

A NEWSLETTER FROM

## BRYANT LAW CENTER P.S.C.

### MARCH ISSUE

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## A Message From Attorney Teris Swanson

*“When the drop is inside, the sense is outside.”*

March seems to be a month that gets overlooked. But it is a month full of things to look forward to. Despite a rather mild winter, I know most of us are anxiously awaiting the return of daylight saving time and the first day of Spring. Oddly enough, daylight saving time begins on March 14, 2021, the same day as Pi Day. And, of course, St. Patrick's Day is in March as well.

If you celebrate St. Patrick's Day with an ale or two,

please make sure you have a designated driver. Just leave your keys at home and make your own luck! In the words of an old Irish proverb, “when the drop is inside, the sense is outside.”

We hope that this March will be one full of luck and charm for all our friends and family. Of course, if you find yourself in a not-so-lucky situation, we will be here and will do our best to bring the end of the rainbow to you.

-Teris Swanson

It is March again?! I think most of us are still trying to process March 2020!

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SEE 'MASKS' PAGE 4

# Irish Heritage Stories



**D**espite my abiding love for my Greek heritage, I am not a pure blooded Greek, but more of a mutt. My Mother's family was Greek. My Father's family, Scotch-Irish. My Uncle Albert Jones once said that I was invincible coming from the greatest Greek warriors of Sparta and the renowned fighting tribes of Scotland and Ireland. But I digress!

During the Irish potato famine of 1845-1852, my

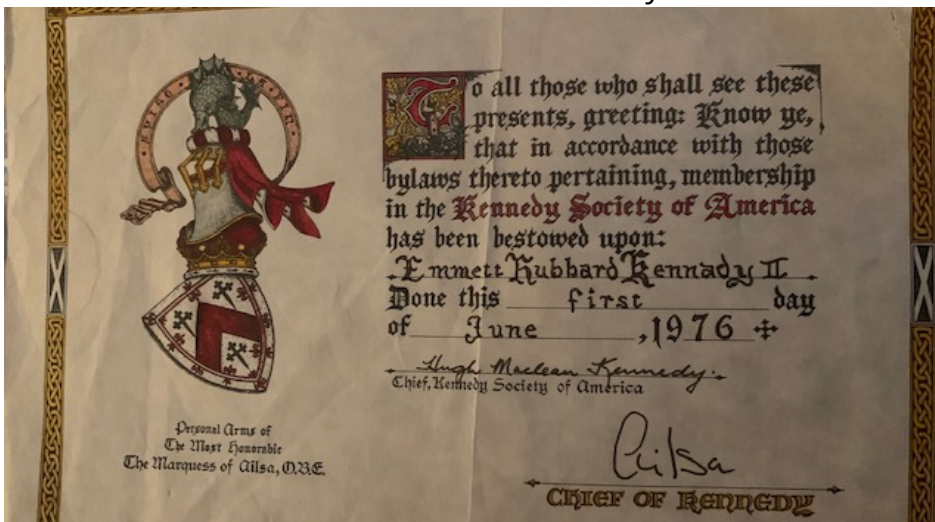
great Grandfather, Daniel O'Bryan, packed up his wife and child, crossed the Atlantic to the land of promise and settled in North Carolina. He wasn't there long before he learned that Irish immigrants were frowned upon by American citizens for being hard working, Catholic and upwardly mobile. In an effort to cool down hostilities toward his kith and kin, Granddaddy Daniel O'Bryan changed his name to Daniel Bryant...and the rest is history. I am enormously proud of my Irish Blood, my Scottish Blood and my Greek Blood. Happy St Patrick's Day!

- Mark Bryant

**T**he Kennadys are of Scottish nobility and are direct descendants of the Marquis of Ailsa, who lived in the 16th century famous Culzean castle, now a part of the Scottish Trust. It is where President Eisenhower once had a suite of rooms after WWII to play golf as a gift from the Marquis.

