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# ALEXIS AND MARK'S

*A Little about the law-A lot about everything else!*

# NEWS

## A NOTE FROM ALEXIS & MARK

Here we are, summer again. It is amazing how fast the months go by.

As a kid I used to love summer. I would countdown the days until summer would start. Every kid probably did the same when they were in school and spent much of the time looking at the clock for the day to end. Sometimes two minutes in 6th grade felt like 2 years. Now, with 7 kids, it is completely the opposite. Now, the first day after school got out, I started counting down to when school started again. As the little engine who could says, "I think I can... I think I can... I think I can (survive another summer.)"

Our three older kids are doing different things. Zev is going to a math camp learning algebra. He is going into the 6th grade and has informed me that "It's not fair to society that a 11 year old like him has so many muscles." *(Editor's Note from Mark: I am not sure it is a good thing when your sixth grader asks you a math question and you have no idea what the answer is. As far as his overwhelming muscles . . . perhaps he sees something that the rest of us are missing!)*

Kailey is preparing for her dance competition which is in Las Vegas in a couple of weeks. She has a solo that she has been working on for the last year. She is very dedicated to her dance and now she is taking summer dance camp as well. She told Mark the other day that "Mommy said you would get me food." When Kailey and Mark came back I asked Mark, "Where were you?" He told me, "I took Kailey for food." I told him, "What do you mean? You should have come home right after picking her up." Well those of you who are married know how the "discussion" between Mark and I went from that point. Needless to say, we made a pact that no matter what the kids say to him he will check with me first.

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## HIGH-TECH KIDS

Nearly half of all US Kids Own Cell Phones A recent survey by the global research firm NOP World has found that 44% of US children between the ages of 10 and 18 own cell phones. The percentage of 15-to-17-year-olds owning cell phones jumped from 42% in 2002 to 75% in 2004.

The survey also found that kids are interested in multifunctional phones, such as camera phones and those that can play MP3 music files. This suggests that cell phone usage may increase even more among young people as phones become available with more functions.

## TIPS FOR BREAKING A HABIT

*If you know how to change your habits, then even a small effort can create big changes.*

Here are some tips to get you started:

- **One Habit For 30 Days** - Do the 30 Day Trial. You focus on one change for thirty days. It definitely works to sculpt the automatic programs that run in the background of your mind.
- **Use a Trigger** - A trigger is a short ritual you perform before a habit. If you wanted to wake up earlier this might mean jumping out of bed as soon as you hear the sound of your alarm. A trigger helps condition a new pattern more consistently.
- **Replace Lost Needs** - You can't just pull out habits without replacing the needs they fulfill. Giving up television might mean you need to find a new way to relax, socialize or get information.
- **One Habit at a Time** - A month may seem like a long time to focus on only one change, With just one habit change you can focus on making it really stick.
- **Balance Feedback** - If your change creates more pain in your life than joy, it is going to be hard to stick to. Don't go to the gym if you hate it.
- **Write it Down** - Don't leave commitments in your brain. Write them on paper.
- **Get Leverage** - Make a public commitment to everyone you know that you're going to stick with it. Offer yourself a reward if you make it in a month.
- **Keep it Simple** - Your change should involve one or two rules, not a dozen. Simple rules create habits, complex rules create headaches.

## Just For Fun!

- People will accept your idea much more readily if you tell them Benjamin Franklin said it first.
- The best way to lie is to tell the truth.....carefully edited truth.
- If you're worried about being crazy, don't be overly concerned: If you were, you would think you were sane.
- A diplomat is someone who can tell you to go to hell in such a way that you look forward to the trip.
- No experiment is ever a complete failure. It can always be used as a bad example.
- Anything is possible, but nothing is easy.
- Lead, follow, or get out of the way!!



## GET A GOOD NIGHT SLEEP

Ever notice that after going through a period of high stress and sleep loss, like when you have deadlines at the office or finals in school, that you tend to develop colds or other infections? This may not be a coincidence. It seems that the immune function, which allows our bodies to fight germs effectively, is weaker when you are not getting enough sleep. Pain Tolerance We all know that when we get a good nights sleep all those little aches and pains seem to improve. It may not only be that the extra sleep is giving the body extra time to repair itself. Research is revealing that when we don't get enough sleep, our sensation of pain is more intense.

At least 1,550 deaths occur every year in the US, caused by sleepiness behind the wheel. In fact, excessive sleepiness is the second leading cause of car accidents. Studies have shown that sleepy drivers are impaired at a level equal to that of drunk drivers! If that is not enough to convince you not to drive while sleepy, there is a law called Maggie's Law. This was a law passed in New Jersey in 2003 that states that a sleep-deprived driver qualifies as a reckless driver who can be convicted of vehicular homicide. It was passed after a driver who hadn't slept for 30 hours crossed three lanes of traffic and struck 20 year old Maggie McDonnell's car head-on in 1997. The driver was acquitted because since there was no law against falling asleep at the wheel, the driver didn't break any law.

