

A NEWSLETTER FROM

BRYANT LAW CENTER P.S.C.

AUGUST ISSUE

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Welcome to the August edition of the Bryant Law Center Newsletter. Because of Covid-19, we have only opened up our office to our fellow workers and our clients since April 2021. It is amazing the pent-up demand there is for legal services after the country closed down for more than a year. Though all of our employees worked from home for more than 13 months, there was plenty of work to go around. Because a large part of our practice is personal injury, we didn't skip a beat in the personal injury department and Kevin Shannon and Austin Kennady, along with their paralegals, Shauna Dollins, Mandi Janssen, and Judy Storm held down the fort in that department.

We have always had a large criminal department headed by Emily Roark and Teris Swanson and their paralegal, Christina Ellegood and investigator, Jim Malone. But because of Covid, police were arresting very few people outside of violent criminals and sex abuse cases. But there was still plenty of work to be done in Mass Torts and Class Actions. We are working hard on these cases and are getting a nationwide reputation in the Mass Tort and Class Action Bar. Only last month, BLC Law Partner Emily Roark was assigned by a California Circuit Court Judge to the trial team on California Zantac cases. Emily and Teris are two smart, hard-working women. I believe with a couple more like those two I could move the world, a-la Archimedes! The Bryant Law Center is doing pretty well on



that mission with just these two!

Family Law cases really slowed down in the beginning of the Covid debacle but

after the initial fear of the sky falling, people decided they would rather risk Covid than live longer with a spouse they didn't love. Suddenly Joe Roark went from working on class action and mass tort cases and the few criminal cases we had to being inundated with divorces and child custody cases. He and his paralegal, Becky Laverdi, work long hours trying to help clients who are going through the most difficult period of their lives and Joe and Becky are doing a great job of it.

And last Summer, I received an email from a young lady asking to talk to me about a job with our law firm while she was attending the Univer

sity of Chicago via Zoom from her parents' home. Jaelyn Douglas came to Paducah and we sat on a picnic table on our campus at the Bryant Law Center. She met with Emily Roark, Teris Swanson, and me and we told her that there was nothing available while the pandemic was at full blast but that we would keep her contact information for future reference. I was impressed with Jaelyn as I knew from reputation and from being Vice Chair of the University of Kentucky Board of Trustees, that the University of Chicago is one of the best Universities in the world and requires a huge GPA and high scholastic test results to be admitted. This March I

called Jaelyn to see if she was still available to work. She quickly accepted a job offer that has kept her busy every day and my hunch about her proved to be correct. She is some kind of smart and hard working. None of us look forward to Jaelyn returning to Chicago in September, but we wish her the best.

Well, I have written enough. I do want to thank each of you for being our clients and friends of the firm and for referring so many cases to us over these past 31 years. Please know that if you or your friends need a lawyer, you can call us for free to discuss it. If we can help you, we will. If we cannot, we will send you to a good lawyer who will. Best, Mark



Jaelyn Douglas



Back to School

Study Tips for Success

As we approach that time of year where school is back in session, you may need some helpful study tips for you or your child. These helpful tips should make it easier to reach your academic goals.

Even if you don't have a test to study for, these study tips can help you focus when gaining knowledge on any topic.

A Distraction-Free Setting

A distraction-free setting is the first step to a successful study session.

- **Turn off any music or television before you start to study.** Some people benefit from playing white noise or having a fan going, as sometimes the absence of any sound can be distracting.
- **Studying in solitude has benefits.** Being able to say things out loud can help you remember them. You can also do this with someone else, provided that person does not distract you.
- **Bring snacks and water.**



If you get hungry, you may want to take a break and go grab food, which wastes time that could be spent more productively.

Try instead to come prepared so you can get sustenance while studying.

SEE 'BACK TO SCHOOL' PAGE 6

Taking Productive Breaks

Just because it's important to stay focused, that doesn't mean you should study for hours without any breaks. Breaks can also help you study.

- **Take a break once every hour** or every hour and a half. This can help your brain refocus on a task and help you to avoid burnout.
- **Take active breaks!** If you just take a break every hour to scroll through social media, it won't help you study. So when you do take a break, make it something that will help you. Try taking a walk, doing a workout, as aerobic exercise can help boost your brain power.
- **Breathe.** Take some time on your breaks to practice

some meditation and focus on your breathing. Meditation can also help to boost your attention span.

Test Yourself

One of the most effective ways to ace a test or grasp a topic is to test yourself prior to any type of official test.

- **Use mnemonic devices.** If you can use mnemonic devices to test yourself, they may help you remember specific facts for later.
- **Make flashcards.** Flashcards are a great way to quiz yourself on various information. You can make the main subject on one side and bullet points of key points to remember on the other.