As shown and signed by Hugh McLean Kennedy in 1976, (Kennedy being and including Kennady Cannady and a host of other spellings) was the Celtic Clan leader for Scots, Irish, Welsh), and all other things good and true.

My dad, Ken Kennady and my uncle Hub Kennady are established in the line of the eighth Marquis, Archibald Angus Charles Kennedy, 8th Marquess of Ailsa, 19th Earl of Cassilis, 21st Lord Kennedy, 8th Baron Ailsa, (13 September 1956 – 15 January 2015), who was a Scottish peer.



My uncle, Hubbard Kennady, contacted Chief Kennedy in 2001 through email, and prearrangement by Chief Kennedy, met The Marquis for tea at the Castle by the River Doon in Ayr, in 2002.

Since Scottish John Kennady's arrival in 1763 to America, his progeny spread quickly ending up in Hardin County, Kentucky. (Elizabethtown is one of the oldest towns in Kentucky). It is well established that in 1781, his grandson Peter Kennady became a famous Indian fighter, whose exploits mark his killing, capture, and remarkable two year sojourn escaping from the Indians.

- Austin Kennady

**H**ello friends of BLC. Mark asked me to write a short blurb about my Irish heritage for our March newsletter. With a name like Kevin Shannon, he assumed I had to be Irish, right? Of course he did, and so did I until recently.

Although I've always had an interest in my family's

heritage, I've never known much about it. My paternal grandfather, Albert Shannon, was born and orphaned in 1896. He was a Shannon, but never knew his parents or his siblings. Consequently, my family has never known much about our familial history or about the other Shannons we are undoubtedly related to.

So, against this background I was excited to receive a DNA test kit from one of my daughter's as a gift. Test taken. Test sent. Anticipation for test results built and finally ... test results arrived. Surprise! As it turns out, genetically I'm not really all that Irish. Well I am; but I'm actually more Scandinavian-Norwegian to be exact- than Irish, with a little Iberian Peninsula thrown in for good measure.

So where does all of this leave me? Well, I still don't know much about my Shannon family, but my small DNA experience confirms what we all know to be inherently true. We are all part of the melting pot known

as humanity. We should celebrate the things we have in common and refuse to be divided by any perceived differences. And, on March 17th, I propose that we all celebrate our "Irishness"! Erin go bragh!

-Kevin Shannon





**M**y last name is derived from the Gaelic “o’Ruairic” which means warrior or champion. Being that the name is not associated with a specific place or occupation, it is unknown from what region of Ireland my family lived or what they did prior to immigrating to the United States. What I do know is that they arrived in the mid to late 1800’s and promptly dropped the O in O’Roark in an effort to avoid some of the bigotry that was directed at Irish immigrants at the time.

## Masks By Carol Murrin

**R**ecently I was on WPSD Local 6 Legal Line answering questions while masked up. The mask would come down below my nose whenever I talked and it was annoying. Two days later a Registered Nurse at Western Baptist Hospital brought two UK Wildcat masks she made me to the Bryant Law Center office and sent me a note that she’d seen me on WPSD and she hoped these would fit better. I appreciate her UK masks so much and wear them daily!

The Irish being nothing if not inventive, my father was not given a middle name, but only the initial O, making his name Dennis O. Roark.

Roark’s have gone on to be famous authors, chairmen of major corporations, champion weightlifters and of course served as the inspiration for my personal favorite Mr. Roarke of Fantasy Island played by the magnificent, but decidedly not Irish, Ricardo Montalban. And that simply shows the broader point that everyone



can connect and relate to the delight, joy and beauty of Irish culture. So on this St. Patrick’s Day, have fun, put on green and take the time to enjoy all the wonderful things that come with being Irish, even if it’s only for the day.

