

A NEWSLETTER FROM

BRYANT LAW CENTER P.S.C.

MAY ISSUE

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Welcome Back!



My name is Jim Malone and for the past 16 years, I have been the investigator and jack of other small trades at the Bryant Law Center.

As we slowly emerge from our cocoons that were home for the past 14 months, May will mark a month of transition back to the traditional office for Bryant Law Center staff. But May is also is a month tinged with sadness, as two familiar legal faces around here will no longer be with us.

I always thought Dick Roberts was happiest when he was surrounded by several law

books and papers as he meticulously crafted motions. Roberts, 83, a graduate of Yale Law School, graced our halls for a couple of years working on all manner of exciting and legally challenging cases around the country for the Bryant Law Center. Dick had a keen legal mind like no other and was a real asset to our firm. Roberts died March 25. Albert Jones, 91, who served as of counsel to the Bryant Law Center, died Feb. 10 at his home. Jones loved to hold court and share tales drawn from his colorful career as an FBI agent, US Attorney, state representative, and former Paducah Mayor.

It was in late February that the Covid-19 pandemic started to tear through cities and counties in Western Ky. At the Bryant Law Center, we were following Covid-19 very early on and decided over one weekend we were going to have to convert quickly to

home offices. Working from home turned out to be a relatively easy transition. We did our virtual high fives during Zoom meetings.

I have worked in several offices – some owned by large corporations with hundreds of people, and some so small that the last one out for the day had to empty the trash. Rarely have I seen the spirit of cooperation and comradery that I find at the Bryant Law Center. I joined the staff in 2006. During those 16 years, I have seen us take on cases in remote hollows in West Virginia and a case that overlooked the Atlanta skyline. We have done those distant cases while continuing to expand our Paducah office with more attorneys and staff. We now have a Louisville office available by appointment. Though businesses come and go, The Bryant Law Center has been at the same Paducah address for 31 years. There's just something quietly reassuring about that.

A Road for All!

Did you know that May is Motorcycle Awareness Month? As it gets warmer, motorcycle enthusiasts come out to enjoy the changes that spring has to offer. Unfortunately, motorcyclists are also at higher risk. This month aims to educate and spread awareness to all those that share the road.

According to the NHTSA, motorcyclists are at higher risk of injury and fatality, despite only making up 3% of all vehicles in the U.S. In 2018, 82,000 motorcyclists were injured while 4,985 died in a fatal crash. Here are helpful tips, for both car drivers and motorcyclists, for safety on the road for all:

Driver safety:

- Anticipate encounters with motorcyclists and respect their right of way in traffic.
- Give full lane space to motorcyclists the same as you would a car. This includes when you are behind a motorcycle in traffic.
- Always check your blind spots and use your turn signals when changing lanes and merging into traffic.

- Avoid distracted and drowsy driving. Never drive drunk or buzzed. Most multi-vehicle collisions happen because the drivers did not see the motorcyclists.

Motorcyclist Safety:

- Most fatalities were from lack of helmet use. DOT-compliant helmets are recommended.
- Be properly licensed. Know your local traffic laws.
- Before riding, check tire pressure, tread depth, hand and foot brakes, fluid levels, headlights and signal indicators. Balance and secure any cargo.
- Limbs should be covered, leather or heavy denim is recommended, with boots covering ankles.
- Wear reflective material and brightly colored clothing to make you more visible to others. Adding reflective material to your motorcycle and always having headlights on also increases visibility.
- Only ride alcohol and drug free, including prescription medication that may affect your judgement or coordination.

**Motorcycle
Safety**
Awareness
Month

May



Legal Updates

1. We always accept cases for Personal Injury, Car Accidents, Train Derailments, Worker's Compensation, Divorce, 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 Sportswagens, 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.

Mother's Day: A Quick History



Mark Bryant's Mother, Louise Jones Bryant

Celebrating our moms is a no-brainer, but where exactly did this holiday come from?

If you think that Mother's Day originated from greeting card companies, think again—Mother's Day may have some roots in Ancient Greece, where the Greeks celebrated a festival honoring the mother goddess Rhea.

In the UK, "Mothering Sunday" began as a day where churchgoers would make their way to their "mother church" for a service, where they would be reunited with

Becky and her family



family members who had been away for work. Still celebrated today, Mothering Sunday has evolved into a more familiar day where children honor mothers with gifts and flowers.

Across the pond in the U.S., it was the work of one woman, Anna Jarvis, who first brought about the recognition of this special day. In the pursuit to honor her own mother (who had organized a "Mother's Day Club" to educate mothers on hygiene and raising their children), Jarvis worked around the clock writing to politicians and beseeching them to recognize this important day.

Finally, in 1914, it was President Woodrow Wilson who officially declared Mother's Day to be the national holiday we all know and celebrate to this day.

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.

