

THE LAW OFFICES OF
WILLIAM F. UNDERWOOD, III, P.C.
-PROTECTING THE RIGHTS OF THE INJURED-

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JUSTICE MONTHLY



The Power of a Guitar and Your
Favorite Tunes

PAGE 1

The Timeless Lessons of Mr. Rogers

PAGE 2

What to Do After You're Hit by a
Drunk Driver

PAGE 2

Navigate the Civil Courts System
With This Guide

PAGE 3

Watermelon and Tomato Salad With
Turmeric Oil

PAGE 3

Celebrate This Refreshing Beverage

PAGE 4

ENJOY A COOL DRINK THIS JUNE

LET'S CELEBRATE NATIONAL ICED TEA MONTH!

The best thing to have on a hot summer day is a cold beverage, and nothing is more refreshing than a glass of iced tea. Since June is National Iced Tea Month, get out your tall glasses and ice cubes and let's celebrate tea!

THE FIRST ICED BREW

In 1904, a heat wave struck St. Louis during the city's first world's fair. Richard Belchynden, a merchant attending the fair, was offering the attendees small samples of his tea. However, due to the hot weather, fairgoers didn't want to drink the heated beverage. Undeterred, Belchynden, who had traveled a long way to attend the fair, decided to switch tactics — if the public wanted a chilled beverage, then he would

oblige. He added ice to the steeped tea, and soon, the grateful guests had a new beverage: iced tea.

Although Belchynden is given credit for serving the first official iced tea, it is referenced many times throughout history before that fateful world's fair. Historical evidence suggests that iced tea was served and consumed in the Southern states as early as the 1870s. However, a lack of refrigeration technology at that time made these chilled drinks a luxury.

THE HEALTH BENEFITS

These days, most bottled iced teas are made with sugary syrups and branded as sweet tea. While sweet tea is tasty, the

