

A NEWSLETTER FROM

LAW OFFICES OF MATTHEW Z. MARTELL, P.A.

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Domestic Violence

What is Domestic Violence?

Naomi drops her children off with her mother so she can enjoy a "girls' night out." Naomi's mother questions the bruise around Naomi's left eye. Naomi's attempt to cover the bruise with makeup failed. Indignantly, she explains that the refrigerator door accidentally grazed the left side of her face as she opened it hurriedly. A freakish occurrence, she claims; a lame excuse her mother speculates.

The reality is that Naomi finds herself regularly making excuses to family and friends proclaiming she has lately become careless and accident-prone. She loves her husband Jack; he loves her; he loves the children. Jack would never purposely do anything to hurt her, or if he did, she must have deserved it. Jack



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has a short temper, sure, but Naomi thinks it's not a problem. He is remorseful, asks for her forgiveness, and promises to do better. She forgives him.

If you see yourself or someone you love in this story, please read on.



What Is Domestic Violence?

Domestic violence is violence perpetrated on a victim by a current or former spouse, live-in or romantic partner, or other household member. Domestic violence includes a wide range of behaviors: assault, aggravated assault, stalking, sexual assault, kidnapping, false imprisonment, and threats of physical harm with the intention and apparent ability to carry them out. Domestic violence is often exacerbated by intimidation and controlling behavior.

The abuser's motive is to control the victim. The abuser may physically batter the victim, but may also control the victim's finances, keep the victim from seeing friends

and relatives, confine the victim at home against her or his will, and threaten to harm the victim or the victim's family members. Ways to exert control over the victim are limitless.

Unfortunately, the victim may not realize she or he is a domestic violence victim, at least at first. The occasional slap on the cheek, hair pulling, the demand for unwanted sexual activity, or even rough sex may be regarded as playfulness. The conduct then escalates until the victim finally recognizes the danger.

Prevalence of Domestic Violence

Domestic violence is pervasive. Most abusers are male and most victims

(85 percent) are female. However, abusers and victims can be of any sex, gender identity, or sexual preference.

According to The National Coalition Against Domestic Violence Fact Sheet" at www.ncadv.org, there is an average of 10 million domestic violence victims in the United States annually. Approximately one in four women and one in nine men have experienced some form of domestic violence in the United States. These statistics reveal the profusion of violence in the home; it is a national problem.

Cyclical Nature of Domestic Violence

Domestic violence tends to be cyclical proceeding in three



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phases: tension building, violence, and seduction. Tension builds gradually. Criticism, yelling, swearing, angry gestures, coercion, and threats are typical. The tension escalates to an overt incident during which the victim is punched, kicked, slammed against the wall, or worse. Seduction follows with apologies, blaming the victim, promises to change, and gifts. The abuser expresses remorse and begs for forgiveness from the victim, promises to be a better spouse or partner, and promises such incidents will

never happen again, but they almost certainly will.

Why is the cycle so difficult to break? Three dynamics: love, hope, and fear keep the cycle in motion trapping the victim.

- The victim still loves the abuser. The relationship has its good points; it is not all bad.
- The victim continues to hope that things will change. The relationship didn't begin this way; it is not like this all the time.
- Although the victim fears that the threats

will become a reality, the victim fears more a future alone, and that she or he won't be able to make it without the abuser's help.

So, the victim forgives the abuser. The relationship continues. . . until the next incident.

It's important to stop the cycle. An attorney can help. ■

Illustrations by pch.vector



Know Your Holidays

Tricks and Treats: Halloween History

Halloween is one of the most popular and widely celebrated holidays in the United States. October 31st brings with it black cats, jack-o'-lanterns, ghost stories, and creative costumes, but where did these traditions come from?

Alternately known as All Hallow's Eve or All Saint's Eve, most historians attribute

the earliest origins of Halloween to the Celts, who celebrated the end of the summer harvest

season each year with a festival called Samhain. This occurred directly before their November

1st New Year celebration, when it was thought that the boundary between the earthly realm and spiritual plane waned, increasing the chance for visitation by the souls of loved ones and supernatural beings like fairies.