- Joe Roark







## 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

## Asking for Help While Caring for a Loved One

*When a family member is injured, you may find yourself unexpectedly thrust into the role of "caregiver."*

While it can be personally rewarding to be there for your loved one during a time of need, being a caregiver is stressful and exhausting – physically, mentally and emotionally. Making a difficult situation even more challenging is the fact that many caregivers stop caring for themselves, to the point that their own health and wellbeing suffer. Common signs of caregiver stress include:

- Feeling overwhelmed or constantly worried;
- Lingering fatigue;
- Changes in sleep habits – sleeping too much or not enough;
- Fluctuations in weight, either gaining or losing weight;
- Irritability;
- Being quick to anger;
- Sadness;
- Apathy toward activities you once enjoyed;

- Headaches, body aches and other physical ailments; and
- Alcohol and drug abuse, including prescription drug abuse.

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>.

If you see these warning signs in your current situation, don't ignore them for too long. Neglecting to care for yourself in favor of caring for your loved one will have a negative impact on both of you in the long run. Below, we offer eight suggestions to help you strike more of a balance between your loved one's needs and your own.

### **Ask for Help and Accept Help When Offered**

This sounds so simple, but for many caregivers it proves to be the hardest thing to do. Let's break it down into manageable parts:

#### ***Make a list.***

First make a task list. What do you need help with? What tasks would you like help with? What tasks can you only dream about getting

help with? Write them all down. Your list might include anything and everything from laundry to lawn-work and grocery shopping; driving your loved one to medical appointments or picking up medications; overnight help or after-school care. Don't self-edit this list, at least initially. If it comes to mind, write it down.

#### ***Share your list.***

There are a few ways you can do this:

- Keep your list in your back-pocket, so to speak, and the next time someone offers to help say "Thank you. That is kind of you to offer. I could really use help with \_\_\_\_\_."
- Reach out to specific individuals who might be able to help with specific tasks. If you need someone to cut the grass and rake the leaves from the front yard, ask your neighbor if her son would be willing to do that for you. If your sister takes her dog for a walk every afternoon, ask if she would be willing to take your dog along too.

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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.

- Designate a coordinator. Do you have a family member or a dear friend who might be willing to coordinate the help you need? Give that person your list, along with a list of email contacts and cell phone numbers, and let her run with it. She can create a sign-up sheet for regular, routine needs (e.g., dinner on Thursdays when you work late) and send a request for help to the group at large when you have an unexpected need (e.g., when a trip to the emergency room means you need someone to pick up your son from school). Having a coordinator also can make it easier for friends or extended family members who are worried about bothering you or intruding on your privacy to offer their help. These individuals won't mind "bothering" the coordinator. Online tools (e.g., <https://www.carecalendar.org/>) also are helpful in this regard.

### ***Accept help.***

Asking for help is not complaining; it is not a selfish act; it is not an act of abandonment. Likewise, accepting help is not a sign of weakness or failure. Say "yes" when help is offered.

### **Learn to Say No**

As important as it is to say "yes" when help is offered, it is just as important (and, often, just as difficult) to say "no" to non-obligatory "obligations." For example:

- "No, I can't stay late to have dinner with the client."
- "No, I can't bake a cake for the fundraiser."
- "No, I can't host the family Super Bowl party this year."

If you find it hard to say "no," think of it as saying "yes" to taking care of yourself and your loved one.

*"Asking for help is not a sign of weakness."*



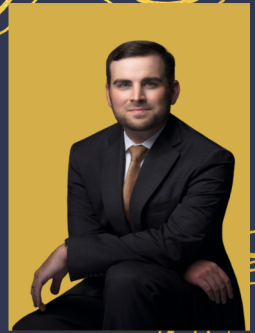


**Bryant Law Center: PUTTING CLIENTS *first***

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)

**Happy  
Birthday  
Austin!**



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January 1st - March 31st

**Educating Kentucky  
Scholarships**

Two \$1,000 Scholarship Winners Will Be Announced May 1st!

**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.

**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)