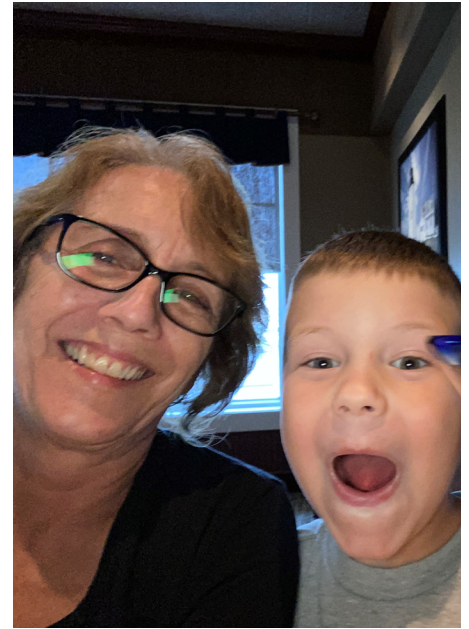
6. We have represented multiple clients who have been victims of sexual harassment and sexual abuse. If you or a loved one has experienced sexual harassment or abuse in any environment, contact us for a free confidential case evaluation.

'MOTHER'S DAY' FROM PAGE 3

Remember, even if you can't celebrate Mother's Day in the traditional sense, mother figures come in all shapes and sizes. Whether it's your mom, a neighbor, or a friend, show that special lady in your life that you appreciate her!

This year, make it more meaningful with these quick gift ideas:

- Instead of a bouquet of flowers, give her a potted plant that she can care for, possibly for years to come.
- Instead of a framed photo, make a colorful scrapbook that includes memorabilia from times you spent together.
- Instead of a gift card for a spa treatment, create a homemade gift basket filled with her favorite snacks, self-care products, and other goodies.



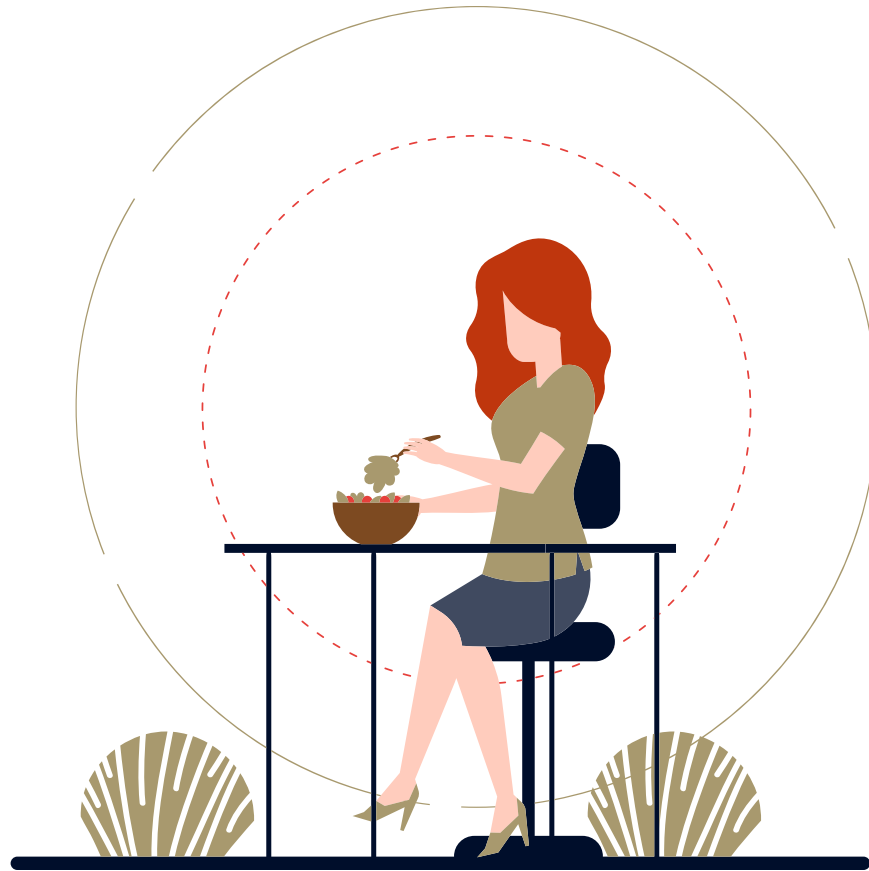
Left, Christina and her family; Right, Deanna and her grandson.



Left, Emily and her son; Right, Karie and her family.



Left, Shauna and her family; Right, Kelly and her family.



Healthy Eating Tips to Feel Your Best

You know, of course, that proper nutrition is essential to good health. For many people, though, that statement raises more questions than it answers: Which foods pack the most nutritional value?

How do different foods support different body systems and functions? Is there really a way to make kale taste good?

