

A NEWSLETTER FROM

BRYANT LAW CENTER P.S.C.

JULY ISSUE

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Happy 4th of July !



As a lover of history and of this country, July has always held a special spot on the calendar for me. It is the month in which we get an annual reminder of

what America is intended to be as a nation. The idea that there could exist a country where everyone was created equal and anyone, regardless of race, religion or ethnicity, could

come and live in freedom and peace with one another was an absolutely wild one then and remains one today. The wildness of the idea is outstripped only by the beauty of the idea and it is truly worth of celebration.

So, this July, go out for fireworks, pool parties, barbecues and ball games with friends and family. But as you do, please be safe. We are always here to meet your legal needs, but we would much rather see you buying hot dogs and buns at the grocery than in the courtroom after a DUI or a car crash.

- Joe Roark

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 standing for sitting 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.

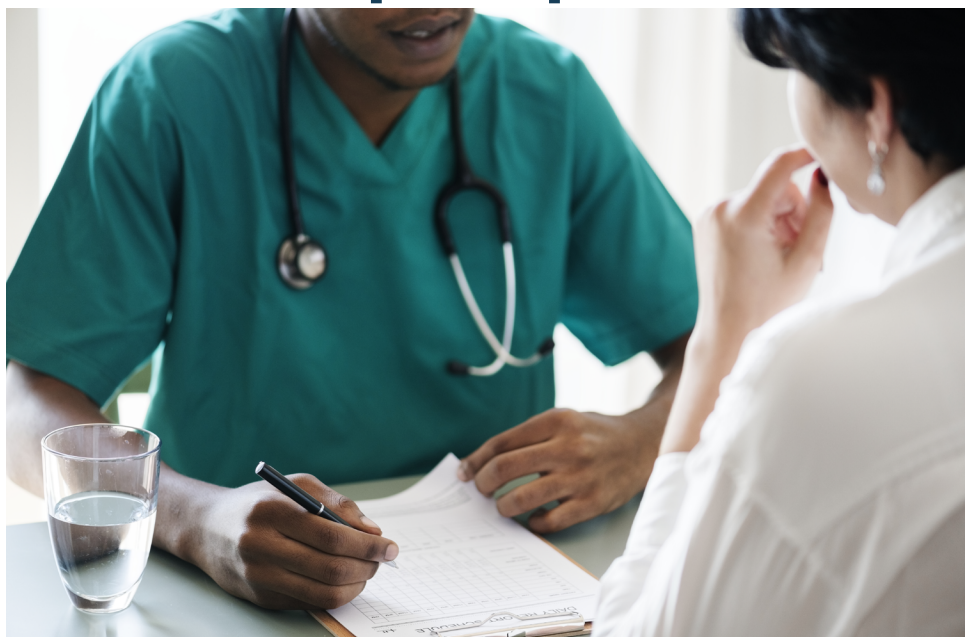
Illustration by Designs.ai



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.

Paraquat Exposure



The Bryant Law Center is currently investigating an association between paraquat - a restricted field herbicide commonly used in the Midwest and symptoms associated with Parkinson's Disease.

Use of the toxic herbicide doubled between 2006 and 2016 according to the USDA and it is linked with nervous system damage appearing years later in people who come into contact with it as sprayed it to kill vegetation in fields. Paraquat is a restricted use pesticide not available to the general public or for any residential applications. Licensed applicators would have worn protective gear and had specialized training on how to use it.

Health studies show links between exposure to this powerful herbicide and the onset later in life of neurological symptoms associated with

Parkinson's Disease that include impaired gait, instability when standing, tremors, loss of coordination, tiny handwriting, and slowness of movement.

There is no cure and the paraquat solution is so toxic - just accidentally ingesting a sip could cause death. Among prominent people believed to have the disease is actor Michael J Fox.

If you or a loved one believe you may have been exposed to paraquat (sold under several names including Gramoxone, Firestorm, Helmquat and Parazone) while spraying fields to kill grasses and brush, and you have developed troubling neurological symptoms such as tremors and slow or impaired movement, contact the Bryant Law Center for a free discussion of your legal options.

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.

Tips to Read More

With the advent of social media and every other form of entertainment that fulfills our need for instant gratification, a simpler and longer form of entertainment (one that requires just a little more concentration than reading your favorite celebrity's latest Tweet) has fallen by the wayside: reading books.

Think about it: when you're catching up with your friends and family, are they asking you about the latest book you read... or are they frantically wondering if you've seen the latest episode of *The Bachelor*?

