neutral third party who helps the parties through the mediation process.

The mediation begins with an introduction of parties and an opening statement from the mediator. The party bringing the lawsuit usually goes first in explaining their side of the story. After the first party is finished speaking, he second party may rebut on some of the points made by the first party and give their version of the story. Both parties are urged by the mediator to not interrupt each other.

Recipe of the Month: Sausage Stuffed Jalapenos.

If the parties have a difficult time working together or talking details in the presence of each other, the mediator may separate the parties and speak with each party individually. This is known as a caucus. The mediator will then go back and forth between the parties.

The parties may negotiate and try to settle a case during mediation. If the parties come to an agreement, a settlement agreement will be written by either the attorney or the mediator. Any and all details from the mediation are to remain confidential, meaning that all parties including the attorneys and mediators may not discuss what occurred during the mediation. If the parties do not end up settling the case, the mediator will call an impasse. After an impasse, the case is usually set for trial. No information presented during the mediation is admissible at a trial.

Mediation became common in Florida in the late 1980's and is usually required before a case can go to trial. Mediation is encouraged in the legal process because it gives parties more control over their case as opposed to trial. One of the major advantages of mediation is the saving of expenses and time for all parties involved. Some claims, such as worker's compensation claims, are automatically referred to mediation in Florida. For more information on this topic, please feel free to contact Meldon Law today.



Congratulations To Our Jeffrey Meldon/ TV20 Scholar Athletes of the Week!

Meldon Law has sponsored the Scholar Athlete Program since 1997. Every week of the school year a high school senior in the North Central Florida area is chosen as the Scholar-Athlete of the Week and given a \$100 scholarship and a plaque. At the end of the school year we hold a banquet for all the winners and their families. Last year nearly 200 people attended the Scholar Athlete Banquet where one male and one female is chosen as The Scholar Athlete of the Year.

The winners receive a \$1,000 scholarship plus a beautiful glass trophy commemorating their achievement. Starting in 2003 the Meldon Law Firm teamed up with WCJB TV20 to promote the event widely on TV 20.

## Our Most Recent Scholar Athletes!

December 18, 2014: Brook Burns from Hawthorne H.S. for Women's Basketball. Brook is a stand out leader on the lady Hornets basketball team, averaging 18 points and 12 rebounds per game. In the classroom Brook holds a 3.8 GPA and is dual enrolled at Santa Fe College, she hopes to help take her team back to the state semifinals and ultimately the state championships this year.

December 25, 2014: Ashley Johnson from P.K. Yonge H.S. for Women's Basketball. Ashley has played on the varsity basketball team since her freshman year. This year she serves as a team captain and brings an incredible amount of energy to the court. Ashley holds a 4.0 GPA and plans to major in mathematics and minor in business and to one day become an actuary.

January 1, 2015: Kevarrius Hayes from Suwannee H.S. for Men's basketball. Kevarrius has played varsity basketball since his freshman year. According to ESPN, he is the 76th best high school Senior in the country. Kevarrius averages 21 points and 12 rebounds per game while maintaining a 3.3 GPA, while also serving as Class President. Kevarrius will play basketball at the University of Florida next fall.

January 8, 2015: Joseph Malu from Eastside H.S. soccer. Joseph scored 16 goals with 9 assists so far this year while serving as the captain of the team. Joseph holds a 4.0 GPA and also serves as the place kicker on the Rams football team. Joseph hopes to major in business management in college.

## Photo happenings...



Legal Assistant Lisa Allen celebrates her birthday with staff members



Meldon Law Communications Director Tavares Kettles assist with the production of the firm's new TV commercials set to launch in February.

# Health Talk...

**February is American Heart Month!** Every year about 715,000 Americans have a heart attack and over 600,000 people die from heart disease in the United States each year—That's 1 out of every 4 deaths.

Heart disease is the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign and the message that heart disease is not only a man's problem.

### How Do I Find Out if I Am at Risk for Heart Disease?

The first step toward heart health is becoming aware of your own personal risk for heart disease. Some risks, such as smoking cigarettes, are obvious: Everyone knows whether or not they smoke. But other risk factors, such as high blood pressure or high blood cholesterol, generally don't have obvious signs or symptoms. So you'll need to gather some information to create your personal "heart profile. To find out more information on ways to enhance your heart health, please visit the National Heart, Lung, and Blood Institute's website at: www.nhlbi.nih.gov.



## Ingredients:

- 1lb of ground pork sausage.
- 1 (8oz) package of softened cream cheese.
- 1 cup of shredded parmesan cheese.
- 1lb of fresh medium sized jalapeno peppers, halved lengthwise, and seeded.
- 1 (8oz) bottle of Ranch dressing

#### Directions:

- 1. Preheat oven 425 degrees F (220 degrees C).
- 2. Place sausage in a frying pan over medium heat and cook until evenly browned. Drain grease.
- 3. In a bowl, mix the sausage, cream cheese, and parmesan cheese. Spoon about 1Tbs. of the sausage mixture into each jalapeno half. Arrange the stuffed halves in a baking dish.
- Bake for 20 minutes in the preheated oven until bubbly and golden brown.
   Serve with Ranch dressing.



