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Valentine's Day Date: Entree and Dessert for You and Your Sweetie!

Main Course:

California Chicken

Ingredients

- * 4 skinless, boneless chicken breasts
- * 1 teaspoon olive oil
- * 1/2 teaspoon onion powder
- * 1 pinch salt
- * 1 pinch ground black pepper
- * 2 avocados - peeled, pitted and sliced
- * 2 ripe tomatoes, sliced
- * 1 (8 ounce) package Monterey Jack cheese, cut into 10 slices

Directions

1. Preheat oven to 350 degrees F.
2. Warm oil in skillet and add chicken and onion. Cook 15 minutes or until chicken is browned and just about done. Add salt and pepper to taste.
3. Place chicken on cookie sheet and top each breast with 1 to 2 slices of tomato and 2 to 3 slices of cheese. Place in oven for 10 to 15 minutes, until cheese melts. Remove from oven, add 2 to 3 slices of avocado on top of each breast, and serve immediately. *Makes 4 servings.*

Dessert:

Romantic Brownie Sundaes

Ingredients

- * 1 box Betty Crocker brownie mix
- * 1/4 cup water
- * 1/2 cup vegetable oil
- * 2 eggs
- * Strawberry ice cream, for serving
- * Raspberry sauce, for serving

Directions

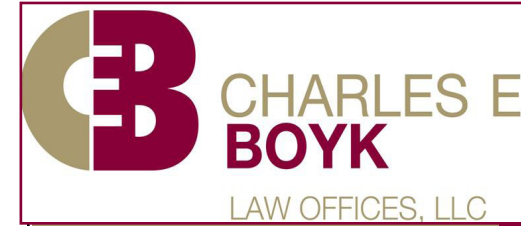
1. Heat oven to 350°F (325°F for dark or nonstick pan). Line bottom and sides of 9-inch square pan with foil. Grease bottom only of foil with shortening or cooking spray. Make and bake brownie mix as directed on box. Cool completely, about 1 1/2 hours.
2. Using foil to lift, remove brownie from pan. Remove foil. With deep 3-inch heart-shaped cookie cutter, cut 8 brownies.
3. Spoon a few tablespoons of raspberry sauce onto each dessert plate. Place a brownie heart next to a scoop of strawberry ice cream. Serve.

Cases of Interest our office is handling

A teenager was critically injured when the car she was a passenger in lost control and wrapped around a telephone pole. She endured an extensive hospital stay and suffered a punctured liver. She is currently out of school and will have to follow up with doctors for at least the next few months.

A 74-year-old woman suffered serious injuries when her vehicle collided with another during a turn. The rescue squad transferred her to the hospital, where she stayed for several days. The accident caused our client to suffer multiple fractures to her left hip, pelvis, sternum and ribs. It will take several months for her to recover from these injuries.

A woman was knocked unconscious when a negligent driver pulled out into the road from a private drive and struck her vehicle. She was taken via ambulance to the hospital, where she spent the night. She suffered multiple injuries, including contusions to her face, breast, arm and stomach. She also bit through both sides of her tongue.



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Attorneys Charles
Boyk, Michael Bruno
and Nicholas Dodosh

The Boyk Bulletin

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We Have Six Offices to Serve You

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Swanton, Ohio 43558

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612 S. Main Street
Suite 101
Findlay, Ohio 45840

Texting While Driving: Illegal in Toledo

Chances are you're guilty of driving while talking on your cell phone, or even guilty of the greater offense of driving while texting.

But just over a year ago, being "guilty" of texting while driving took on a whole new meaning for those of us who drive in the City of Toledo.

In November of 2009, the City Council added a provision called the "Text Messaging Operation Ordinance" to the Municipal Code. This law makes it a crime to text and drive inside the Toledo city limits.

For first time offenders, the penalty for texting while driving is a "slap on the wrist" minor misdemeanor charge. However, repeat offenders can find themselves in quite a legal bind: the penalty for a third violation is a rather serious first-degree misdemeanor charge, which carries the possibility of large fines and significant jail time.