To commemorate Samhain, the Celts would wear costumes and engage in practices like bobbing for apples and lighting bonfires. They would also try to tell each other's fortunes and communicate with the spirit realm.

In later centuries, the spread of Christianity via the expansion of the Roman Empire blended traditions like Samhain with events like All Souls' Day, which still occurs annually on November 2nd. All Souls' Day carried many of the same traditions as Samhain, such as dressing up in costume and parading around bonfires. Eventually, these varying holidays morphed into what we now refer to as Halloween.

SEE '[HALLOWEEN HISTORY](#)' PAGE 6



Barks and Boos

Halloween Pet Safety Tips

The spookiest holiday is (lurking) right around the corner. As the leaves change color and the animatronic ghouls come out to play, it's good to remember that while Halloween can be fun for you, it might not be as fun for your pets.

Save the tricks for humans, and treat your furry friends to a safe Halloween with these tips:

Keep your pets inside. With Halloween comes loud noises, potentially

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In America, observance of this hybrid holiday remained relatively limited until a wave of immigrants from Ireland and Scotland arrived in the middle of the 19th century. Bringing with them the traditions of their homelands, they helped popularize the concept of Halloween. By the early 20th century, All Hallow's Eve was widely celebrated in all corners of the country.

Various symbols came to be associated with Halloween over time, the most famous being the jack-o'-lantern. Traditionally carved out of a turnip in both Ireland and Scotland, Americans turned to a familiar, widespread alternative native to their new land: the pumpkin. Representative of souls trapped between heaven and

hell in folk tales dating back centuries, jack-o'-lanterns are now a familiar sight on porches and lawns each autumn season.

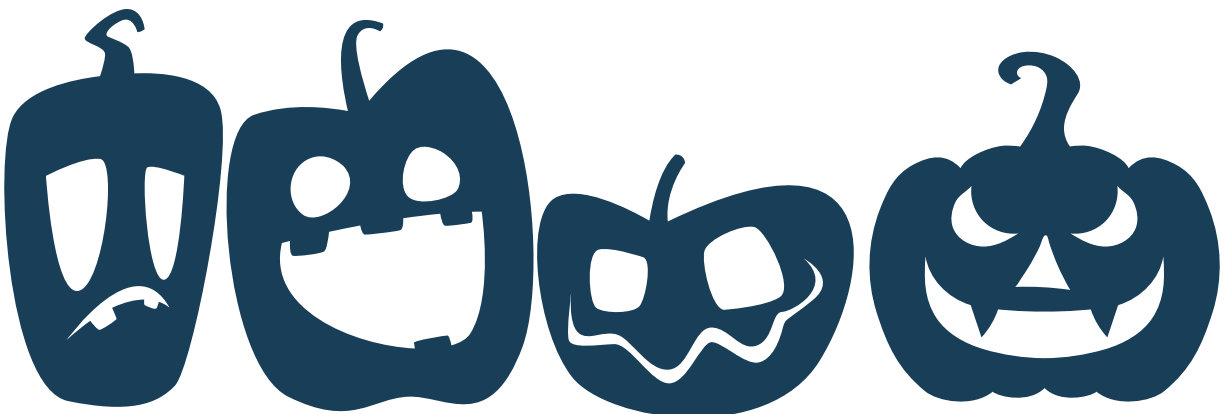
Superstitions surrounding black cats similarly predate the modern Halloween holiday by several hundred years. In the Middle Ages, it was a common belief that witches would disguise themselves as black cats to creep about unseen. As the ancient Samhain festival was believed to occur at a time when supernatural activity was at its peak, witches and black cats gradually evolved into steadfast symbols of Halloween trickery.

