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HEALING WITHOUT THE HIGH *How CBD Might Help Accident Victims*

Chronic pain is one of the most common complaints among car collision victims, and it can turn a person's world upside down. Patients often try topical treatments, prescription painkillers, physical therapy, and even surgery to find relief. Dietary supplements have also become popular, and CBD is the current "miracle drug" everyone is talking about. So, what is it, and how does it work?

Cannabidiol or CBD is a non-psychoactive component found in cannabis plants. It's the same plant that produces THC, which is illegal at the federal level, but CBD will not get a user high. Doctors may prescribe medical marijuana with THC in Missouri for chronic pain and post-traumatic stress disorder (PTSD), but it's different from products sold in CBD shops throughout the state.

While CBD will not give you a buzz, some experts believe it helps with chronic pain. Humans have an endocannabinoid system (ECS) that helps regulate many parts of our bodies, including our perception of pain, and CBD might affect how it works. Some animal-based studies show pain reduction with CBD use, but human studies are harder to come by. One 2018 review, however,

found CBD to be effective at treating several types of pain in people.

Most people take CBD through edible gummies or oils. While some people use topical creams or ointments, research shows they are likely to be less effective. Different dosage amounts are available, but CBD may not take effect for a week or more.

However, there are reasons to be cautious. Some people experience side effects from CBD, like fatigue or changes in weight and appetite. Further, CBD — like all dietary supplements — is not regulated by the FDA, so it's impossible to know if you're getting what you pay for from over-the-counter products. Most importantly, CBD negatively interacts with some medications, so always talk to your doctor before adding such a product to your routine.

If your doctor gives you the go-ahead, it may be worth speaking to a CBD expert at your local shop and trying a product. They'll help you understand the proper dosage and when you might expect to see results. CBD doesn't work for everyone, but some people experience noteworthy results.



TRIALS & THEIR TALES

- NEWSLETTER -

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Dream Vacation Home or ... **I'll Take My Family and the Beach Instead**

I am lucky to write this column from my summer vacation in Michigan. The heat is sweltering in St. Louis, but we have escaped it, and the weather here is tremendous. Most of my family is here — brother, sister, in-laws, nieces, nephews. We are staying at a beautiful place on Lake Michigan. There are dunes and dune grass as far as you can see. My words don't come close to doing it justice.

We are renting a big place. It is a house I have seen since I was a small boy. I used to see it from a distance and wonder: Who lives there? How did they get there? What does that place look like inside? I always hoped someday I would be able to stay there. I would see it each year and wonder: How can I get there?

So, about seven months ago, I was sitting with my good friend talking about cases, summer vacations, and whatever else trial lawyers talk about, and I showed him the place. He was blown away, said it was insane, and asked where it was. I told him it was in Michigan, and I hoped to stay there this summer. He said, "You've got to." Well, after talking with Christine, we booked it and even got a couple of extra nights because the previous week was canceled.

The property is great. The beach is incredible. You can watch boats go through the channel all day if you want. The owner wanted to meet me over here the day we got in. I am not a big fan of that — the place is our home for the week,

and it feels like snooping. But I said okay because I didn't have the courage to say no. He said he wanted to show me some things about the house. He brought us some French wines from this artsy wine store I'd never been to. I am not a big French wine guy. They tasted fine.



Anyway, he came when Christine was up at the house, and I was down at the beach. She came down to get me and said the owner was up there. I said, "Okay, did he talk to you?"

She said, "No, he wants to talk to you and is waiting." Boy, that's not what I wanted to do, but I headed up to the house.

When I got up there, he began to tell me all about the house, how old it is, when he bought it, the work he's done to it, etc. He then went on to tell me how he's converted it all to be able to be run on Alexa or some other cloud-based system. He said, "Watch this." And then he told Alexa to turn on the dining room lights. Except he forgot the name of the room or got it wrong, so she didn't turn them on. When he got

it right, the wrong lights in the room turned on. It began to get awkward, and I was losing my attempt to say how impressive it was. He then started telling me about the artwork and how one was a replica from some cave in France or Spain. I kept looking out at the beach, wondering when I could get back there. I told him I did have one question — I couldn't find any koozies. I asked him where they were. He asked me what a koozie was. I said, "Don't worry about it; I'll get some."

