

A NEWSLETTER FROM

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**OCTOBER ISSUE**

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**IN THIS ISSUE**

■ Simple Tips to Eat Healthier | P4

■ How to Take a Breath-- The Right Way | P6

■ Improve Your Airport Experience | P8

# How to Find Help for Victims of Domestic Violence

If you are a domestic violence victim or fear that you may become one, familiarize yourself with the resources available in your area and with the services offered in your local court system for obtaining a domestic violence protective order.

Each state and many private agencies have a full complement of resources for the protection of victims. Many agencies offer domestic violence shelters for temporary undisclosed housing for victims and children and domestic violence counseling to provide support to carry on throughout the litigation until entry of a final domestic violence order.



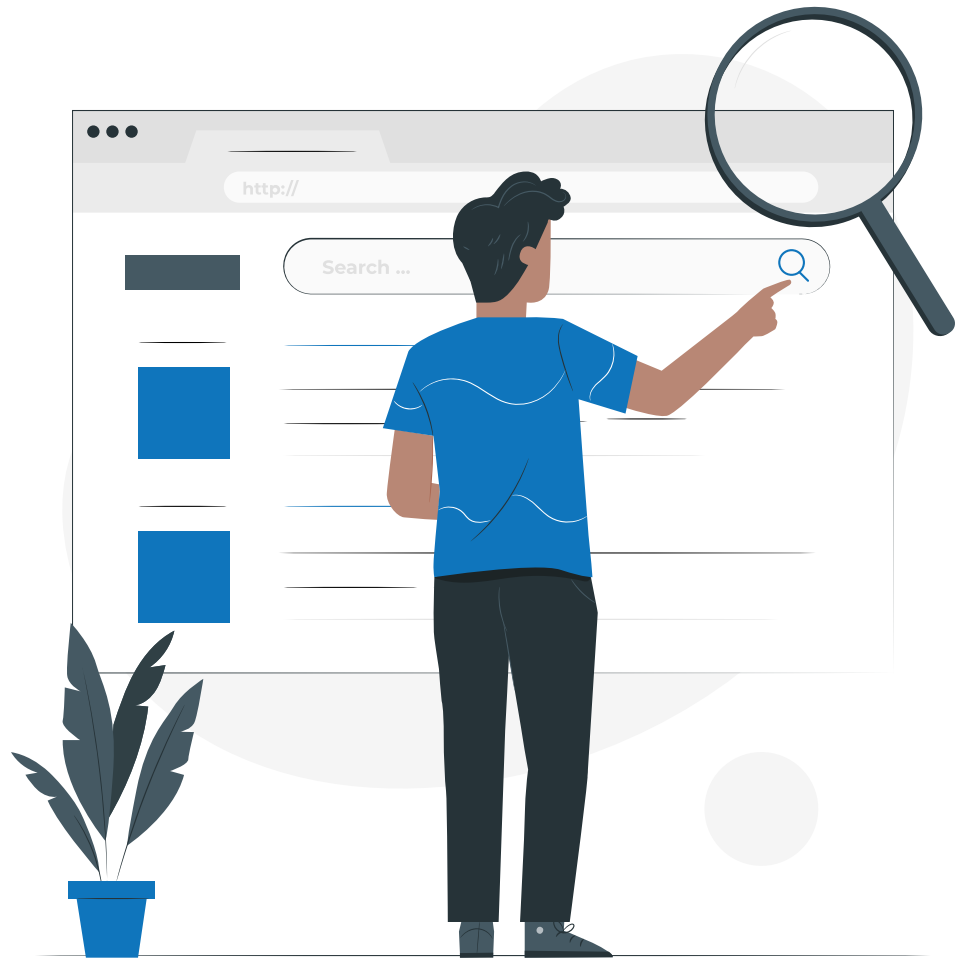
SEE '**DOMESTIC VIOLENCE**' ON PAGE 2

An internet search for domestic violence resources in your area should provide you with numbers to call for help. If you don't have internet access, you can call the National Domestic Violence Hotline, 1-800-799-7233 or TTY 1-800-787-3224, for help. It is answered 24/7. Workers there can refer you to the local resources you need.

Don't wait to get the help you need.

