



FRESH PERSPECTIVE

A NEW YEAR MESSAGE FROM JOE GHABOUR

And we thought 2016 was tough! For many, 2017 was one of the hardest years of their lives. Natural disasters, tragic loss, so much pain and suffering. But, through it all, there was much opportunity to have a hopeful, helpful perspective. Through these difficult moments, we have found ways to serve, to give and to pray. Whether tragedy hits close to home or across the globe, it's a prime opportunity to offer our time, talents and resources to the afflicted. My hope and prayer is that we would all be open to seeing tragedy with fresh eyes. Rather than sit back and ask "why," see the circumstances as a chance to get involved, to support others and meet the needs of those who hurt. This world is not perfect. We will continue to see and experience pain. But as we enter 2018, let us be mindful of what we can do to help in the face of evil or suffering. If we endeavor to be other-centered, it will be a better year, no matter what comes our way. ♦

OPPORTUNITIES TO SERVE OTHERS IN 2018

Make this year a meaningful time of giving and serving. Here are a few places that can always use a helping hand:

YOUR LOCAL CHURCH.

Churches rely on donations and volunteers to reach communities in need.

SOUP KITCHENS & FOOD PANTRIES.

Help the hungry. Visit foodpantries.org for local meal outreach organizations.

VETERANS' AFFAIRS & SERVICES.

Among other services, veterans need transportation to appointments, hospitals and medical treatment centers. Additionally, they often endure seasons of depression, PTSD, and homelessness. Let them know they are remembered. volunteer.va.gov

HABITAT FOR HUMANITY.

Help build homes for the hurting and homeless. habitat.org

WATCH YOUR BACK! SHOVELING TECHNIQUES

One of the most common injuries during the winter months is caused by snow shoveling. With proper snow removal techniques, back injuries are preventable.

Use a good shovel. Ergonomic shovels are designed with body mechanics in mind. While they are more expensive than the average shovel, they are still cheaper than getting physical therapy after a back injury.

Don't go cold. Take a few minutes to warm your muscles before shoveling to avoid muscle tear or strain.

Use proper lifting techniques. Push, instead of lifting snow. Keep feet firmly planted. If you must lift, don't overload the shovel. Bend at the hips and knees, not the back, using your leg muscles. Avoid twisting motions. Keep arms close to your body and walk - don't toss - snow.

Wear proper attire. Wear snow boots with good treading, laced up the ankles. Use thick gloves with a rubberized grip. And layer up to optimize comfort.

Pace yourself. Take frequent breaks to allow your body time to recover.

**WARM UP BEFORE
SHOVELING TO AVOID
MUSCLE INJURY.**

BACK INJURY?



• East Windsor • Marlton •
• East Brunswick •

Spine Institute of North America specializes in endoscopic spine procedures, a less-invasive alternative to open back surgery. Many patients walk out the same day and are back to work the next! If you're hurt, you have options. spineina.com

**LEGAL
ease**
making law
make sense

in fu·tu·ro \ in-fū-tūr-ō \ adverb. in the future. **things to come.**

le·gal·ese the formal and technical language of legal documents that is often hard to understand.

THE LEGAL LOOP // JANUARY 2018 THE NEW YEAR EDITION

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“The object of a New Year is not that we should have a new year. It is that we should have a new soul. ”

- G. K. Chesterton

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NEW YEAR'S RESOLUTIONS: STAYING THE COURSE

The beginning of a new year is a great time to make new promises, set new goals and work on new plans. Done safely, wisely and properly, you may really get somewhere this time. Here are some tips to help you follow through with those New Year's Resolutions!

Be realistic. Expecting to lose 100-lbs or read 100 books in a couple months is not only unrealistic, it can also be unhealthy. If you aim toward sudden life-altering goals, you'll likely become discouraged if you don't succeed, and you may give up entirely.

Start small. The key to sustainable life change is to start small. Shocking adjustments can be jarring to your system and your mental state. Baby-step changes are easier to sneak into your schedule, allowing them to fall in line with your habits and daily routine. Gradual changes increase the opportunity for long-term success.

Be grateful. While you're taking stock of all the things you want to change about your life in 2018, don't forget to count your blessings. Take a moment to consider all you already have and what you've already accomplished. Make a mental list of things to be thankful for. This type of optimism will help propel your passion and enthusiasm toward further improvement.

Go 30-for-30. Take on small challenges in 30-unit increments for a solid 30 days. [See our 30-for-30 Challenges on our website.](#)

30-FOR-30 CHALLENGE
IDEAS ON OUR WEBSITE

Cut yourself some slack. If you fall off the bandwagon or make a mistake, don't kick yourself. Self-loathing only leads to negativity, pulling you further away from the positive outlook you need to make healthy, life-long improvements. If you hit a bump in the road, dust yourself off, cut yourself a break and keep going. ♦

CRAZY CASES | THE NEW YEAR EDITION

Brasstown, NC - This town gained notoriety in 2015 with their unusual New Year's Eve practice, "The Lowering of the Opossum," which happens exactly as it sounds - the lowering a live possum (encased in a plastic box) to the ground at the stroke of midnight. In 2013, PETA successfully filed an injunction, citing animal cruelty, further claiming the state's wildlife commission did not have the authority to issue the permits for the event. North Carolina lawmakers passed a law later that year to expressly allow the practice to continue, which it still does to this day ♦

TELL US YOUR CRAZY STORY
(877) 721-7201