

A NEWSLETTER FROM

## BRYANT LAW CENTER P.S.C.

### APRIL ISSUE

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**S**pring greetings friends!  
It's finally that time of year when we're all happy to see the days get longer as well as warmer. Folks are getting outside for runs, rides and de-winterizing everything that was hibernating for the winter. Make sure you get outside and soak in some Vitamin D when you can, that and a run are always mood boosters for me!

Who doesn't love the outdoor activities that come along with warmer temperatures?! Trips to the Farmer's Market, pool, park and requesting that table outside at your favorite restaurant. As you get out on the road, lake or ATV we want to offer



a reminder...safety first. But if you find yourself in an unsafe position where you feel some legal advice would be useful, give us a call and let's talk

about your story.

- Kevin Shannon

SEE 'WATERMELON SALAD' PAGE 8



# ALBERT JONES

**H**ow do you say goodbye to a dear friend and relative who has meant the world to you for more than 70 years? A mentor, brother in arms, father figure, Dutch uncle, and someone I could talk to about anything and everything, yet he never criticized me or chastised me for anything I did. The closest he ever came to it was when he once told me, "This is not your finest hour."



My uncle Albert Jones died on February 10 at 1:10 PM. I have few memories of my childhood but my second memory as a child is of standing on my tiptoes in front of the commode at my parent's home when I heard a voice say, "Boy, you could knock down a brick wall!" It was Albert. And my relationship with him never changed after that.

My first movie is one with my parents, my sisters, Albert and Lou, and their kids around 1959 playing baseball at Albert's. Years later after he left the FBI chasing mobsters in Vegas, moved home to Paducah, ran

for Commonwealth's Attorney, and was elected, he told me I should be a lawyer. I took his advice and became one. And so have two of my children, one a lawyer in Louisville and another a Judge in Louisville. Albert carried a wide swath in my family.

One day, Albert told me he'd like to be United States Attorney when Jimmy Carter became President. I called my friend, Governor Julian Carroll, and told him that. The Governor called the President and Albert was appointed by





the President of the United States to become the US Attorney, WDKY. Eventually, Albert came home, was elected State Representative for Paducah, then ran for Mayor against the incumbent and won.

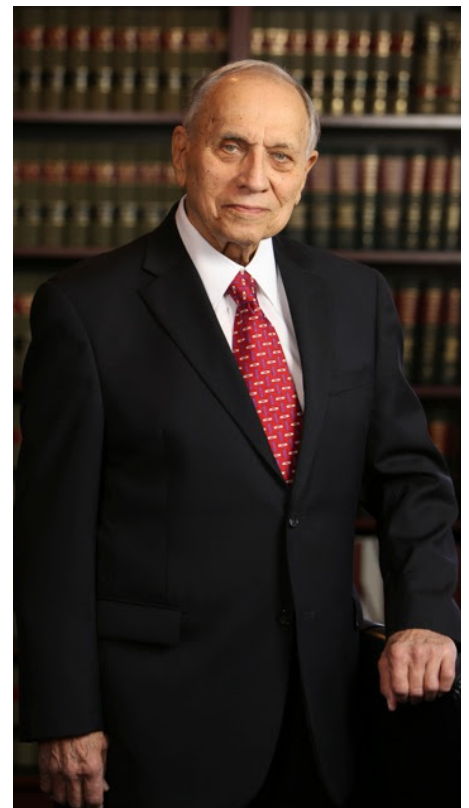
When I left as Commonwealth's Attorney and started this law firm in 1990, Albert eventually became Of Counsel to the firm. He came to work often and was beloved by all the lawyers and the staff for many years. Albert and I worked out at Energy Fitness for many years and he would tell people if they had any problems, "just let me know and I will have Mark take care of them." I

have talked on the phone or visited Albert almost every day for the last 45 years. We would laugh, smoke cigars, tell tall tales, he would give me marching orders and then laugh out loud and say that he wasn't really trying to tell me what to do.

Albert Jones was loved and beloved. He was a great friend. Judge Phil Sheppard wrote me his condolences recently and said, "He reminds me of the great line from W. B. Yeats—"Think where Man's Glory most begins and ends, and say my Glory was I had such friends." What a remarkable gift that you shared with him all these years. He was one of a kind."

Adios Alligator Al, aka The Iron Duke, aka El Supremo the Magnificent. Until we meet again!