### Practical Tips for Protecting Yourself from Domestic Violence

- Understand that domestic violence is cyclical; incidents will continue to happen.
- Know that you can obtain a protective order simply and immediately.
- Gather evidence to support your petition for a protective order. Take photos of your injuries immediately. Photographs, videos, text messages, emails, voice messages, and witnesses can help prove the violence in court.
- Contact the police; they may also take photographs.
- In your petition, be specific in asking for the relief you need, i.e., temporary custody of the children, temporary use of the family residence, temporary child support, abuser to stay away from your residence and place of employment, abuser to attend batterer's intervention program, etc.
- You absolutely must tell the truth in your petition for a protective order. Making false statements to the court that you have sworn are true can subject you to perjury charges.
- Do not file a petition for protection against domestic violence to gain an unfair advantage in a case for custody of your children.
- Do not agree to dismiss the protective order case without first consulting your domestic



violence victim advocate, counselor, or an attorney familiar with domestic violence cases.

- If you have a divorce or custody case involving your abuser pending in another court, the domestic violence case can be consolidated with the pending case so that one judge can hear all issues.
- If your abuser owns weapons or firearms of any kind let the court know about them.
- Make the court aware of all relevant and connected domestic violence incidents, if any, and the disposition of those cases.
- The protective order is the law of the court prohibiting the abuser from engaging in further acts of domestic violence. However, in practicality, it is a piece of paper that can be easily disregarded by the abuser despite the potential for severe punishment. Protect your children and yourself always.
- Report all violations of your order of protection to the police promptly



so they can intervene to prevent further, and perhaps more dangerous, violations.

- Contact your local domestic violence center so that a victim advocate can be assigned to help you. The advocate can refer you to initial safe havens and arrange for counseling and group therapy for you and your children.
- Your lawyer or advocate can help you prepare an escape plan with

confidential locations where you can temporarily go into hiding. You do not want to go to places where your spouse will search, such as the homes of friends and relatives. You will also need advice on the best ways to get cash to finance your escape. Use of a credit card or check may allow your spouse to locate you. ▀

*Illustrations by Storyset*

# Simple Tips to Eat Healthier

## Background: Pyramids & Plates

Most people are familiar with the Food Guide Pyramid. Originally created by the United States Department of Agriculture (USDA) in 1992, the Pyramid was incredibly widespread, appearing everywhere from boxes of cereal to evening news programs.

As our knowledge of the link between health and dietary choices increased, the USDA retired the Food Guide Pyramid in 2005 and replaced it with a follow-up suggestion called MyPyramid. This was relatively short-lived, lasting just eight years before being supplanted by the USDA's MyPlate, which was designed to offer practical, easy-to-comprehend dietary advice and is the current government standard.

Certain educational institutes, including the Harvard School of Public Health (HSPH), have argued that MyPlate was partially shaped by the lobbying efforts of particular



food industry groups. Thus, they claim, MyPlate's ratios and advice may be somewhat skewed. The HSPH has put forth a revised version of MyPlate called the Healthy Eating Plate that uses objective science to analyze how dietary choices affect overall health.

We make no claim as to which of these sources is more trustworthy, merely that both are worthy of examination and consideration. In general, they have similar guidelines and support the findings below.

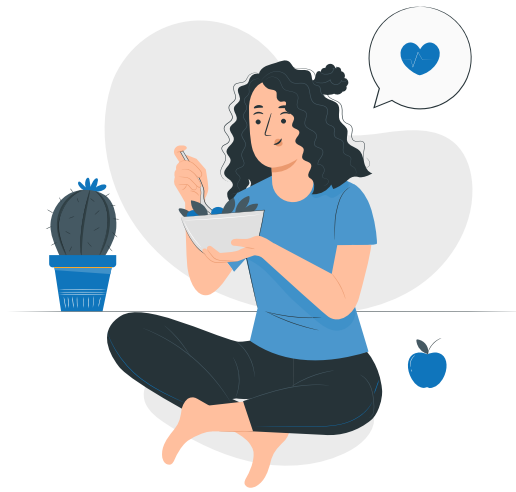
## Balance & Variety

A well-balanced diet has been a staple of nutritional advice for decades and is no secret. However, the quantities constituting the proper balance—and what foods make up those sub-categories—have been subject to more debate and revision in recent years, as noted above. In general, you should aim to follow these basic food group and proportion guidelines.

## Vegetables and fruits (in that order):

Roughly  $\frac{1}{2}$  of your plate.

Unsurprisingly, veggies and fruits top the list. Go for a variety of both in multiple colors for maximum benefit, but remember that potatoes aren't counted in the vegetable category, which rules out French fries. This is due to the negative effect that potatoes have on blood sugar.



