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Before You Fill Out the School Emergency Card for Your Kids...

If you have minor children at home, you can expect an emergency card to arrive in just a few weeks from your child's school or day care facility.

The point of this card is to allow you to authorize certain people who can come pick up your child if you are not able to, for whatever reason. Plus it helps to ensure that your child is never sent home with a stranger "pretending" to be a close relative or a person who you do not want watching your kid. What the emergency card does NOT do, however, is authorize someone to temporarily take custody of your children if a SERIOUS accident happens during the school day. Keep in mind that by law, the authorities can only leave your kids with their "legal guardian" or surviving parent if something happens to you. If the surviving parent is unavailable or something happens to you both during school hours, your child will most likely be placed into the care of social services until a judge (who doesn't know you or your wishes!) can decide where they should go. That is NOT a position you want to put your kids in—especially during a time of grief!

Fortunately, there are three easy steps you can take to make sure your kids stay protected if something tragic happens during school hours. They are:

1. Name short and long-term guardians for your minor children. Many parents have



long-term guardians named in their will, but they have not legally documented who can care for their child in the short-term if the main guardian is out of town or is not immediately available to get your kids.

2. Make sure the contacts on your school emergency card match the guardians you've legally named to care for your kids.

3. Tell your child's school, babysitter or daycare provider about the plans you have in place. Give them a copy of your guardian nominations and let them know how they can get in touch with your guardians in the event of an emergency. This will prevent social services from getting involved if the unthinkable happens.

Don't make the mistake of trusting completely in the school emergency card, as it's not designed to fully protect your kids in an emergency. However, by taking these three easy steps, you'll rest easy knowing your child will always be cared for by the people YOU want if tragedy strikes.

Realistic Work/Life Balance Tips

It can sometimes feel like an impossible task trying to manage a workload and spend time with friends and family, while still making the time to look after your own needs and pursue personal projects. The good news is there are ways to ensure that the notion of a work/life balance is not just a fantasy.

One good tip is to outsource anything that you can get someone else to do or can be automated, such as cleaning, doing laundry or grocery shopping. This may be expensive and not feasible for many people but for those with the budget it can be a worthwhile investment.

A great way to deal with anxiety and stress while keeping up a certain energy level is to work out. It does not matter whether you work out after you have left work in an evening or if you do it first thing in the morning, but consistent exercise of this nature will pay off in emotional, mental and physical wellness.



Why Black Pepper is Good For You

Black pepper, which originates in India, has become a widely used form of seasoning all over the world with a number of different varieties. There are a number of health benefits to the consumption of black pepper, including the fact that it contains antimicrobial compounds that actually helps to keep your food fresh. A wide array of meats can be cured and flavored with a combination of black pepper and salt.

Black pepper contains piperine, which is not only responsible for the taste of black pepper but is also an anti-inflammatory substance that cuts down on inflammation and can help to fight headaches and may even have an impact on arthritis and the perception of pain.



Piperine also helps to enhance the way in which the body is able to absorb nutrients, actually increasing the effectiveness of some other substances such as curcumin, which comes from turmeric and may be able to cut down on the severity of a variety of serious illnesses such as Alzheimer's disease, psoriasis and pancreatic cancer.

Black pepper is also rich in minerals and vitamins, with plenty of vitamin C and K in addition to a generous amount of vitamin A.

Tips for Students Heading to College

Teenagers heading for college often do so with little understanding about how to make and stick to a budget.

It is therefore important for parents to take some time to talk to their kids about some tips that can help them to manage their finances during their college years and beyond.

One good tip is to help your new student set up the required financial accounts, which at minimum will include savings and checking accounts.

Help them to develop good habits by getting them to perform research on financial institutions in order to determine which would be best suited to their own particular needs and preferences.

It is also a good idea to set clear financial responsibilities straight away.

If you are planning to help with some expenses such as cell service or auto insurance, you need to make it clear that other expenses, such as rent and groceries and utilities, will be entirely their responsibility.



About Attorney

<Name>

<About Attorney Info Here>

Quote of the Month

“Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.”

—*Albert Einstein*



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LOOK INSIDE: Before You Fill Out the School Emergency Card for Your Kids...

Note From <Attorney Name>

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