After staying here for almost a week, I realized my dreams as a child weren't all they were cracked up to be. The place is nice but a little dated. I don't care if it runs on Alexa or if you have nice French wine, impressive artwork, or light switches as far as the eye can see. That doesn't impress me anymore. A beautiful beach, great weather, dune grass, and the lake are basically all I need or even want these days. I get to go to the baseball field in town each day and hit balls to my kids for hours. We can be on the beach for the rest of the day. The days are long, the stars are incredible, and the night sky is enough to make me cry. And my family is around.

Sometimes, places are better left in our dreams.

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Explore Kid-Friendly YouTube Channels

And Enhance Your Child's Learning

Every family has their own approach when it comes to their children watching online content. The vast world of videos and channels in the media can be dicey. When media is used thoughtfully and appropriately, though, it can enhance your child's learning experience. Here are four great YouTube channels for your kids, or even your whole family, to watch.

Dodo Kids

After years of parents telling The Dodo they loved watching their videos with the whole family, Dodo Kids was created. This channel is great for kids who have an interest in or passion for animals and enjoy watching cute, heartwarming animal videos. This channel features kid hosts, funny voice-overs, and colorful graphics to make stories fun and engaging. Check out the cuteness at [YouTube.com/c/TheDodoKids/featured](https://www.youtube.com/c/TheDodoKids/featured).

PBS Kids

This channel is committed to making a positive impact in the lives of children through their curriculum-based media. A large inventory of educational videos feeds your child's curiosity about science, the world, or even emotional challenges they may face. To kids, it's just an interesting video, but in reality, they're getting a deeper understanding of the world they live in. Give it a try at [YouTube.com/c/PBSKIDS/featured](https://www.youtube.com/c/PBSKIDS/featured).

Netflix Jr.

In 2022, Netflix will launch Netflix Jr., where kids can watch feature characters from their favorite shows, like "StoryBots" or "Super Monsters." Children can learn and sing along with engaging content like the "ABC Jamboree" or educational videos like "What Makes an Airplane Fly?" See all the fun at [YouTube.com/c/NetflixJr/featured](https://www.youtube.com/c/NetflixJr/featured).

Crash Course Kids

From the producers of Crash Course, this new channel for kids highlights grade school science. They focus on the Earth, habitats, space, chemical reactions, engineering, and much more. Many teachers and homeschool parents use Crash Course in their classrooms because it's full of engaging topics and enhances the learning experience visually versus reading from a textbook. Discover what you can learn at [YouTube.com/c/crashcoursekids/featured](https://www.youtube.com/c/crashcoursekids/featured).

YouTube can be a great outlet for children to learn and engage their creativity. They can discover new interests, learn from diverse perspectives, and even enjoy a greater sense of community. Who knows? You might even learn something along the way!

Understanding the Streisand Effect

DON'T THROW A FIT

If you want to avoid getting unwanted attention in a situation, it's best to not make a big deal out of it. But if you're an international superstar, like Barbra Streisand, a seemingly small reaction can become much more than intended.

The Streisand Effect

The Streisand Effect is a phenomenon that occurs where an act of suppressing information can make the information more widespread.

In 2003, photographer Kenneth Adelman, of California Coastal Records Project, took an aerial photograph of Barbra Streisand's Malibu estate. Adelman was documenting California's coast for a project that would provide over 12,000 photos for researchers and scientists to study coastal erosion. But at the time, Streisand believed the photos explicitly showed people how to gain access to her private residence, so she sued Adelman for \$50 million.

The photo of Streisand's residence was originally seen a total of six times — twice by her lawyers. Her outburst brought in news outlets who reported her outrage, and in turn, the photo of her residence got blasted everywhere. Not only did she do the exact opposite of what she wanted, she also lost the lawsuit and had to cover all of Adelman's legal fees.

Examples of the Streisand Effect

During the 2013 Super Bowl, Beyonce executed an energetic show and BuzzFeed posted photos of the "Fiercest Moments" from her performance. Beyonce's publicist asked BuzzFeed to remove some of the unflattering photos, and instead they created a new post titled, "The Unflattering Photos Beyonce's Publicist Doesn't Want You To See."