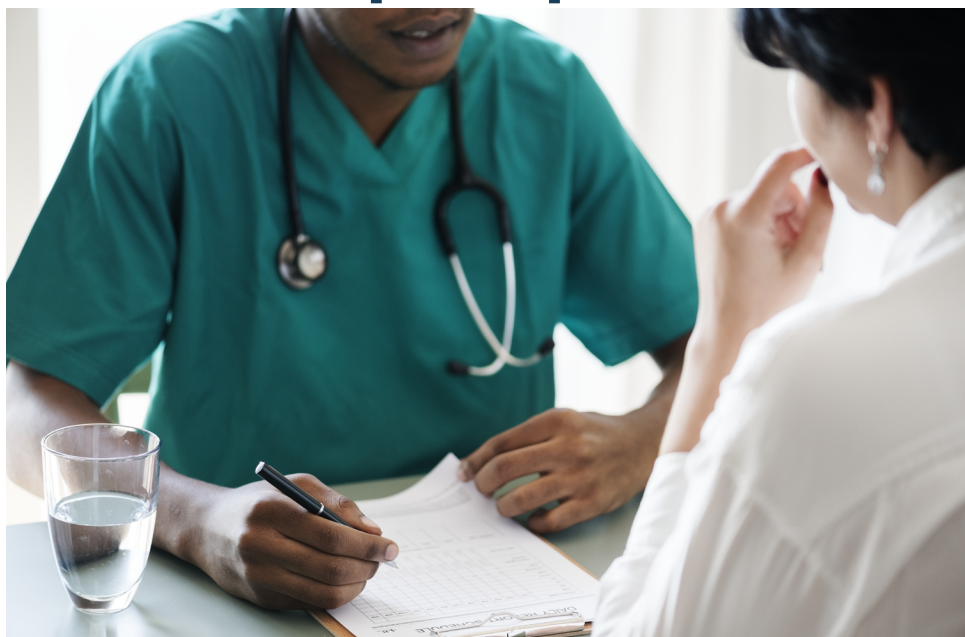
- **Partner up.** If you're able to work with another person who is willing to help or is studying the same subject, they can also test you by asking you questions. It may be helpful for the other person to ask questions beyond the key points you need to remember.

Remember that what works for someone else may not be exactly what works for you. It's okay to find what works for you. Maybe you study best with a cup of coffee, while your classmate studies best with a cup of herbal tea. Find what works for you and stick to it. There's always something new to learn about, so hopefully these tips get you started.

Illustrations by Freepik



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.

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 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.

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.



Happy August birthday!

We want to wish all of our readers with a birthday in August a very happy birthday



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/>

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.

Come Sit Outside With Us!



New Outdoor Space!

Our new outdoor seating spaces are complete and ready for you! Now we have more outdoor tables to accommodate our clients who prefer to meet outside. As COVID 19 infection rates begin to rise again, we're here to help you feel as comfortable as possible while you meet for your no obligation consultation.

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.

Download Our Free E-Book:

<http://bit.ly/BLCAccidentInjuryBook>

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Super Easy Fish and Veggie Gratin

Prep 30 mins | Cook 30 mins

An easy weeknight fish that is good enough for entertaining and requires only 30 minutes of prep time.

INGREDIENTS

- 3 T unsalted butter
- 1 1/2 pounds mushrooms, sliced
- 3 cloves garlic, minced
- 2 pounds fish fillets, such as sole, mahimahi, tilapia or cod
- 3/4 cup panko or other bread crumbs
- 1 1/2 pounds tomatoes, sliced
- 6 ounces gruyere or swiss cheese, grated
- 2 T parmesan cheese, finely grated (optional)

INSTRUCTIONS

Heat oven to 350 degrees. Heat the butter over medium heat until melted and it begins to bubble. Add mushrooms and garlic and saute for about 10 minutes, stirring occasionally.

While the mushrooms are cooking, dry the fish and season the fillets on both sides with kosher salt and fresh cracked pepper. Put the panko on a plate and dip the fillets in the panko, coating each side of the fillets.

Spread the sauteed mushrooms in the bottom of a glass or ceramic 13" x 9" x 2" pan. Layer the fish fillets over the mushrooms. If you are using thicker fillets such as mahi mahi, the fish will not overlap. If you are using thinner fillets such as sole, the fillets may overlap a bit. Some overlap is OK.

Layer the tomato slices on top of the fish and sprinkle the grated cheese on top of everything. Add the optional parmesan cheese last. Bake for 30 minutes. Cut into squares and serve while hot.

NOTES

You can substitute other vegetables for the bottom layer of sauteed mushrooms. Consider using sauteed onions, zucchini or brussels sprouts. Or a combination of vegetables.