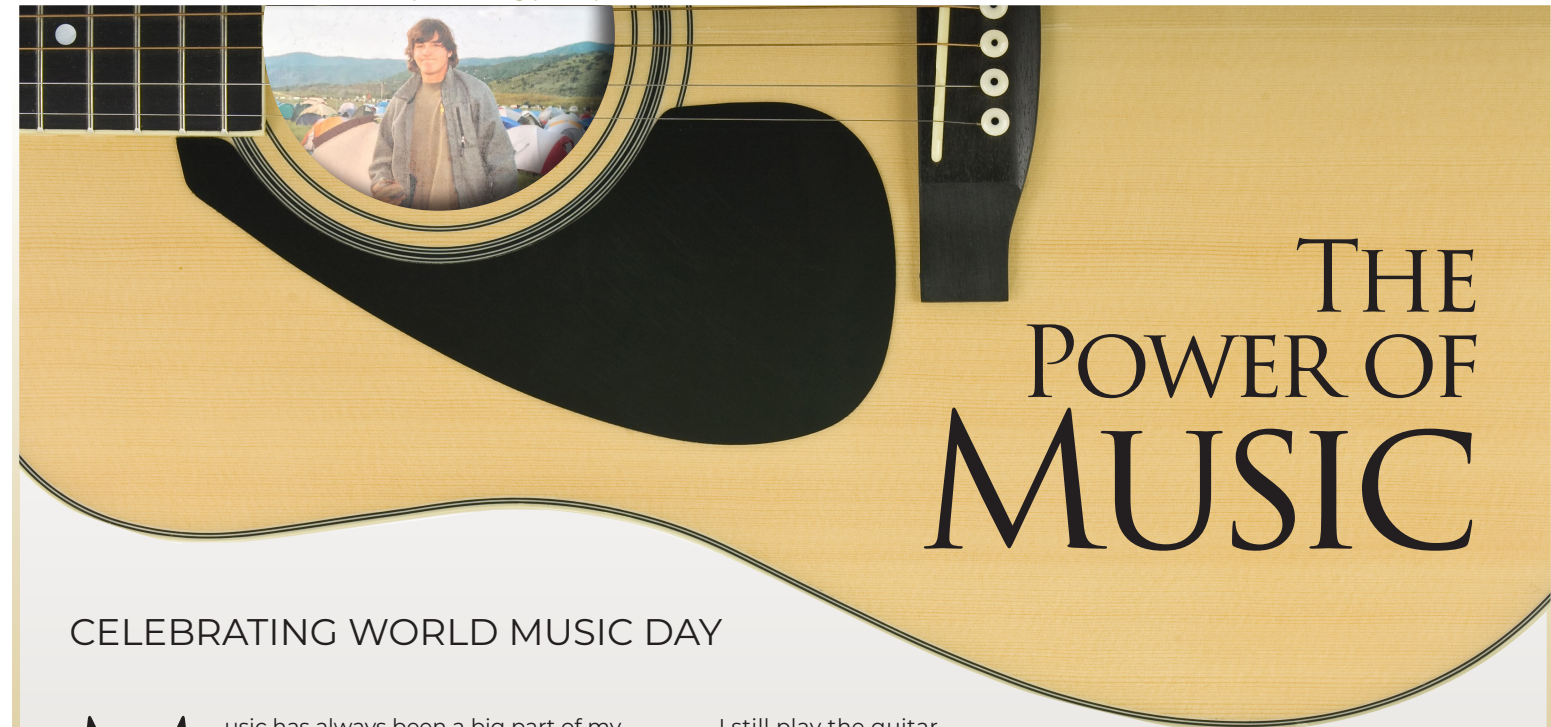


unsweetened version is not only refreshing but also healthier because it has fewer calories and provides more nutrients. If you want a more traditional taste of unsweetened iced tea, then try making your own! One simple recipe is to take 1 ounce of your favorite tea and steep it in 1 gallon of water overnight in the fridge. In the morning, remove the leaves and pour yourself a glass!

Now you can celebrate National Iced Tea Month with your very own brew!

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JUNE 2020



THE POWER OF MUSIC

CELEBRATING WORLD MUSIC DAY

Music has always been a big part of my life, and since June 21 is World Music Day, I figured there was no better month to share my love of music.

I started playing guitar quite a bit when I was 17 years old, and I would jam with my friends whenever we had the chance. When I wasn't living out my rock 'n' roll dreams, I followed Widespread Panic — a band based right here in Athens, Georgia! — around the country for a bit. I probably saw them 20 times in concert, and I have a few friends who are still really into their music. If you've never heard them, then I'd describe Widespread Panic as the southern Grateful Dead. They're worth checking out if you've never listened to them.

Today, I'd describe my musical taste as whatever sounds interesting. Like many teens, I only wanted to listen to what was "cool" when I was growing up, but now, I like to listen to whatever sounds good. I usually like classic rock, but I also enjoy the sound of blues, bluegrass, and southern rock bands. I'll listen to Myles Davis, Waylon Jennings, The Police, and ACDC all in one sitting. As long as it's got a great rhythm, it has my attention. I usually let Spotify take over and create the playlists for me while I sit back and listen along.

I still play the guitar, too. In fact, I have a guitar and some pedals in my office. While I don't jam with my friends like I used to, I still enjoy picking up the guitar and riffing on my own. I even have a loop pedal, which will record one rhythm and continue playing that rhythm while I play another riff over top of it. I become my own band, essentially.

Playing and listening to music are some of the best ways I've found to relieve stress. They take your mind off the world and transport you to a whole different place for a little bit. I'm never going to be a master guitarist like some of the legends, but it's still pretty cool to see how I can improve and learn new tricks on the guitar.

As for the stage, I leave that to the pros. I was lucky enough to see The Rolling Stones down in Jacksonville, Florida, a while back. I just remember being so impressed with Mick Jagger and Keith Richards, who are in their mid-70s and still jump all over the stage. They even played for three hours!

Music has the incredible power to change things. It can lighten the mood, make life enjoyable, and put your mind at ease. However you celebrate World Music Day, I hope you find time for a little peace with your favorite tunes.

-William F. "Trey" Underwood, III

LESSONS WE CAN LEARN FROM MR. ROGERS

HOW THE TELEVISION STAR SHAPED CHILDHOODS

Fred Rogers may have passed away in 2003, but the world he created remains with us. In 2018, "Won't You Be My Neighbor?" documented his life and outlook, and in 2019, "A Beautiful Day in the Neighborhood" depicted Rogers and the journalist whose life was changed by the star of "Mister Rogers' Neighborhood."

These movies demonstrate that we're still fascinated with the man behind Daniel Tiger and King Friday. Why? In part because the lessons Rogers so thoughtfully depicted are as relevant for today's generation as they were for those who grew up watching his show.

Imaginative play is a foundation of childhood. "Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood," Rogers said. Rogers knew that play, which can seem inconsequential to grown-ups, is an important part of childhood development. Imaginative play allows children to step outside of their own perspective and experience another. In the process, they engage in abstract thinking and expand their universe. Mr. Rogers encouraged viewers to use their imaginations by creating a fantastical world called the Neighborhood of Make-Believe.

We all deserve to be loved. Rogers knew that not everyone has someone at home who tells them that they are special and loved. So he took it upon himself to tell viewers, ending each



episode of "Mister Rogers' Neighborhood" by saying, "You've made this day a special day by just your being you."

Feelings are mentionable and manageable. Rogers helped viewers understand that it's okay to feel mad, sad, and scared, and he helped countless children learn healthy ways to cope with tough emotions. This was a mission dear to his heart. Margaret McFarland, a child psychologist at the University of Pittsburgh who became the chief psychological consultant for "Mister Rogers' Neighborhood," shared with Rogers the concept he turned to again and again on the show: "Anything that's human is mentionable, and whatever is mentionable can be more manageable."

