

What to do when a marriage falls apart

People don't enter into marriage thinking it will fail, but unfortunately, many marriages fall apart. If you find yourself on the brink, Steven R. Jaeger of The Jaeger Firm, PLLC, offers a few suggestions to keep in mind.

» If there is domestic violence, get out. Protect your safety and that of your children. Don't put up with violence in any form. Obtain an order of protection or other orders from the court. Do the best you can in a bad situation. Take care of yourself. Get safe, then proceed.

» Where the situation is intolerable but not marked by violence, you need to plan. Then you need to plan some more. You may not know how the process works. It's not a good idea to rely on what happened in someone else's situation. Every case is different. You need to be guided by a person trained and experienced in dealing with domestic situations. Get legal help. The final outcome will likely be affected by what happens early in the process.



Steven R. Jaeger, left, and Steven D. Jaeger caution there are many important issues to consider when a marriage is failing and suggest getting legal help. The final outcome will likely be affected by what happens early in the process, the Jaegers said. PROVIDED

» Gather your detailed financial information. Make a list of your financial accounts and your debts. Don't forget the account numbers. Locate and copy your last

five years of tax returns. You may want to videotape your hard assets – furniture and the like.

Here are things you shouldn't do while you plan.

» Never try to hide your income or assets. You will be required to file some sworn statements with the court. If you don't tell the truth under oath in these written documents and you get caught (which you will), you've not only placed yourself in a bad position with the judge forever and ever, you've also committed a crime. It's not worth the risk.

» Don't count on immediate financial support from your spouse. Eventually you may get it by agreement or through a court order, but it might be a long time coming. Watch your money. Make a budget.

There are many other important issues to consider. Consult a professional, and look before you leap.

SEAFOOD: A healthier, tasty burger

Grilling is a rite of passage during warmer months, with hamburgers arguably being Americans' favorite food to grill. However, hamburgers are often high in calories and fat.

How do you make this American staple healthier? Try seafood, which is low in fat and calories and filled with heart-healthy omega-3 fatty acids. Because of seafood's many benefits, the 2010 Dietary Guidelines for Americans recommends people should eat at least 8 ounces a week. Substituting seafood, such as tuna, for the protein a recipe calls for is an easy way to make any meal healthier.

Try this great-tasting and healthy hamburger alternative.

Cajun Tuna Burgers

Serves 6
2 (12-oz) cans Chick-

en of the Sea Chunk Light Tuna in Water, drained

1 cup breadcrumbs
2 eggs, beaten
½ cup each: diced red bell pepper, green bell pepper and green onions

¼ cup Cajun seasoning
1 tsp hot pepper sauce

6 whole-wheat hamburger buns

In a bowl, combine tuna, breadcrumbs and eggs. Add the next 5 ingredients and mix.

Divide and shape tuna mixture into 6 patties. On a grill, cook tuna burgers using a grill-friendly pan until browned and heated through. Or, use a non-stick skillet on the stove.

Place each burger on a bun and top with condiments and vegetables.

– North American Precise Syndicate



Substituting seafood, such as tuna, for the protein a recipe calls for is an easy way to make any meal healthier. NAPS PHOTO



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