

A NEWSLETTER FROM

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IN THIS ISSUE

- Introvert's Guide to Preparing for a Party | P5
- Tips to Fight the Winter Blues | P7
- Holiday Snowball Cookies Recipe | P8

Child Support Arrearages

Family relationships are an important factor in child support compliance. Even if you and your child's other parent have a contentious relationship, try to keep your communications civil. Avoid provoking arguments. Once your ex is riled up, he or she may decide to skip child support payments just to spite you.

Do everything you can to foster a bond between your child and the other parent. Your child will benefit from a relationship with both parents and the other parent will have one less justification for withholding child support. A parent with a regular presence in a child's life is more likely to keep up his or her child support payments. An involved



SEE 'CHILD SUPPORT' PAGE 2



'CHILD SUPPORT' FROM PAGE 1

parent can see how essential child support is in meeting a child's needs.

Maintaining a positive relationship with the family of your child's other parent may also provide benefits. Should your ex relocate out of state, be terminated from or change employment, change careers or professions, his or her family may assist in swiftly rectifying a nonpayment issue. They may be able to tell you where to find a parent who has temporarily gone AWOL. They

may also be able to exert some influence on their son, daughter, or sibling to pay up.

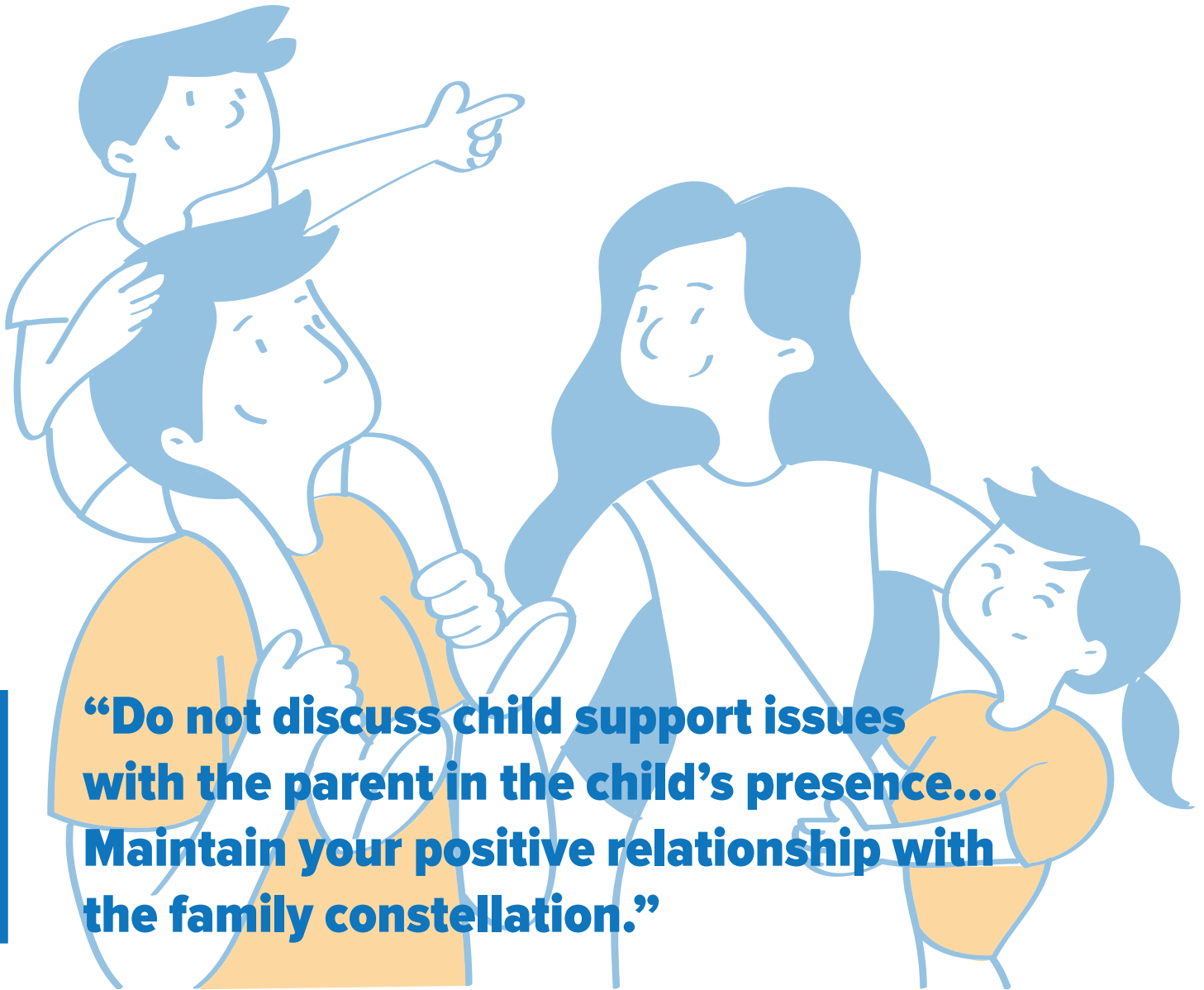
When a Child Support Arrearage Develops

When a parent fails to pay child support, he or she violates the court's order. Sporadically missing one or two child support payments could have a reasonable explanation and the parent may catch up voluntarily. Failing to make multiple payments will result in the accrual of back child support. This is a problem that requires action. If an

arrearage develops, prompt collection is necessary. There are several steps that you can take to address the issue before seeking legal intervention.

Practical Tips for Dealing with a Child Support Arrearage without Legal Intervention

- Do not fight with the parent who owes you child support, especially not in the child's presence. Do not use vile or vulgar language.
- Do not discuss child support issues with the



