

A NEWSLETTER FROM

## BRYANT LAW CENTER P.S.C.

**FEBRUARY ISSUE**

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## A Message from Firm Partner Emily Roark

This will be my 21st year practicing law. I am proud to stay that I started practicing law at Bryant Law Center, where we have always been Putting Clients First. BLC is a place where we value our clients and February is a month where everyone needs to feel special, cherished and truly appreciated. My hope is that any contact you have with BLC this month, and any time, that you know that we are proud to be your attorney and that you are truly appreciated.

As we move into February, we can see hope in our country. Vaccinations are beginning to be administered

across the nation and across the population. Although we have witnessed sadness in our Capital, we have seen our country stand together and move forward a strong democracy. Many of us are now in the midst of the coldest of winter, yet we know spring is right around the corner. If we just look, although our country has suffered great difficulty in the last year, hope leads us to believe that a new year will bring better circumstances for all of us.

We want to thank each of you for letting us



serve you and for holding out hope with us. February, the month we celebrate love, may have a different meaning for all of us this year. I encourage you to join with us at Bryant Law Center and let this month stand as a symbol of hope.

Sincerely,  
*Emily Roark*  
Partner

# My Parents' Love Story

by Mark Bryant

**D**uring the darkest days of World War II my Mother, Louise Jones Bryant worked at the Brooke Army Medical Center in Fort Sam Houston, Texas, while my Dad, John P. Bryant, flew the Himalayas (The Hump) 26 times and trudged through the jungles of Burma and India fighting for his survival and for the survival of our democracy.

My mother was young, strong and beautiful. While Dad was on the front lines, my Mother had many would-be suitors at Fort Sam Houston, but she only had eyes for my Dad.

When the War ended and she and Dad were preparing to return to Kentucky, she received the "Good conduct award" at a good humored ceremony

put on by large numbers of soldiers who tried to curry her favor.

My Mother and Dad were married for almost sixty years and they would always laugh when telling the story about her good conduct award at Fort Sam Houston.

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*Here is a photo of my parents during WWII and also a photo of her good conduct award, which I treasure.*





# For a Better Night's Sleep, Practice These 8 Habits

*If you struggle to get a good night's sleep, you are not alone. Poor sleep is an epidemic among American adults.*

According to the CDC, 50 to 70 million Americans suffer from insomnia. The problem might be difficulty falling asleep; difficulty staying asleep; waking up very early; or feeling tired the next day.

The good news is that, no matter what the cause, you can improve your sleep by practicing good "sleep hygiene." Here are 8 sleep hygiene habits that will help you get a better night's sleep whether your challenge is stress and anxiety, shift work, or jet lag.

## **1. Stick with a regular schedule.**

**Go to bed and get up at the same time every day.**

Sticking to a regular schedule regulates your internal clock and trains your body to be drowsy at bedtime and alert when it's time to get up.

Set an alarm so that worry about oversleeping does not keep you awake. Resist the temptation to stay up late and sleep in on weekends or days off.

## **2. Create a restful sleep environment.**

Keep your bedroom light-free. You may need to invest



in light-blocking drapes or eyeshades. Don't sleep with the TV or computer on. If your clock face is illuminated, cover it or turn the clock toward the wall. Besides the light, checking the clock as you try to fall asleep or if you wake up can increase anxiety

SEE 'SLEEP' PAGE 4

## **Legal Update: Ovarian Cancer**

If you or a loved one developed Ovarian Cancer, you may be eligible for damages in an ongoing legal case. The Bryant Law Center is offering a free evaluation of your legal options if you developed Ovarian Cancer or mesothelioma and you also regularly used Johnson and Johnson's Baby Powder or Shower to Shower. Call us at 270-442-1422 to schedule your free appointment.

and make it harder to get to sleep. Close the door if lights are on in adjacent rooms or shut them off if you can. Keep the temperature cool, between 60 and 75 degrees, and the room quiet.



### **3. Watch what you eat and drink in the hours before bed.**

Avoid stimulants like nicotine and caffeine (coffee, tea, chocolate, cola, energy drinks) in the four to six hours before bedtime. If you are especially caffeine sensitive, you may want to limit your caffeine to a single cup of coffee early in your day or switch to decaf. Herbal tea may even be a better choice as decaffeinated beverages contain some caffeine. Similarly avoid alcohol a couple of hours before bed. Although alcohol may relax you and you may fall asleep easily, you're likely to wake

up later and be unable to get back to sleep. Don't eat a large meal within a few hours before retiring. The digestive process may keep you awake. Also eating shortly before bed sends your body a confusing message that you are gearing up for activity when the body's internal clock is telling it to shut down. If you find you are hungry before bedtime, opt for a light snack that is easy to digest.

### **4. Follow a relaxing bedtime routine.**

An hour before bed, stop working and turn off your



electronic devices. You might try a warm bath, pleasure reading, listening to music, relaxation exercises, or a little TV. Some people are better off with no TV as the light from the screen

## **Legal Updates**

1. We always accept cases for Personal Injury, Car Accidents, Train Derailments, Worker's Compensation, Divorce, Criminal Defense, and Bankruptcy .
2. The Bryant Law Center expanded our practice areas starting January 1 to begin offering small business and personal bankruptcy services. To speak with an attorney to answer and discuss bankruptcy options or to schedule an initial appointment, contact us.
3. 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.
4. Our cases filed on behalf of clients who

or the program itself may be stimulating. You can find instructions for a number of effective relaxation techniques on the internet such as deep breathing exercises, progressive relaxation, acupuncture, and guided imagery. Avoid stressful activities, emotional topics, and vigorous exercise, all of which are likely to increase alertness.