- Mark Bryant



## Legal Updates

1. We always accept cases for Personal Injury, Car Accidents, Train Derailments, Worker's Compensation, Divorce, and Criminal Defense.
2. We are still reviewing cases and accepting clients in our ongoing investigation into panoramic sunroof leaks and resulting interior and electrical damage in certain Volkswagen Golf Sportwagens, Alltracks, Jettas, Tiguan and Atlas SUVs. Litigation has been filed in multiple states.
3. Our cases filed on behalf of clients who developed certain internal cancers after consuming prescription Zantac are proceeding through litigation and we are still accepting new clients.



### Spring Break

## Fun and Interesting Spring Facts

*Spring has sprung, the flowers are blooming, the birds are chirping, and... you're inside.*

Even if you're stuck indoors, you don't have to miss out on spring! You may not be able to stop and smell the roses, but at least you can learn more about them.

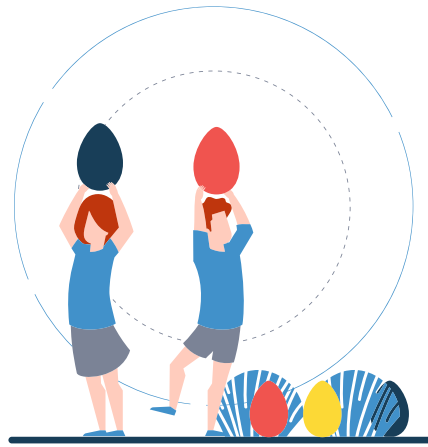
Take a look at some of these fun, interesting, and unusual facts about your favorite season.

SEE 'SPRING FACTS' PAGE 6

4. We are still taking clients in our cases involving retail sales of mislabeled tractor hydraulic fluids sold with a “303” label. The fluid can cause damage to agricultural equipment and sales have been banned in Missouri.

5. We are still accepting qualified clients in our 3M defective earplug cases. If you were a member of the military, were issued 3M earplugs and suffered tinnitus or other hearing loss, we are still evaluating cases.

6. We have represented multiple clients who have been victims of sexual harassment and sexual abuse. If you or a loved one has experienced sexual harassment or abuse in any environment, contact us for a free confidential case evaluation.



#### **‘SPRING FACTS’ FROM PAGE 4**

The first day of spring is called the vernal equinox. In ancient Latin, “vernal” translates to spring, while “equinox” means “equal night.”

Why do we associate spring with birds singing? That’s because springtime is when baby birds first learn the specific bird songs of their particular species. The beginning of spring is also the time that birds attempt to attract a mate.

Some studies show people are happier in spring, because the days are longer and nights are shorter. More specifically, having more daylight helps release serotonin—the chemical in your brain that promotes feelings of happiness. At the same time, the increase in light signals

to your brain that it’s time to release less melatonin—the chemical that’s responsible for making you sleepy. Add to that, the surge of light impacts your body’s circadian rhythms, which makes you sleep less. With that, you have what many describe as “Spring Fever.”

There are some flowers that can’t wait to come out of hibernation—daffodils, tulips, irises, and dandelions are some of the earliest spring blooms.

Springtime is not only a time for rebirth, but for new birth: animal litters that are born in springtime include chipmunks, foxes, beavers, otters, swans, black bears, raccoons, and skunks.

In Japan, spring is officially declared when the nation’s

national flower, the cherry blossom, begins to bloom.

While many around the world hunt for Easter eggs, in China, legend has it that on the first day of spring, you can set an egg in an upright position—and it will stay that way due to gravitational forces at play on the equinox. While just a myth, it certainly makes for a fun (and messy) family activity!

In Italy, spring ushers in a centuries-old tradition for women to plant seeds in the gardens of Adonis—a symbol of rebirth.

Some ancient monuments around the world are built with the changing seasons in mind. In Mexico, the ancient Mayans built the giant pyramid of Chichén Itzá to align with the first day of spring to create a spectacular show of light and shadows. When the sun rises over the pyramid on the first day of spring, it creates the illusion of a giant snake slithering up and down the pyramid—a symbol of the Mayan god Kukulcan.

