

# DAVID E. GORDON

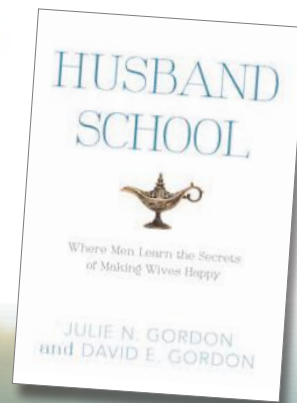
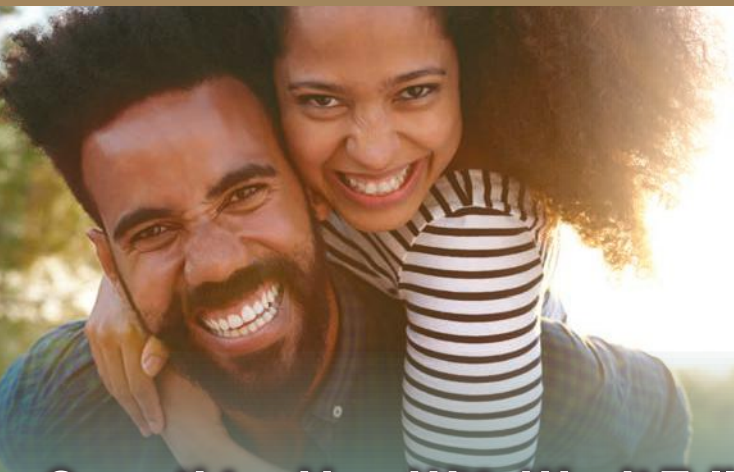
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## Something Your Wife Won't Tell You She Wants

In last month's newsletter, I discussed the first lesson from *Husband School, Where Men Learn the Secrets of Making Wives Happy*, a book that my wife and I co-authored. Marriage is not an unpredictable, chaotic situation. You can learn the skills and patterns to promote harmony, friendship, and affection in marriage. Don't assume that the mind of your wife is unknowable. The mind of a woman has been dissected, analyzed, and categorized. It is neither impossible nor difficult to understand.

This month we will cover the second lesson in *Husband School*, which is *Understand Your Wife's Desire for Admiration and Appreciation*. Although men are very aware of how much they enjoy admiration and appreciation, they rarely realize how starved wives also are for these gifts. Your wife wants to be reminded daily of her virtues, gifts, abilities, talents, and actions. After your wife spends a lot of time helping a child with difficult homework, say, "Honey, our children are certainly lucky to have such a wonderful mother. All children should have a mother like you." When your wife is patient with your cantankerous mother, say, "I know how difficult it is to be kind to my mother sometimes, but I can't tell you how much I appreciate it. You are a wonderful wife." And when your wife is dressed up for a special event, be sure and tell her that you married the prettiest girl in town, who has now turned into the prettiest woman in town. The ideas are as endless as the stars in the sky.

Most men don't realize that criticism is the *opposite* of admiration. In fact, many spouses think it is their right to "tell it like it is" and drop critical remarks whenever they feel like it. In contrast, the wise husband has great self-control with his tongue, and overlooks whatever negative situations he can. But at the same time, he tries to positively comment on whatever good he can find. This man is rare indeed! Most men who are reading this are thinking, "Well, maybe if she admired and appreciated me, I would do it to her!" But mature people look at how they *love and give*, not at how *they are loved and given to*.

Another bit of good advice to men is to never brag on other women. "Suzanna sure has a good figure." "My, can Carlene cook!" "Can you believe how young Yolanda looks?" All of these statements are sure to sink your wife's heart. You don't like her bragging on other men, and she feels the same about you being excited or impressed by other women.

Lastly, many men think they are exempt from daily building up their wives with words because they are good providers and faithful husbands. If you want to grow your garden (your marriage), you must daily water her with nourishing words. "Death and life are in the power of the tongue." Proverbs 18:21

Next month I will continue to discuss the lessons men need to know so that they can make their wife exceptionally happy. (If you would like a free copy of *Husband School*, please drop by my office and pick one up. In addition, they are available on Amazon.com.)

## Is a TAN worth the risk?

Millions of people use tanning beds to get that nice bronze glow, but with overwhelming evidence that the practice is harmful, is it worth the risk?

Whether it comes from the sun or a tanning bed, ultraviolet (UV) radiation causes sun tan. Too much UV radiation causes serious problems.

"Although some people think that a tan gives them a 'healthy' glow, any tan is a sign of skin damage," says Sharon Miller, M.S.E.E., a Food and Drug Administration (FDA) scientist and international expert on UV radiation and tanning.

"A tan is the skin's reaction to exposure to UV rays," says Miller. "Recognizing exposure to the rays as an 'insult,' the skin acts in self-defense by producing more melanin, a pigment that darkens the skin. Over time, this damage will lead to prematurely aged skin and, in some cases, skin cancer."

