

THE SUHRE SERIES

FORMING BETTER HABITS

You click, you swipe, you tap. In the blink of an eye, you can choose and download an app. Did you know the average user will tap, swipe and click their phone over 2,000 times a day? If you've watched a documentary like The Social Dilemma, you may have changed the way you use your phone. We're highlighting some smartphone stats for **National Cell Phone Courtesy Month**.

Our phones have become an integral part of our lives. One click and you can video chat a friend or loved one across the world. You can organize checklists, order gifts on the go, schedule events, and respond to emails all from a small device the size of your hand. National Cell Phone Courtesy Month is a "celebration" of bringing back the important things in life - relationships. Instead of texting, let's pick up the phone and talk to the person. Or even better, chat your pal or colleague face to face. **Our phones are a great tool, but they shouldn't replace every social context in our lives.** Encourage those around you to join in throughout this month and practice a little cell phone courtesy.

SUHRE & ASSOCIATES, LLC

We've compiled a few ways you can observe **National Cell Phone Courtesy Month**.

- **Do not disturb.** When you're spending time with someone, try turning on do not disturb or airplane mode. There are exceptions to this rule for professionals but there's nothing like good conversation without your phone as a distraction.
- **Hide your device.** Have you ever had coffee or dinner with someone, and their phone was on the table the entire time? Distracting, right? Try putting the phone away in your purse or bag.
- **Don't take the call at the table.** If you do need to take a call while at dinner or in a meeting, excuse yourself and step away. No one needs to hear your conversation.
- **Keep it hands-free.** Don't use your phone and drive. The message can wait until you arrive at your destination. If it's necessary and urgent, try the hands-free option in your vehicle or pull over to send the message or make the call.
- **Pause before you send.** Consider the content before you post on social media or send a text or email. Use the THINK acronym for kinder and more effective communication.



- **Expand your social circle.** Don't let your mobile device become a social hindrance. We often look to our phone for social engagement when we don't know what else to do. Look up, smile and ask someone how they're doing next time you're waiting in the lobby.

Q: What are the penalties of a DUI?

A: In Ohio on a first offense, you're looking at a minimum of 3 consecutive days in jail or a 3-day driver intervention program. You will be fined a minimum of \$375 and not more than \$1,075. An Ignition interlock device might be ordered by the court. You can face up to 5 years on probation. Upon conviction, the court can suspend your license 1 year to 3 years. If you are convicted of DUI or an OVI in Ohio, it is not expungeable.

Visit suhrelaw.com to learn more about DUI penalties.

Suhre Squad Spotlight

Adrian Welch serves as one of the firm's case managers. If you are a client and call our office, she is likely the person you will be connected with to help assist with your needs. She delivers a service with confidence and reassurance. She is the coordinator of attorney calendars, the support and extension of the Suhre team and more. Get to know Adrian in this month's spotlight.

Adrian isn't big on sports but loves to do things outdoors like camping, hiking, cliff jumping and kayaking.

Adrian's favorite concert she ever attended was Lecrae.

Adrian lives by the aphorism, "carpe diem".



Her favorite place is New York, New York.

She used to participate in Spartan races. In fact, she has completed a super and two sprint races. Spartan races are mud races that have multiple obstacles designed to challenge you to push beyond your limits.

Vacation Time!

Q C R E S O R T L M R B V T R
 T J F R D W E W X C O B N Y E
 V B N M Q S X D B E A C H T L
 L U G G A G E G B N D J I O A
 P L M J Y T F C D E T W Q A X
 W Z C A B I N X D R R G B N A
 A N J I O P L K N J I U Y H T
 T B G G T R F C D E P W S X I
 E C R U I S E Z S Q W E D C O
 R V F I R T T B N J I O L M N
 P L K D I U J N H Y T G V F R
 A E D E C D E W S X A Q Z C V
 R A M U S E M E N T P A R K N
 K M J U Y H B G T R D F C D E
 E D F V B E X C U R S I O N R
 T G B N F R D C V E U I J N B
 A D V E N T U R E F T H K O U

Resort | Road Trip | Beach | Cruise | Luggage | Cabin | Adventure Guide | Excursion | Water Park | Amusement Park | Relaxation

INGREDIENTS

- Frozen blueberries
- Frozen bananas

Optional toppings: granola, chocolate chips, shredded coconut, drizzle of nut butter.



BLUEBERRY “NICE” CREAM

A quick and healthy way to cool down in the hot summer months with TWO simple ingredients.

Step by Step Instructions:

1. Add your frozen blueberries and frozen bananas to a food processor and blend until creamy, scraping the edges as needed.
2. If you prefer to eat it like a soft serve ice cream, enjoy it as is. Note: the longer you freeze it, the harder it will get.
3. Scoop into bowls, add your favorite toppings and enjoy.

Testimonials

What Our Clients Say

“One call and the most of our worries were handled by this group of lawyers!!! I absolutely will be a returning client but I’m hoping we won’t need too. Do not hesitate to hire this firm! They get it done and a worry- and hassle-free environment.”

LOIS B. | FORMER CLIENT

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Trivia Challenge

About two weeks after the June solstice, Earth is farthest from the Sun. What is this term called?

- A. Perihelion B. Aphelion C. Eccentricity D. Obliquity

If you answer correctly, you will be entered for a chance to win a \$25 Amazon gift card. Submit your answer to newsletter@suhrelaw.com.

Congrats to our June winner, **kncarter781!**