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*Illustrations by Designs.ai*

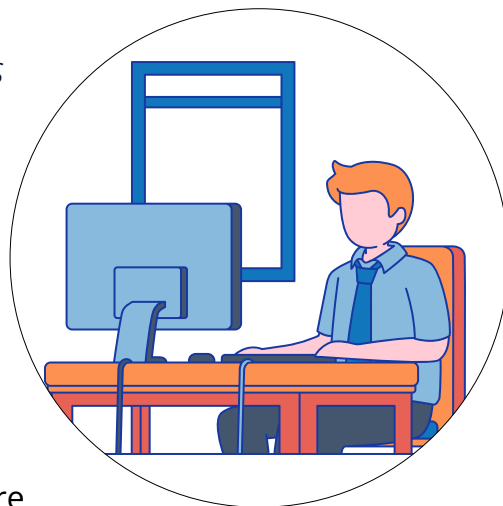
## Staying Healthy at Your Desk

*More and more, studies are exposing the dangers of sitting too much.*

Prolonged sitting can lead to dementia and heart disease and even raise your risk of diabetes or cancer. On the other hand, substituting sitting for more standing has been shown to improve cholesterol, lower the risk of diabetes, and lengthen your overall lifespan.

While sitting can't always be avoided in our daily lives, there are steps you can take to mitigate the damage done by sitting too much:

- Do small exercises at your desk.
- Take frequent breaks to walk and stretch (set an alarm reminder if you need to)
- Take the stairs instead of the elevator
- If close enough, walk or bike to your workplace
- If driving, park farther away from your office
- If you have the option,



use a standing desk to alternate between sitting and standing

- When sitting, always pay attention to your posture
- Pay attention to the type of chair you're sitting in (is it giving you the support you need?)
- Or, ditch the chair and sit on an exercise ball
- Look away from your screen every 30 minutes
- Skip the takeout and bring your own lunch
- Keep healthy snacks at your desk
- Drink plenty of water
- Finally, always make sure to get plenty of exercise outside of work.

*Illustration by Designs.ai*



# Happy Birthday Mark on March 19 and Emily on March 31!

## HAPPY BIRTHDAY



We want to wish our fearless leaders very Happy Birthdays this month! May this next year be full of joy, success, and plenty of great memories!



### Bryant Law Center's

### 2021 Educating Kentucky Scholarship Contest

Bryant Law Center is honored to offer you the opportunity to win a college scholarship to help further your education. We believe firmly in the benefits of education in creating a better future for our great commonwealth of Kentucky and across the country. We are awarding two \$1000 scholarships.

- The first \$1000 scholarship will be awarded to a graduating Kentucky senior planning to attend a two or four-year Kentucky college or university in Fall 2021.
- The second \$1000 scholarship will be awarded to a college student enrolled in and continuing in a Kentucky college or university in Fall 2021.

The contest started January 1, and deadlines have been extended to April 30, 2021. Winners will be announced June 1. Please visit our scholarship page <https://www.bryantpsc.com/scholarships> for scholarship guidelines and to apply.



## I Was Injured in an Accident. What Do I Do Now?

If you or a loved one has been injured in an accident, you may be confused about what to do and how to handle the insurance company while dealing with your injuries. Download our free new book to help. It has the answers to the most important and frequently asked injury questions.

Download Our Free E-Book:

<http://bit.ly/BLCaccidentInjuryBook>

Call: (270) 448-4847

Email: [lawteam@bryantpsc.com](mailto:lawteam@bryantpsc.com)

# Watermelon, Tomato and Strawberry Salad with Burrata

Prep 15 mins | Yield 6 -8 servings

*Sweet watermelon, vine-ripened tomatoes and juicy strawberries, on top of melt-in-your-mouth burrata, sprinkled with fresh herbs and pine nuts. This salad is delicious.*



## INGREDIENTS

- 1 burrata cheese
- 2 pounds watermelon, cut into 1 1/2 " cubes
- 1 3/4 pounds heirloom tomatoes, cut into 1 1/2" cubes
- 1 pint strawberries, trimmed and halved
- 2 T basil, chiffonade
- 2 T mint, chiffonade
- 3 T pinenuts
- 2 T white balsamic vinegar
- 2 T olive oil
- Maldon salt to taste
- Pepper to taste

## INSTRUCTIONS

Using your hands open a burrata cheese and spread it over a serving platter. Scatter watermelon, tomatoes and strawberries over the burrata. Sprinkle with herbs and pinenuts.

Put vinegar in a small bowl and whisk in olive oil to create an emulsion. Drizzle the dressing over the fruit and season with salt

## Bryant Law Center: PUTTING CLIENTS *first*

Please know how much we appreciate your friendship and know that referrals of your friends and family to our law firm is the greatest compliment you can give us and we sincerely appreciate them.

Call: (270) 448-4847 | Email: [lawteam@bryantpsc.com](mailto:lawteam@bryantpsc.com)