The deadliest form of skin cancer, melanoma, can cause discolored skin, growth of new moles, change in size, shape or color of existing moles, moles with unusual shapes or more than one color, or moles that bleed or leak. It can also lead to death in some cases.

Research has conclusively shown that the use of tanning beds drastically increases the risk of melanoma and other skin cancers, by as much as 75% for people under 30. While many may find the bronzed beach bod appealing, it just may be that achieving it is not worth the risk.



# Types of soft tissue injuries

Soft tissue injuries are very common. Many of you reading this have probably suffered from one at some time in your life. Many personal injury lawsuits involve one. So, what exactly is a soft tissue injury?

A soft tissue injury can be caused by either one single incident or the result of repeated overuse. There are many different types of soft tissue injuries. A few of the most common are:

**Sprains** - A sprain is a stretch or tear of the tissue that connects bones to one another, called a ligament. Common areas for sprains are wrists, ankles, and knees.

**Strains** - A strain occurs when a muscle or tendon, which connects muscles to bone, tears or stretches. Legs and feet are especially vulnerable to strains.

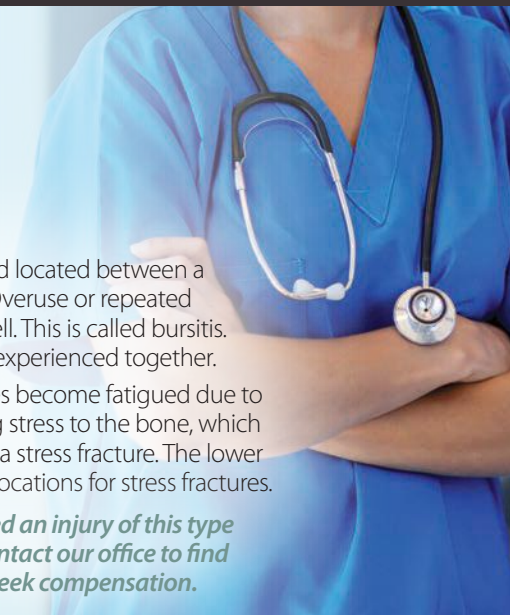
**Contusions** - A contusion is a bruise to a muscle, tendon, or ligament.

**Tendonitis** - Tendonitis is the inflammation of a tendon or the covering of a tendon caused by a series of small stresses. Athletes who perform the same action over and over again, like a tennis player, swimmer, or golfer are at risk of developing tendonitis.

**Bursitis** - A bursa is a sack of fluid located between a bone and a tendon or muscle. Overuse or repeated stress can cause the bursa to swell. This is called bursitis. Bursitis and tendonitis are often experienced together.

**Stress fractures** - When muscles become fatigued due to overuse, they end up transferring stress to the bone, which can cause a tiny crack, known as a stress fracture. The lower leg and feet are the most at-risk locations for stress fractures.

*If you or a loved one has suffered an injury of this type due to another's negligence, contact our office to find out if you have a legal right to seek compensation.*



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*I had given up on the justice system and my trust in lawyers until I hired David Gordon. He restored my trust in lawyers because he is so honest and fair. I feel like he went the extra mile and he always had my best interest at heart. He never made a promise to me he did not keep. He was always there when I needed him just like he'll be there for you.*

-Patricia V



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# Grow TOMATOES almost anywhere!

There is nothing quite like a fresh tomato in the late summer. Luckily, with a little work almost anyone can grow tomatoes at home and enjoy the healthy harvest. All you need is a place, even just a little porch, that gets at least six hours of sunlight per day. If you've got that and would like to test your green thumb, read on to find out how to grow tomatoes in a container.

What's great about container gardening is that you don't need a lot of space at all so even city dwellers can enjoy fresh herbs and seasonal veggies. The first step is getting a seedling. Your local greenhouse should have several varieties of tomatoes available in the spring. Look for cherry and grape tomatoes as they work best in containers. Medium-sized varieties will grow well too. Avoid the big "beefsteak" types.

Once you've found a spot and have your plant, you'll need a pot that is at least 18 inches in diameter. Fill with a potting soil mix. If the mix doesn't already include it, adding compost is a great idea. Dig a hole in the center of the pot that is big enough for the seedling. Place the plant in the hole so that

the lowest leaves are just above the soil surface. Fill in around the plant and pat the soil down gently. Water thoroughly.

Many people use a support to hold the tomato plant up once it grows larger. A simple bamboo or wood stake placed next to the plant is all you will need. As the plant grows, tie it loosely to the stake.

Throughout the growing season you will need to water and feed your plant. Water as needed. To determine if it needs water, stick your finger 2-3 inches into the dirt. If it's dry at that depth, it is time to water.

Add water until it runs out the bottom of the pot. In the heat of the summer you may need to water every day.

Feed it more compost every few weeks or use a commercial plant fertilizer according to the directions on the package.

After a few months, you'll have delicious tomatoes!