## Whole grains:

Roughly  $\frac{1}{4}$  of your plate.

There are many types of whole grains you can add to your daily meals, including quinoa, barley, regular oats, brown rice, and whole wheat pasta. These provide a healthier option than refined grains like white rice, white bread, along with regular pasta.



## Proteins:

Roughly  $\frac{1}{4}$  of your plate.

It is common knowledge that sausage, bacon, and other processed meats can be detrimental to one's health. Eating high quantities of red meat carries a similar warning. Instead, opt for chicken, fish, nuts, and beans. 📌



*Illustrations by Storyset*

# How to Take a Deep Breath— The Right Way

*Everyone knows how to breathe. It's secondhand, right? Much like your heart beating and your blood pumping, breathing is a physiological function that seems to happen on its own to keep you alive. However, you may be surprised to learn that it is actually possible to breathe incorrectly.*

In today's modern society, many people are often not breathing correctly. Things like fast-paced jobs, greater stressors, and the constant access to rapidly changing stimuli can contribute to incorrect, shallow breathing.

## ***What happens if you don't breathe correctly?***

Incorrect and damaging ways of breathing include breathing with your chest, taking too big or too small of a breath, and not taking



enough breaths. Breathing like this can lead to:

- Low energy due to oxygen deprivation
- Constricted blood vessels
- Stressed cells that can no longer develop
- An unbalanced nervous system
- Higher overall levels of stress

Even your brain, heart, and

muscles are directly affected by poor breathing. Your brain may function more slowly, your heart may pump blood less efficiently, and your muscles may be much more tense.

## ***How to Breathe Correctly***

The first step is awareness. Always be aware of your breathing in the moment so you can quickly catch

yourself if you are breathing incorrectly.

When you breathe, you should always be breathing through your nose instead of your mouth. Your nose acts as a filter for your breath, while your mouth lets in air that may be filled with bacteria. It helps to close your mouth and touch your tongue to your upper palate; inhale for two or three seconds, and then exhale for another three or four seconds. Pause for two or three seconds, and repeat.

You should also be breathing into your diaphragm. Oftentimes, we breathe into our chests, especially during times of distress. This is much less efficient. Breathing with your diaphragm is more efficient for your lungs, makes your heart not have to work as hard, supports healthy immune system function, and can even help relax your neck and shoulder muscles.

Be aware of stressful situations. Your breathing may change quickly to adapt to the stressor. Always pay attention and try to prevent this by keeping your breathing relaxed and rhythmic. It might help to take note of specific situations that trigger bad breathing—is it road rage? Or maybe watching your favorite sports team as they lose a match?

Oftentimes, you hear the phrase, “Just take a deep breath.” While it might not be that easy, with focus and attention, you can learn to adjust your breathing to enable your body to function at its best. 📌

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*Illustrations by Designs.ai*



# Improve Your Airport Experience

*There are many different ways to improve a visit to the airport, whether it's smarter packing, using technology to keep apprised of scheduling changes, or choosing flights in off-peak times. Before you go, try these suggestions to improve your experience.*

## Schedule Smart

If you've ever been in an airport on a Monday morning, you already know that attempting to battle a wave of business travelers can be exhausting and end up costing you additional time...even if morning flights are overall less likely to be delayed. Similarly, weekend adventurers love to fly out on Friday to get a head start on their plans.


If your schedule permits, you can save a lot of time by picking flights on days like Tuesday or Wednesday when airports are generally less crowded. Airlines usually have cheaper rates in the middle of the week, as well.

If midweek days aren't an option, scheduling a Saturday evening flight can provide a more relaxing airport experience than Friday or Sunday, and of course, there is always the overnight "red-eye" option for those looking to arrive at their destination bright and early the next morning.

## Download Useful Apps

Most major airlines now offer free travel apps that can help you stay organized and informed while reducing time spent on various airport tasks. Why print out your

boarding pass when an app can store a digital copy for you? No need to waste extra minutes looking at massive walls of arriving and departing flights any longer; your app will tell you if your flight is on time or if the gate has been changed.

Many airports also now offer their own apps that can alert you to any traffic or parking issues, relay information about new restaurants and stores, and provide maps to get you where you need to go in the quickest, most efficient way possible. If your airport doesn't have an app, check the ubiquitous Google Maps for photos and reviews. You may stumble upon a piece of advice that could lead to a time-saving epiphany. 



*Illustrations by Designs.ai*