“Do not discuss child support issues with the parent in the child’s presence... Maintain your positive relationship with the family constellation.”

parent in the child’s presence.

- Maintain your positive relationship with the family constellation.
- Speak directly with the parent and provide a written follow-up statement detailing the arrearage owed and

requesting immediate payment. Give him or her a specific time to pay the arrearage, i.e., “pay by Tuesday, the 5th of the month.” Keep a copy of all communications and demands for your records, and for the court and your attorney.

- Request payment of the arrearage promptly. Do not let a large arrearage accumulate before taking action. It is likely the parent will more easily pay three weeks’ arrearage, rather than three months’

[SEE ‘CHILD SUPPORT’ PAGE 4](#)



'CHILD SUPPORT' FROM PAGE 3


arrearage.

- Keep original receipts for health care co-pays, office visits, deductibles paid, other expenses for your records and to give to the other parent.
- If the arrearage is not paid by your requested time, obtain a child support print out certified by the Clerk of Court (or prepare your own), indicating the amount of arrearage due.

Provide it to the parent, informing him or her that legal action is being commenced immediately. Indicate you prefer payment without court intervention.

- If you have a genuine and cordial relationship with the grandparents (your ex's parents), you may inform them that their son or daughter has stopped paying support for their grandchild. Grandparents have a soft heart and

may encourage their son or daughter to make the arrearage payment or they may pay it themselves.

- Do not withhold visitation despite the child support delinquency. If you do, you will violate a court order. 

Illustrations by designs.ai



Holidays

Introvert's Guide to Preparing for a Party

There are two kinds of people in this world: those who thrill at the sight of a party invitation and those who groan. If you belong to the latter camp, this article is for you.

Whatever the reason for your hesitation to socialize, every time you pass on a party invitation, you pass on an opportunity -- to make

a new friend, ignite a romance, make a business connection or, more generally, to expand your world and learn something about yourself.