### **5. Exercise daily.**

Participants in numerous studies have reported that regular exercise helped them fall asleep faster, sleep more deeply, sleep for longer periods, and feel more rested when awake. Research also shows that exercise reduces anxiety and depression both of which interfere with sleep. But schedule your exercise early enough in your day so as not to rev you up before bed.

### **6. Eliminate naps.**

Many people take short power naps to boost alertness and productivity when fatigue sets in during their day. If you nap, but find you are not tired at bedtime, try skipping the nap.



### **7. Get up if you can't fall asleep within 20 minutes.**

Remaining in bed and trying to force sleep is likely to be counterproductive. The longer you try unsuccessfully to sleep, the more anxious, frustrated, and alert you become. Once you are up, try some relaxation techniques, listening to music or an audio book, or light reading. Keep the lights dim so as not to send a wake up signal to your brain. Wait until you begin to feel sleepy to return to bed.

### **8. Call your doctor if sleeplessness persists.**

If your sleep doesn't improve despite following these tips, you may need to be evaluated for an underlying medical condition. 📌

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*Illustrations by Designs.ai*

**7.**

developed certain internal cancers after consuming prescription Zantac are proceeding through litigation and we are still accepting new clients.

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5. 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.

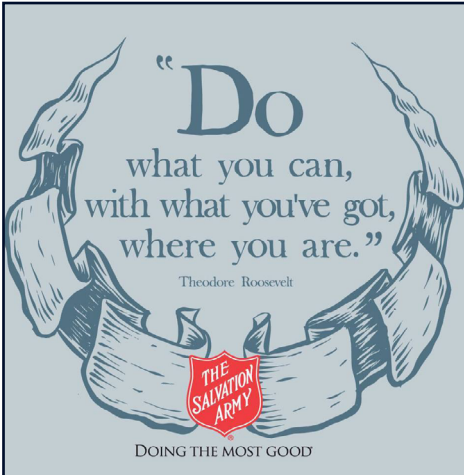
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6. We are still accepting qualified clients in our 3M defective earplug cases. If you were a member of the military, were issued 3M earplugs and suffered tinnitus or other hearing loss, we are still evaluating cases.

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7. 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.

# Firm News



## Salvation Army Donor Challenge

The results are in....Bryant Law Center led the law firm competition in the Salvation Army donor challenge! A special thank you to the lawyers who participated to help The Salvation Army Paducah GREAT JOB to ALL! The money raised will be used by The Salvation Army to provide vital services that serve children and families in our area.

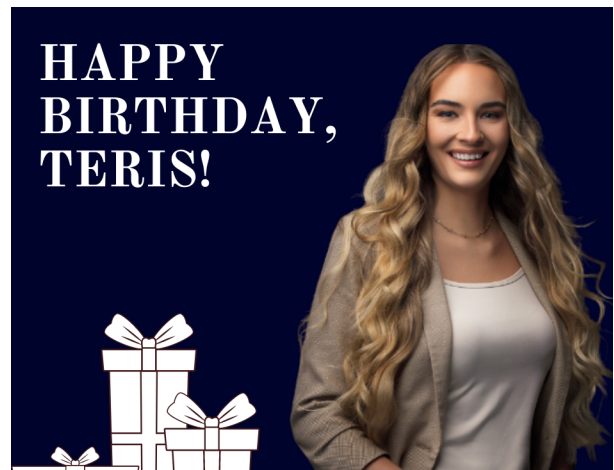


## Valentine's Day Giveaway

Congratulations to the two winners of the Bryant Law Center's Valentine's Day Giveaway!

Each winner received a \$100 gift basket from Patti's and Roof Bros. Wine & Spirits!

**Happy birthday to our staff: Christina (January 4) and Teris (January 14)!**





**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 ends March 31. Winners will be announced May 1. Please visit our scholarship page <https://www.bryantpsc.com/scholarships> for scholarship guidelines and to apply.


**Mayor Induction Ceremony**

Mark Bryant administered the oath of office to George Bray at the inauguration ceremony at Paducah City Hall.

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"So proud for Paducah that George Bray took the time and effort to run for Mayor and that we elected him. George is a longtime friend with a lot of business acumen and walking around sense. Mayor Bray and this City Commission came along at the perfect time. God speed to you all, and thanks for your service!"

**MARK BRYANT**  
Founder & President, Bryant Law Center





**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)**

# Cake Box Cookies

## Featuring Funfetti and Strawberry Cake Mix

**INGREDIENTS:**

- 1 box of strawberry or funfetti cake mix
- 2 eggs
- 1 cup of butter or oil
- Preferred topping (White chocolate chips, cream cheese frosting, sprinkles are all good options.)

**DIRECTIONS:**

- Preheat the oven to 350 degrees.
- Beat the eggs.
- Melt the butter and add to eggs, add cake mix.
- Mix well to create your delicious dough.
- Add your white chocolate chips if desired.
- If you have a cookie scooper (highly recommended) spray it with Pam, and start scooping out your dough!
- Place on parchment paper or a greased cookie sheet and bake for 8 - 10 minutes.
- Add your sprinkles or drizzle with cream cheese frosting (microwave 15-20 seconds to get it ultra drizzly.)
- Enjoy!



### 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

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