While there's nothing wrong with watching movies and TV and engaging in social media, it's always good to maintain a healthy balance when it comes to something as important as what your brain is digesting on a daily basis.

We know that in today's fast-paced society, it can be difficult to find a moment to allow yourself to become engrossed in the pages of a book and allow your own imagination to lead the way, but there are some small steps you can take to start incorporating more reading time into your daily routine:



Join a book club... or start your own!

Check out your local community events to see if there's already a book club that you can join, and if there isn't—start your own! You can make it really fun by picking a theme and pitching the idea to a couple of friends. Do you and your friends find yourselves constantly rehashing the latest installment of the *My Favorite Murder* podcast? Have you marathoned every single

true crime documentary series on Netflix? Start a Murder Mystery Book Club! Prefer watching rom-coms? Make it a club that focuses on romance novels! Or adventure. Or non-fiction. Or any genre you want. Go wild—this is your club! And if you want to get really crazy, find an affordable shop on Etsy that can customize membership bookmarks with the name of your new club! The key is making it fun

and making it your own—this way, reading will never feel like a chore (especially when your fellow book-club members are there to keep you accountable!).

Always keep a book in your bag

Maybe you take public transportation—maybe you have a long lunch break at work. Instead of reaching for your phone to stave off the boredom, reach for your book! Even if you don't think you'll have a second to spare, it's always a good idea to have a book on hand. You could be waiting for your table at a restaurant, or even sitting in the waiting room of your doctor's office. There's always a reason to keep a book in your bag—just in case! The more you get into the habit of doing this, the more natural it will feel to reach for your book when you have a moment or two to spare.

In the evening, keep your current read on your nightstand

You're exhausted... you're ready to slowly doze off into a peaceful dreamland... but wait! Instead of falling asleep to a YouTube video, why not try to read just one, two, or



maybe even three pages of your book? Not only will you will fall asleep much more quickly than if you had the bright glow of your favorite gardening channel in your face, but those few pages each night will definitely add up!

Start a GoodReads account

Can't stay away from social media? You're in luck—there's a website called GoodReads for book-lovers of every genre. What better way to become a seasoned bibliophile than having access to a community of thousands of other readers (complete with book reviews and star ratings) right at your fingertips? You can add your real-life friends who read and make new online friends who may even introduce you to your favorite new genre!

Above all—no pressure

If you've realized a quarter of the way into a book that you're not enjoying it, it's okay to put it down and choose another book. Don't force yourself to read a book you don't like (especially if you're only reading it because other people said they liked it)—reading as a hobby should be fun, not a chore!

With these tips, you're well on your way to becoming a bibliophile--and you don't even have to make any drastic lifestyle changes! And let's be honest—after we're done reading a page or two (or a book or two!), I think most of us will still be scrambling to catch up with the newest season of our favorite show... Happy Reading!

Illustrations by freepik



Firm News



Summer Safety Series Announcement

We are highlighting common summer activities that can be hazardous and providing tips and tricks on how to help keep you and your loved ones safe this summer. Check out our Facebook page to see more on motorcycle safety, boating safety, lawn care safety and more.



Congratulations Emily!

We want to congratulate partner Emily Roark who has just been appointed to the Plaintiffs' Executive Committee for the CA Zantac JCCP, where she will work closely with the other attorneys to ensure the management and coordination of the litigation! Emily has a passion for helping people who have been harmed by defective medical devices and harmful medications, which has fueled her deep involvement in many MDL lawsuits against major pharmaceutical companies. Her involvement in multi-district litigation and class action suits are not limited to pharmaceutical companies, but also include railroad companies for train derailments and harmful herbicide manufacturers. Please join us in celebration of this big news!



Fill Up Fridays!

4 winners will be announced each Friday in our summer sweepstakes Fill Up Fridays with West Kentucky Star! Each winner will receive a \$50 Fivestar gas card...that's 10 weeks...4 winners each week....\$200 in gas up for grabs! See our Facebook page for more information or go here to register <https://westkentuckystar.secondstreetapp.com/Fill-Up-Fridays-2021/>



Thank you!



Four Rivers Harley Davidson Thank You

We want to send out a huge THANK YOU to Four Rivers Harley Davidson for welcoming our attorneys to their riding safety course! They shared information on motorcycle safety as well as tips on motorcycle insurance and the coverage you need as a rider. Keep an eye out for us to pop up at courses in the coming weeks where we will share information and some Bryant Law Center summer swag!

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



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.

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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.