As for trick-or-treating itself, the origin of this particular act has its roots in both Celtic "guising" and Christian "souling." These traditions

involved dressing in costume to protect oneself from spirits or pay tribute to souls and saints, respectively. Food-wise, the Christian concept of households trading "soul cakes" to groups of children or parishioners in exchange for prayers for the dead may be the most direct origin of trick-or-treating as we know it today.

Halloween has a rich history full of individual customs that have merged to form the holiday we know and love. Whatever your particular trick or treat may be, we wish you a safe and happy All Hallow's Eve. 📖

Illustrations by pch.vector



toxic decorations, and young pranksters who may not love animals as much as you. Keeping your pets inside will ensure they don't accidentally ingest anything that glows or vibrates, as well as keeping them safe from tricksters. When greeting trick or treaters at your door, you may even want to consider keeping your pet inside a bedroom to avoid startling or confusing them.

Keep the candy under wraps. Hide any candy (even if it's tightly sealed!) in a designated spot that your pets can't reach, and consider using a safety latch or even a lockbox to store your Halloween goodies.

Make sure decorations are out of reach. Better yet, consider keeping all eyeballs, cobwebs, and lights strictly outdoors—decorations can cause

tangling, choking, or poisoning. You may be surprised to find that even pumpkins, though generally not poisonous to pets, can cause painful digestive issues in your animals when consumed in large quantities.

Have some fun, animal-appropriate treats ready. Make sure your pets have some of their own treats, so they don't feel left out (and hopefully avoid any of the human treats)!



Reconsider your pet's costume. Costumes may be one of the best parts of this hair-raising holiday, but your pets might not feel the same—as cute as it might be to dress your dog up as Elvis, if your pet looks like they would rather be anywhere else than in their costume, it might be time to ditch the duds. 🐾

Illustrations by pch.vector

Mom's Chili

Prep 30 mins | Cook 3 hours | Yield 8-10 servings

INGREDIENTS

- 1.5 T whole cumin
- 2 t whole coriander seeds
- 2 T olive oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 pound beef stew meat
- 1 pound mild turkey italian sausage, casings removed
- 1 28-ounce can of chopped tomatoes
- 1 14-ounce can cannellini white kidney beans, rinsed and drained
- 1 14-ounce can kidney beans, rinsed and drained
- 1 14-ounce can black beans, rinsed and drained
- 1 jar roasted red peppers, drained and cut into 1" pieces
- 1 cup or so of dry red wine or water
- 3/4 ounce of chili powder
- 2 T dried basil
- 2 T dried oregano
- 2 zucchini, sliced in half and then chopped into half-circle pieces
- 2 ears fresh corn, slice kernels off
- Salt and pepper to taste
- Garnish with diced avocado, cucumber, red peppers, cilantro, green onion, sour cream, cheese and tortilla chips



INSTRUCTIONS

Over medium heat, toast your whole cumin and coriander seeds in the pot you will cook your chili in. Stir frequently so they don't burn. This only takes a minute or two. Remove seeds from pot and put in a molcajete or mortar and pestle. Grind the toasted seeds to a powder and set aside.

Put olive oil in the bottom of a medium hot pan and add onion and garlic and sauté for about 5 minutes. Add ground cumin and coriander and cook another 5 minutes until everything is soft.

Push onion mixture to the side of the pot and add beef stew meat and sausage meat. Brown meat, stirring for about 15 minutes, until the meat is no longer pink. If there is a lot of rendered fat in the pan, pour off most of it.

Add chopped tomatoes and wine, beans and roasted peppers. Stir to mix and bring to a boil. Turn down heat and add chili powder, basil, oregano and zucchini. The vegetables and meat should be covered in liquid. If not, add more wine or water. Cook on low heat for 1 to 3 hours. Stir frequently and deeply as beans will stick to the bottom of the pan.

When you are ready to serve, add the corn kernels and cook for another 5 minutes. If you want to serve Hawaiian-style, put a scoop of rice in your bowl before you add the chili. Garnish with chopped vegetables of your choice, grated cheese, sour cream and tortilla chips.