Ralph Lauren has fallen victim to the Streisand Effect. An image of a horribly photoshopped model was posted on two blogs: Photoshop Disasters and Boing Boing. Ralph Lauren caught wind of this and took action by sending cease-and-desist letters to the blogs, claiming that it was a violation of copyright law and should be removed. But the image fell under fair use, which allows usage for news and commentaries. Ralph Lauren apologized for the distorted ad but still received backlash.

The best way to counter the Streisand Effect is to avoid aggressive tactics when faced with negative information and think carefully and calculatingly in your response. So, if we learned anything from Barbra Streisand, don't throw a fit if something doesn't turn out the way you want it to.



MAKE WAY FOR STUDENTS!

REFRESHING YOURSELF ON BACK-TO-SCHOOL TRAFFIC SAFETY

August is National Traffic Awareness Month, just in time for back-to-school season. More cars, buses, cyclists, and pedestrians will be on our road, and it pays to be prepared. Give yourself extra time to reach your destination in the early morning hours before school. And even more importantly, be on the lookout for unsafe conditions that could lead to accidents.

Everyone knows distracted driving is a problem in our community, and it doesn't seem to be going away anytime soon. According to the National Highway Traffic Safety Administration (NHTSA), 1 in 3 drivers is distracted throughout school zones. And we can't count on kids to keep themselves safe. The NHTSA also found that 80% of students cross the street unsafely. Meanwhile, 44% wear headphones and 31% text while walking.

No one wants the guilt and terror of striking a child with a motor vehicle. You can help avoid that possibility by reducing your speed in school zones and putting away all distractions. (You should never drive distracted — but this might be where it matters most.) Just as crucially, stay alert and aware of children in your surroundings. Kids can be unpredictable and make bad decisions. Be ready to act quickly if a child does something dangerous or unexpected.

Students may not always use crosswalks, but you should always respect them. Stop at crosswalks, never block them, and obey the crossing guard. And remember that everyone getting home alive is way more important than who has the right of way.



Drivers also need to watch out for school buses. Yellow flashing lights on a bus mean it is slowing down, and red flashing lights indicate it is stopping for students. Never attempt to pass a bus in this state, and always obey the stop sign on the side of the school bus. The 10 feet behind and in front of the school bus are the most dangerous. So, stop at least 20 feet away to give kids room.

Finally, if you drive your kids to school, obey the drop-off rules, be respectful of other drivers, and never double-park! School traffic poses a unique danger to our kids' safety, but we can all help reduce the risk. Here's to a productive, educational, and safe school year!

TASTY BRUSCHETTA CHICKEN

Inspired by Delish.com

INGREDIENTS

- 4 boneless and skinless chicken breasts, pounded to even thickness
- 4 tbsp olive oil
- 2 tbsp lemon juice, divided
- 1/4 tsp pepper
- 1 tsp Italian seasoning
- 3 tomatoes, chopped
- 2 cloves garlic, minced
- 1 tbsp fresh basil, chopped
- Salt and pepper, to taste
- 4 slices mozzarella cheese
- Parmesan cheese, grated

DIRECTIONS

- Add chicken to a large resealable bag.
- In a small bowl, combine olive oil, 1 tbsp lemon juice, pepper, and Italian seasoning. Pour over chicken and seal. Refrigerate for 30 minutes.
- Turn a grill to medium-high heat and add the chicken. Discard the marinade. Grill chicken 5-7 minutes per side or until fully cooked.
- Combine the remaining lemon juice, tomatoes, garlic, and basil. Add salt and pepper, to taste.
- Before taking the chicken off the grill, top each breast with a slice of mozzarella cheese. Cover and cook 2-3 minutes, then serve topped with the tomato mixture and grated Parmesan cheese.

YOUR REFERRALS MEAN THE WORLD TO US

There is no greater compliment we can receive than a client telling a friend or loved one about us. If you know somebody who has been injured and needs an attorney who will fight on their behalf and give their case the attention it deserves, please pass along this newsletter and have them give us a call at 314-293-4222. Thank you for spreading the word about Finney Injury Law.