Also, don't think that you can get around this ordinance by using your phone just to talk. The way that the law is written, dialing a number on a phone is considered use of a text-messaging device. In other words, if you dial and drive, you will be subject to all of the same rules and penalties that apply to driving while texting.

The ordinance provides for two legitimate exceptions: calling public safety forces or having your car in "park." But other than these two circumstances, if you text and drive, you can expect a citation to be coming your way.

Although perhaps inconvenient at times, this law is a positive step in ensuring the safety of Toledo drivers. We all like to keep in touch with our family and friends, but

the dangerous consequences of using a cell phone while driving are well documented.

According to the National Highway Traffic Safety Administration (NHTSA), 18 percent of fatal traffic accidents in 2009 involved the at-fault driver using a cell phone at the time of the crash. Using a cell phone in any capacity while driving is reported to delay a driver's reaction time as much as having a blood alcohol concentration of .08 percent—the legal limit in Ohio.

Attorney Charles E. Boyk knows all too well how dangerous using a cell phone while driving can be. "Some of the most devastating car accidents result from distracted driving," Attorney Boyk said. "We can only hope that new laws will reduce the number of distracted drivers who are out on the roads."



NW Ohio Soccer Girls 6th in World Championship

Team JS, comprised of six Northwest Ohio soccer players from the U-13 Perrysburg Elite team, took on the best teams in the world at the Kick It 3v3 World Championships in Orlando, Florida in January. Sarah Boyk, Tori Jeffries, Emma Barney, Morgan Swerlein, Alyssa "Byrdy" Galernik, and Josie Fowler took on the challenge of seeing where they stacked up against the world's best players in their age group.

The girls' mission began in the summer of 2010 when they swept the unofficial Ohio championship by winning the 3v3 tournaments in Cincinnati, Columbus, and Cleveland. A third place finish at the Midwest regional in Racine, Wisconsin qualified the team for the Walt Disney World Championship at the Wide World of Sports in January 2011.

The girls fought their way to the quarterfinals with wins over teams from Oklahoma, Georgia, Illinois, and Colorado. They were set to play the defending world champions from Texas when the weather



The team, l to r: Tori Jeffries, Emma Barney, Alyssa "Byrdy" Galernik, Morgan Swerlein, Josie Fowler, Sarah Boyk.

took over. A massive rain and lightning storm canceled the rest of the tournament before the girls had their chance at the reigning number one team.

The tournament officials awarded Team JS 6th place; final standings were calculated through an unexplained formula. The disappointment of not being able to compete on the field was lessened somewhat by the girls coming to realize that they can compete with anyone in the world. The girls finished their season with an impressive 24-3-1 record.

Coach Brian Fowler praised the hard work and determination of his players, saying that with continued hard work the girls will become even tougher to beat next season.

"The girls came to play this year and are considered one of the best teams in the United States for a reason," said Fowler. "There is no reason this team can't shoot for the top spot next year."

Why I Became a Plaintiff Personal Injury Attorney

By Attorney Charles E. Boyk

I became a lawyer with the goal of becoming a litigator and trying cases. In law school, I became part of the Prosecutor's Clinic and was able to try eight jury trials and over 20 judge trials in the Perrysburg Municipal Court – all before I even become a licensed attorney.



Attorney Charles E. Boyk

After I passed the bar exam, I knew that the quickest way to the courtroom was to practice law in the area of criminal defense, and that is exactly what I did. I enjoyed criminal defense very much and I tried many cases, but it wasn't long until a senior attorney assigned me the task of finding additional insurance coverage for a seriously injured woman. Unless I could find more coverage elsewhere, this senior attorney was going to settle the woman's case for the \$50,000 policy limits.

After significant legal research and the filing of a lawsuit, I was able to find considerable additional insurance coverage that allowed us to recover a total of \$150,000 for the victim.