While there is no “magic” diet, we have collected below some tips (and recipes!) to help you fuel your body with foods that will keep you

looking and feeling good, inside and out.

Protect Your Eyes

Vitamin A is essential to good vision and may help in the fight against certain eye diseases, including cataracts and age-related macular degeneration. An easy way to get your vitamin A is to eat something

orange every day, e.g., carrots, sweet potatoes, pumpkin, cantaloupe, shrimp, or salmon.

Zinc also is important for eye health. Black-eyed peas are a good source zinc (and often are easier on your stomach than zinc supplements or lozenges).

SEE ‘HEALTHY EATING’ PAGE 6

Recipes

While you can't go wrong with carrot sticks as a quick and easy source of vitamin A, here are two tasty alternatives:

- Pumpkin pie with ginger and espresso: <https://somethingnewfordinner.com/recipe/pumpkin-pie-with-fresh-ginger-and-espresso/>.
- Black-eyed peas Greek salad: <https://somethingnewfordinner.com/recipe/black-eyed-peas/>.

Build Strong Bones and Teeth

Calcium and vitamin D are essential to building strong teeth and bones. Dairy products and green leafy vegetables are good sources of calcium. Milk is a good source of vitamin D, and many breakfast cereals are fortified with vitamin D. This means that a bowl of cereal with milk is more than just a good way to start the day (or satisfy a late-night craving); it's also good for your teeth and bones.

Build Muscle

Protein is essential to muscle

development, growth and repair. Good sources of lean protein include eggs, chicken breast, almonds, cottage cheese and other dairy products, and legumes (beans and peas). Quinoa also is high in protein.

Recipe

For a different take on a protein rich meal, try this filling salad: <https://somethingnewfordinner.com/recipe/quinoa-black-bean-red-pepper-and-corn-salad/>.

Flex Your Joints

Do your joints ache? Foods that fight inflammation will help keep your joints healthy and pain-free. This includes whole grains (oatmeal, quinoa, brown rice), and foods rich in vitamin C (e.g., cherries, citrus fruits, red peppers and leafy greens) and omega-3 fatty acids (e.g., salmon).

Recipe

This anti-inflammatory smoothie makes for a good start to an active day: <https://somethingnewfordinner.com/recipe/pineapple-kale-anti-inflammatory-smoothie/>.

Be Good to Your Gut

Fiber is essential to good gut health. Leafy greens, like spinach and kale, are excellent sources of fiber. Other foods that are good for your gut include:

- Lean proteins. Choose fish or chicken (grilled or baked, not fried), rather than a steak.
- Whole grains.
- Some fruits and vegetables: Berries, citrus fruits, bananas and avocados. Bananas and avocados, in particular, are high in potassium, which helps promote gut health and good digestion.

Recipe

This (You Won't Taste The Avocado) Banana Bread makes a delicious and healthy breakfast, snack or dessert: <https://www.cookinglight.com/cooking-101/vegan-avocado-banana-bread-recipe>.

Illustration by Designs.ai

Hawaiian Chocolate Bread Pudding

Prep 15 mins | Cook 1 hour, 15 mins

Oozing chocolate and creamy custard, this easy chocolate bread pudding will win you new friends.

INGREDIENTS

- 8 eggs, lightly beaten
- 4 cups of cream
- 3 cups of milk
- 2/3 cup sugar
- 2 T vanilla extract
- 1/2 t cinnamon
- 2 t butter
- 1.5 loaves of King's original Hawaiian Sweet Round bread, sliced into 3/4" slices
- 1 12-ounce package Guittard or other good quality chocolate chips



INSTRUCTIONS

- Heat oven to 300 degrees. Whisk together first 6 ingredients. Set aside.
- Butter a baking dish. Arrange half the bread slices in the bottom of the baking dish so they cover the bottom of the pan. Don't worry about the size or shape of the bread slices, just make sure the slices cover the the pan. Sprinkle with half the chocolate chips. Cover with a second layer of bread slices and chocolate chips.
- Crack the eggs into a large mixing bowl and lightly beat to incorporate yolks and whites. Add cream, milk, sugar, vanilla and cinnamon. Beat briefly just to combine ingredients. Don't over mix.
- Pour egg and cream mixture slowly over the bread. Pour slowly so the bread is able to absorb all the egg mixture. If you pour too fast it will overflow. If you are going to let the pudding soak for a few hours or over night, cover with saran wrap and press gently to ensure all the bread is moistened. Otherwise you can bake immediately.
- Cook an hour and 15 minutes. Check after one hour by inserting a knife in the middle. If it is runny, it is not done. Check every 10 minutes after the first hour. You don't want to over cook, but it may take as long as 1 1/2 hours to cook. When the pudding is no longer runny remove from the oven and let set 30 minutes before slicing. You can keep the pudding fairly hot for a while by covering it with foil.

Wishing David Bryant a very happy 40th birthday on April 14th!



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.

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