*All in all, my advice to you is, get a good nights sleep!*

## A Distracted Driving Tale & A Question (Did you hear about the new Ear Piece Law?)

I've seen a lot of distracted drivers in my day. I thought that I had seen the worst when I had my car rear ended by someone drinking coffee and talking on a cell phone. But, this one tops it. Stopped at a light, I dared to glance through my rear-view mirror. A woman in a minivan was vigorously brushing her teeth. When the light changed, she opened her car door and spat. When I spotted her again we were in motion, and she was still brushing, rolling down her window, and spitting. Wow. The next time I looked, she was gargling. Then she began eating her breakfast.

**My question:** Why didn't she brush after she ate?

Be careful, drive safely and wear your seatbelt! Remember to get a hands free earpiece for your phone to avoid getting a ticket.

## A NOTE FROM ALEXIS & MARK

***(Editor's Note from Mark: Can you believe this? Men of the world . . . UNITE! We should not take this anymore! I pick up my daughter who tells me that her mother said I was supposed to get her something to eat before coming home. Considering how crazy Kailey's schedule can be, this was not unusual or surprising. It turns out, Kailey just flat out LIED to me. So, thinking I could trust my daughter, who actually had just LIED to me, I took her to get food. When I get home, who got in trouble? ME! Not the ten year old that lied . . . ME. And what "pact" does Alexis say was made . . . I agreed to check with her before doing ANYTHING. And, you want to know the worst part? I am the one who apologized after all of that. Apparently, I needed to apologize because I believed Kailey when she LIED to me.)***

Tate spent two weeks in Boston with my parents. He didn't want to come home but Mark scooped him up after the seminar. ***(Editor's Note from Mark: Alexis saw a seminar for lawyers she thought looked very interesting. The problem was that the seminar was in Virginia, and it took two days. Alexis did not want to fly all the way to Virginia to see any seminar, no matter how interesting. And Alexis also had no interest in sitting in a two day seminar. So, what was her solution? She books a flight and a space at the seminar for me! I get an email one day sitting at my desk confirming roundtrip airfare to Virginia, and I receive a fax confirming my "reservation!" So, Alexis' solution was for me to get stuck flying to the East Coast for a two-day seminar that SHE was interested in. And then she had me fly up to Boston to get Tate and bring him back to Phoenix, figuring she had already sent me to the East Coast, so what's another flight in the middle, right?)*** Tate had a lot of fun going to a Red Sox game, the movies a couple of times, and he got to see his new cousin who was born while he was visiting Boston. He came home with \$67.00 and I asked him, "Where did you get that money?" and he told me that his grandfather had him do chores around the house and he earned his money." If I know my parents Tate picked something off the ground and earned a \$1.00. He also offered to represent my parents as their lawyer in a real estate matter. My dad questioned him and suggested that perhaps a 7 year old is not able to be a real lawyer. Tate explained, "Peepa, I have lawyer blood in me. I can help you."

Ariella is going to camp at her school. She will be switching schools in the fall and going to the same school as Kailey and Tate. She's very upset she doesn't have her teacher for her camp counselor and is refusing to get dressed every morning. She only has 4 days left of camp. She did give me a friendship pin though which had the letter A O O N. I'm not sure what that stands for but I let her know that's the best friendship pin ever.

Talia is interesting. She is very small, even for a 4 year old - and has convinced everyone but her immediate family that she is as sweet as pie when in reality she is ah . . . umm . . . let's just say she is causing lots of conflict in the house. Still, I give her credit. There aren't many people who could convince the whole world that they are sweet as pie when they are driving everyone at home crazy.

Pierce is talking!! He says important words like "Mommy" and . . . . "Mean." Usually that means Talia is being mean. Talia's usually completes "mean" moments by biting someone on the back, and more often than not, it is Pierce who gets bitten. We are working with Talia on this new "bite" thing and hope it stops before she is a teenager. ***(Editor's Note from Mark: I am worried about Pierce. I mean, he has begun to develop a vocabulary for the unimportant things like Mommy, mean, and "Check E Cheese" yet still does not say Daddy. Maybe he is saving the best for last? As far as "mean" it is almost always directed at Talia or Kailey; Ariella almost never gets blamed for being mean, making her the only girl in the house who does not get in trouble with Pierce!)***

And last but not least....Karina. Karina is already 8 months old. She is crawling, smiling and babbling... her excitement will probably last another year until she realizes she is the 7th child of a bunch of crazy kids!!!

***Thank you again to all those who referred us cases, we really appreciate it. Please feel free to call or e-mail anytime to let us know if you need any legal help. If we can't help you, we will refer you to someone who can!***

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# ALEXIS AND MARK'S NEWS

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