While it may be difficult to get out of your comfort zone (it is, after all, comfortable), there

SEE 'PARTY' PAGE 6

are some things you can do to make it easier:

Before You Go

As with most things in life where you have to be “on,” you will feel more comfortable at any party if you prepare ahead of time. Before you go, ask yourself these questions:

What is my goal for this event?

It helps to have a purpose when you leave the house. Your goal could be to meet two new people; make one business-related contact; or meet that friend-of-a-friend you’ve heard so much about. Having a goal helps to put you in the right frame of mind and removes some of the “because I should” drudgery of going. It also might take some of the pressure off because once you meet your goal, you can allow yourself to leave.

What am I going to wear?

There are two guidelines here: comfort and confidence. “Comfort” means choosing clothing that fits,

so you won’t be tugging and tucking and adjusting all night. “Confidence” comes from wearing one item or accessory that makes you feel good about yourself when you wear it. This might be a little black dress, a great shirt-and-tie combo, a “statement” necklace, or a great pair of shoes.

What will I bring?


Depending on the nature of the party and how well you know the host, you may not need to bring anything. However, when you arrive with something in hand, you have an immediate purpose: Find the host and deliver your [gift/bottle of wine/plate of brownies]. This task can help ease you into the party.

What time do I want to arrive?

You might think your best option is to arrive “fashionably late” and just blend in. If you know the

host and several of the other guests well, this strategy might work. If not, you are much better off arriving on time, before everyone is fully engaged in tight-knit conversation groups.

What might I talk about?

You don’t need to write notes on your hand or memorize a list, but it helps to have a few topics of conversation in your back-pocket. Have you seen a good movie recently? Have you traveled or gone to an art festival or other local event? What is your favorite hobby? If you know other guests who will be at the party, think about what might be happening in their lives and how you might talk to them about it (e.g., congratulate Joe on his recent promotion; ask Kevin how his son is enjoying college). 

Illustrations by designs.ai



Tips to Fight the Winter Blues



The colder weather and earlier sunsets might be getting you down, but these tips can help you to fight the winter blues away.

- Get Vitamin D other ways. Whether you buy a UV lamp or take a supplement, vitamin D is important for your health.
- Bake some cookies. 'Tis the season for sweets!

There's nothing like a fresh tray of cookies to cheer up.

- Bundle up and embrace the cold. Whether you take a brisk walk or go sledding, embracing the winter is one way to beat it.
- Host a movie night. Indoor gatherings are a nice way to beat the cold and still spend time socializing

with friends or family.

- Travel. If all else fails, it may be time to start planning a trip somewhere where the weather agrees with you!

Remember, winter is part of the cycle of life. Seasons change, so appreciate the one you're living in. [▶](#)

Illustration by pikisuperstar

Recipe

Holiday Snowball Cookies

Tis the season to indulge and enjoy some delightful holiday treats! These holiday snowball cookies are the perfect dessert to serve at your next holiday gathering and can even make for a memorable holiday gift. This delicious treat requires just a few ingredients and a lot of festive cheer.



Ingredients

- 1 cup of butter (room temperature)
- 1/3 cup sugar
- 2 teaspoons vanilla extract
- ¼ teaspoon salt
- 1 cup all purpose flour
- 2 cups of finely ground toasted pecans
- 1 ½ cups powdered sugar

Instructions

- Cream the butter, sugar, vanilla, and salt together
- Gradually add flour to the mixture
- Stir in the nuts and mix
- Cover and refrigerate dough for 45 minutes
- Preheat oven to 350 degrees
- Line baking sheet with parchment paper
- Once the dough has been chilled, scoop cookie dough and roll between hands into rounded ball shapes (each ball should be about 1 tablespoon of dough)
- Place dough balls on baking sheet (do not flatten dough)
- Bake for 14 minutes
- Cool cookies on sheet for 5 minutes
- Place powdered sugar in bowl
- Gently roll cookies in powdered sugar
- Let the cookies cool further, and then roll them in the powdered sugar again
- Enjoy! 📌

Illustration by Pexels