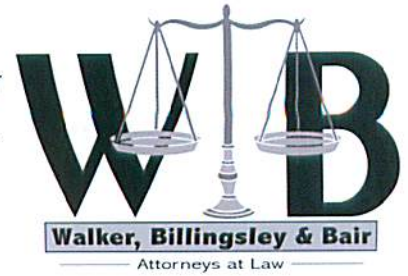


The Iowa Legal Insider™

Brought to
you by your
friends at...



December 2009
Volume 18

Inside this Issue

Page 1

Kid's Corner
Happy Holidays

Page 2

Iowa Legal Books Offered at No
Cost

Page 3

Explore Iowa

Page 4

New Year's Resolutions

Kid's Corner

by Sophia and Corbin Walker

We recently went to our first professional sports game. We went to Kansas City to see the Super bowl winning Pittsburgh Steelers play against the Kansas City Chiefs. Dad wore his Mean Joe Greene jersey and Corbin wore his Ben Roethlisberger jersey. It was even more fun than we thought it would be as it was very exciting to be there in person. All of us cheered for the Steelers as the game went back and forth. The only bad part was that our team (the Steelers) lost to the Chiefs in overtime 27-24. It was a great time and I hope that mom and dad take us to another game sometime.



Would you like to
know more about
Iowa's laws and
YOUR RIGHTS?
Free Books and
Special Reports
available at

www.IowaLegalInsider.com

Newton

208 North Second Avenue West
P.O. Box 157
Newton, IA 50208-0157
641-792-3595
Fax: 641-792-0289

Des Moines

2545 E. Euclid, Suite 120
Des Moines, IA 50317
515-440-2852
Fax: 515-440-6077

Email

Info@WalkLaw.com

Website

www.WalkLaw.com

If you have been injured go
to www.IowaInjured.com

Happy Holidays from Walker, Billingsley & Bair



Jasper County Courthouse,
Newton, Iowa 2009

As 2009 comes to an end and as Newton, Iowa and the United States face more challenges, it is important to remember that we do have the greatest country in the world. Whether you and your family are celebrating Christmas, Hanukkah or something else, we are all Americans and are all in this together. So remember that it takes no more effort to lift someone up by giving them a compliment than it does to tear them down by saying something negative to them or about them. Positive thoughts lead to positive things so try to keep things positive this holiday season.

Effective, Efficient Results.

Iowa Legal Books Available at No Cost Reveal Your Rights

This is the season of giving and we are offering several books that we have written which sell for \$19.99 each at no cost to you, your family, your friends and co-workers. **Why would we offer Legal Books at No Cost?** We have heard and seen too many Iowans make mistakes before they had the “right” information which resulted in them losing *thousands of dollars* or in some cases their freedom. Also, as Iowa attorneys we believe that the public has the right to be educated about the laws that affect their lives and to learn about those laws in plain English in the comfort of their own home. Furthermore, we believe that many legal disputes could be avoided if people knew more about the legal system, their rights and the laws that affect them. Before You Make a Mistake in Your Legal Matter Protect Your Rights and Order One of our Books at No Cost.

Car Accidents – The Legal Insider’s Guide to Iowa Car

Accidents- 7 Secrets to Not Wreck Your Case Revealed (Ext. 710)

Workers’ Compensation – An Insider’s Guide to Work Injuries- 7 Deadly Mistakes To Avoid If You Are Hurt At Work Exposed (Ext. 711)

Iowa Comprehensive Injury Guide – Car Accidents, Work Injuries, Personal Injury and Wrongful Death, 8 Common Mistakes Made By Injured Iowans Revealed (Ext. 712)

Divorce, Family Law and Child Custody – Iowa Legal Insider’s Guide to Family Law, Divorce and Paternity- 5 Ways to Survive (Ext. 713)

Car Insurance – How to Buy Car Insurance to Protect You and Your Family- 5 Insurance Company Secrets Revealed (Ext. 714)

Criminal Law – Iowa Guide to Protecting Your Rights and Freedom if Charged with a Crime- 5 Rights to Know (Ext. 715)

Consumer’s Guide to Wills, Estate Planning & Probate – What Will Happen When I Die? Includes How to Avoid the Death Tax (Ext. 716)

Solve the Sudoku

				7	5			6
			2		6		7	
6	2		9			4	5	
		5					6	8
			8		3			
3	1					5		
	9	6			8		1	4
	4		6		2			
5			4	1				

Copyright 2006 Home Page Rentals, LLC
http://www.SudokuEssentials.com

(answers on back page)

Call Now 1-800-850-6617

(24 Hour Message)

or go to

www.IowaLegalInsider.com



by Corey J. L. Walker

On a recent trip on the country back roads northwest of Kellogg, Iowa we came across what used to be the town of Rushville, Iowa. By 1875 it was a bustling small town on top of a beautiful Central Iowa valley.