You can explore more of Mr. Rogers' enduring messages at MisterRogers.org. Share "Mister Rogers' Neighborhood" with your children and show them a world where they can grow, learn, and play.

assessing the scene and securing the details you need for care and compensation after you are treated by medical authorities.

Second: Take photos of the damage to your vehicle and the scene. Authorities on the scene will do the same if you are unable to take photos. Have a loved one or a police officer take photos of your injuries and provide the police with a detailed report of what happened. Do not move any items until after the scene has been properly documented, but you should allow the authorities to do this to avoid additional risk.

Third: If you suspect the other driver is under the influence of drugs or alcohol, then alert the authorities. They may not perform a field sobriety test, but your suspicions could ensure everything tangible to the case is collected.

Finally: Seek help from an attorney. Your first priority after a drunk driver hits you is to focus on your healing. An attorney can help you get the compensation you deserve without causing you undue extra stress or fear.

If are in an accident with a drunk driver this summer, then remember our team is here to help. Learn more by giving us a call.

New Here?

3 TIPS FOR SURVIVING THE CIVIL COURTS SYSTEM

Getting injured can be a devastating experience, but for those who require compensation for their injuries, navigating the justice system can be an additional difficulty, especially if you don't know what to expect. If this is your first brush with the legal system, then here's a quick guide to help you prepare.

LEAN ON YOUR ATTORNEY

If you have hired an attorney to help you, then you've already completed a critical step in ensuring your voice is heard and your case moves through the court system in a swift manner. Rely on your attorney for support because that's exactly what they are there for! You don't have to navigate the legal system alone. As the legal expert, your attorney will understand how and when to fill out paperwork, know what steps you should take, and can offer insight into the outcome of your claim.

STAY PATIENT

In the U.S., we all have a right to a speedy trial in criminal court, but the civil court system runs on its own timeline. You will be afforded due process, but there may be multiple hearings, filings, and meetings before a resolution is made in your case. The best thing you can do is be

patient and work with your attorney to find a solution to your situation in the interim. For example, if you require disability services, then your attorney can connect you to the proper resources.

UNDERSTAND COURTROOM GUIDELINES

Many cases will never see the inside of a courtroom, but for those that do, it's vital that you understand how to act. The sole purpose of a judge and jury is to make judgments about your case, and how you act or present yourself can influence these outcomes. Be sure to come to court on time and wear nice clothes. (Think Sunday best.) Address the judge when you are asked to do so and never interrupt the judge when they are speaking. Arguing will put your case at risk. Your attorney will walk you through additional steps and guidance to help you prepare for court, so you won't be alone.

If you're still nervous about your first experience in the legal system, then give our team a call! We can walk you through the process and help you feel at ease.



YOUR NEXT STEPS

When You're Hit by a Drunk Driver

From Fourth of July celebrations to family vacations, there's plenty of fun to be had in the summer. Whether you stay local or hit the road, you're bound to come across summertime travelers doing the same, and while everyone just wants to have fun, these interactions could put you and your family at risk, especially if alcohol is involved.

Georgia ranks 21st in the nation for drunk driving-related fatalities, and those who survive these tragic accidents often have exceedingly high medical and auto bills. If you're the victim of a drunk driving accident, then you deserve proper compensation for your injuries and property damage. An attorney can help you navigate the legal system after such a serious accident, but it's important that you take a few measures, too.

First: Like any vehicle accident, your first priority is making sure you are safe and receive medical attention. Get off the roadway and, if you can, get out of your vehicle. Call the authorities, and seek medical attention immediately to avoid further damage. Unless you have to be transported to the hospital, you can begin

WATERMELON & TOMATO SALAD WITH TURMERIC OIL



Inspired by BonAppétit.com

INGREDIENTS

- 1/4 cup virgin coconut oil
- 1 tsp peppercorns, coarsely crushed
- 1 tsp coriander seeds, coarsely crushed
- 1/2 tsp cumin seeds
- 1/2 tsp ground turmeric
- 4 cups seedless watermelon, diced into 1/2-inch pieces
- 2 medium heirloom tomatoes, diced into 1/2-inch pieces
- 8 oz mild feta, diced into 1/2-inch pieces
- Flaked sea salt

DIRECTIONS

1. In a small saucepan, heat coconut oil, peppercorns, coriander seeds, cumin seeds, and turmeric for about 3 minutes or until fragrant. Let cool slightly but do not let coconut oil solidify.
2. In a large bowl, place diced watermelon, tomatoes, and feta. Drizzle with oil mixture and finish with a dash or two of salt.

We Value You!

At the Law Offices of William F. Underwood, III, P.C., the trust we build with our clients is our most valuable asset.

Your recommendations are greatly treasured by everyone at our office. Clients can also leave their comments on our services through **Google Reviews!** These statements give us critical feedback and help other clients facing stressful life situations find dependable lawyers.

Previous and current clients can also receive **free notary services** at our office. Learn more about this service by giving us a call at 229-888-0888.

Thank you for trusting us to serve you!