This positive result has motivated me to handle thousands of injury cases over the past 27 years and make such cases my niche area in practicing law. To this date, I have been the lead attorney in over 100 trials. There are several other reasons that continue to motivate me to practice personal injury law:

1. We represent the individual against the large insurance company.
2. The seriously injured client needs strong representation to recover money damages that may be crucial to their future.
3. Creativity, experience, and hard work are essential to maximizing recovery for the client.
4. The attorney is paid on a contingency basis, so the attorney and client work as a team for the best possible result.

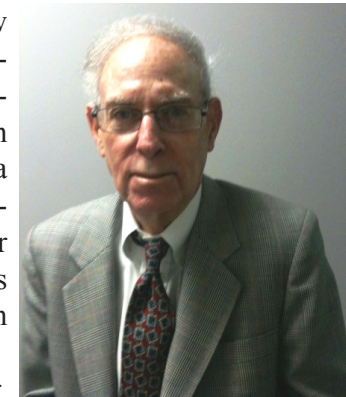
It is a blessing for me that I found this area of law. I look forward to going to the office every day. It is not work—it is a passion.

Dr. Robert Ancell Explains His Career as a Vocational Rehabilitation Counselor

Any type of injury can have a devastating impact on the victim's life. There are bills to be paid, insurance companies to be dealt with, and physical and emotional healing to be done.

But what happens when an accident victim is no longer able to go back to work and perform the job they held before their accident? Often, the answer to this question involves the services of a vocational rehabilitation counselor.

The Charles E. Boyk Law Offices regularly uses highly respected vocational rehabilitation counselors such as Dr. Robert Ancell when a client has a permanent injury, can't work anymore, or has restrictions on the types of work that he or she can perform.



Dr. Robert Ancell

For over 30 years, Dr. Ancell has helped people realize their vocational potential. He has owned his own company, Robert B. Ancell & Associates, since 1976. He has also served as an intern instructor for Wayne State University and the University of Michigan. In addition, he has participated in the development of a case study through Harvard University.

The first step in Dr. Ancell's work is evaluating the client and looking at the history of their employment and injuries, their limitations, and other important topics. The client then undergoes a series of tests for achievement, aptitude, and interests.

After a review of medical and employment records and an evaluation of the extent to which the client is limited by their injuries, a vocational objective is identified. This, Dr. Ancell said, is the most challenging part of his job. "It is probably the most important part of the process since the client has to buy into the vocational objective if we are going to have any chance of being successful," he said.

After deciding which employment route they'd like to take, clients often shadow people who are already in their desired occupation. It can take up to two years to reach this step. But when clients reach their goals, Dr. Ancell said he feels especially rewarded.

"The most rewarding aspect of the job we do is to see a client be successful at the end," he said. "Above all, they get on with life and are happy."



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Local Business Spotlight

HomeBody Fitness

Every year, losing weight and getting in shape inevitably top many people's New Year's resolution lists. But people are busy, and motivation can be hard to come by, so this resolution often tapers off as the year goes on.

This year, though, Jeff de Groff of HomeBody Fitness wants to help people keep their resolutions.

Jeff aids his clients in overcoming the obstacles they face in keeping fit with a simple idea—he brings the gym to his clients.



"I bring all the equipment right into people's

homes," he said.

Jeff, an experienced personal trainer who says he has always enjoyed working out and keeping fit, offers several options for people who want to get in shape. Every personal training session includes "before and after" photos, body fat measurement, and the use of Jeff's own equipment.

He also offers "boot camp" training sessions. These workouts cost \$10 per person and require a minimum of three attendees.

Attorney Charles Boyk has made it clear that he thinks working out is important, saying everyone should exercise daily because physical and mental health demands it.

Jeff agrees, and says it's best to ease into a new workout regimen.

"Take baby steps—that's how I've seen the most success in my clients," he said. "Don't get ahead of yourself. Start small."

For more information or to set up a training session with Jeff, visit www.HomeBodyFitness4U.com, e-mail him at jdegroff@homebodyfitness4u.com or call (419) 320-1155.