However, when the railroad passed just south of town in the 1890's it was the beginning of the end for Rushville. When Corbin and Sophie read the plaque dedicated to the town, they were shocked to find out that a town including a church, school, businesses, homes and other structures were once where a cornfield now stands. It was a good lesson for our children to learn that change is the one constant thing in life and that we can never take anything for granted.



Not even the town we live in. For more information about other Iowa towns which are gone go to www.IowaGhostTowns.com.



**Preview of Next Month
NEW SECTION
Meet Our Employees**

Answer to Solve the Sudoku

1	8	4	3	7	5	9	2	6
9	5	3	2	4	6	8	7	1
6	2	7	9	8	1	4	5	3
4	7	5	1	2	9	3	6	8
2	6	9	8	5	3	1	4	7
3	1	8	7	6	4	5	9	2
7	9	6	5	3	8	2	1	4
8	4	1	6	9	2	7	3	5
5	3	2	4	1	7	6	8	9

Copyright 2006 Home Page Rentals, LLC
<http://www.SudokuEssentials.com>

Walker, Billingsley & Bair
Attorneys at Law
208 North Second Avenue West
P.O. Box 157
Newton, IA 50208-0157



TEMP RETURN SERVICE REQUESTED



What did
**SOPHIA AND
CORBIN DO FOR
THE FIRST TIME?**

COREY & BETH WALKER
3768 HARBOR AVE
NEWTON IA 50208-9039

OPEN NOW TO FIND OUT

You are receiving the "Iowa Legal Insider" newsletter because you are either a current client, former client, someone who has requested information or other qualified candidate. If you or a family member would like your own copy of "The Iowa Legal Insider" or if you do not want to receive future issues call 641-792-3595 and ask for Abby or send an email with your name and address to Info@WalkLaw.com. We do not share our mail/email lists with anyone!

Copyright © 2009 by Walker, Billingsley & Bair. This newsletter is copyright protected, however, you are free to copy and distribute it if you copy and distribute the entire newsletter. (However, you cannot sell it). (Disclaimer: This newsletter contains general statements and is not intended as legal advice. There are many exceptions and you should consult an attorney concerning your particular situation).

4 Ways to Keep Your New Year's Resolution

Many of us will be making New Years resolutions in the next few weeks. Many of us will give up on those resolutions by mid-January. Here are **4 Simple Things** that you can do which will increase your likelihood of completing your resolutions.

1. Write Them Down – A resolution or goal which is not written down is only a wish. Research done by social scientists proves that we are much more likely to succeed if we write down what we want to do. In addition to writing it down, you should also look at the resolutions daily to keep them fresh in your mind.

2. Tell Your Resolutions To Others – If you tell your family and friends what your resolutions are it is more likely that you will follow through and meet your goals. It is one thing to let yourself down, but for many of us it is more difficult to let others down. Also, you will be held accountable when you tell your family and friends that your resolution is to lose 40 pounds because you know that next time you see them that they will probably ask you how your resolution is going.

3. Exchange Your Goals With a Friend – Along the same lines you should find a friend or family member to exchange your goals with. Then you can schedule a weekly call or meeting to discuss how each of you are doing with your goals.

4. Take Small Steps and Make Goals Realistic – If your resolution is to lose weight like many Americans you are only going to lose a few pounds per week at the most. Each individual meal that you eat and each workout you decide to do or not do will eventually determine if you meet your goals. If you focus on the big picture that you have to lose 40 pounds then chances are that you will fail. The better method is to focus on each meal and each workout every day. Also, you have to make your goals realistic because making unrealistic goals will also doom you for failure. With weight loss most people should try to lose no more than 1 to 2 pounds per week. For more information about setting New Years resolutions and how to keep them go to www.iowainjured.com/blog/new-years-resolution.cfm for a more in depth article about keeping your New Years Resolutions.