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**The Freedom to Speak  
 Without Obscenity or Inciting Violence**

The First Amendment has been the centerpiece of a contentious debate about what can legally be posted (and deleted) on social media like Twitter and Facebook. But before we can define "censorship," we need to know what is defined as "free speech." What exactly does the First Amendment say about free speech? What are the boundaries for what people can and cannot do?



**The Freedom to Speak —  
 Without Obscenity or Inciting Violence**

The First Amendment covers the freedom of speech, press, and religion. It's arguably one of the most fundamental amendments to American democracy, but its interpretations can vary significantly. This is how the full First Amendment reads:

*"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."*

Why is it that the Ku Klux Klan and Westboro Baptist Church have gotten into legal trouble for expressing their opinions? Their groups often promote acts of violence against another group, which violates the "peaceably" qualifier to the people's right to assemble.

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**Never Fear, Evan Is Here!**  
 WE FIGHT FOR THOSE WHO NEED HELP — JUST LIKE UNDERDOG ...



America really loves an underdog. It's woven into our very fabric. Probably started when the English bookmaker, Ladbrokes, gave the ragtag Continental Army virtually no shot to defeat the mighty British Empire in the Revolutionary War; rumour has it that King George III lost a bundle!

It continued in the 1960s with "Joe Namath's Guarantee" to win Super Bowl III over the 18-point favourite Colts; and in the 1970s with Rudy Ruettinger, who at 5-foot-6 went from walk-on to play at Notre Dame — the feel-good story that was made into the movie ("Rudy"); and the 1980s with "The Miracle on Ice" U.S. Olympic hockey team's win over the mighty Soviets; and the 1990s, when James "Buster" Douglas knocked out the undefeated "Iron Mike" Tyson for the heavyweight championship; and more recently, when Trump beat Clinton.



Now, what does this have to do with The Law Offices of Evan M. Ostfeld? Glad you asked. This law firm primarily handles workers' compensation and personal injury matters, including Mass Torts (specifically drug cases like Zantac and defective products such as Roundup, Johnson & Johnson Baby Powder, 3M Earplugs, hernia mesh and Essure), but only for individuals and their families.

**REFERRALS WELCOME!**

Thanks for allowing us to represent you. Hopefully, we've earned your trust for future referrals of friends and family, even if the matter occurred outside of Florida. We are only a call, text, or email away!

**The Referral King**

(866) BAD-RXR  
 (866) I-SUE-YOU  
 (844) 411-KING  
 (954) 998-0075 (text)  
 (954) 227-7529  
 evan@attorney4life.com

That being said, I am here to listen to any of your other legal concerns. If our firm cannot help, we are happy to refer you to someone who might.

My philosophy is to look out for the "little guy." Throughout my career, which has spanned nearly three decades, I've only worked with small law firms that protect the rights of injured people as opposed to defending large corporations. It's very important to me as an attorney to seek justice and level the playing field for "the underdogs," so to speak, against the "The Man."



As a kid, one of my favourite cartoons was "Underdog." Some of his best catchphrases were "There's no need to fear, Underdog is here!" and when there was some kind of trouble, "I am not slow. It's hip, hip, hip, and away I go!" Although I cannot fly or have access to his Super Energy Pill in the U-shaped ring (sadly, it's not a covered medication under my health plan),

my legal team and I will help the injured understand their rights so they have "no fear"; and we'll "fight" to formulate an immediate plan of action regarding their personal injury and/or workers' compensation claim — not unlike Underdog trying to save Sweet Polly Purebred from such dastardly villains as Simon Bar Sinister or Riff Raff.

To recap, if you feel like an underdog fighting against the system, contact us today for a no obligation case evaluation. Consultations are always free and we do not charge any attorneys fees or costs unless there is a court award or settlement. The Law Offices of Evan M. Ostfeld, P.A. is here to help!

Godspeed,  
 -King E

# Roundup and Cancer

## If You Have Questions, We Have Answers ...

For many people around the country, Roundup was their go-to product to kill weeds. It is a herbicide that was originally manufactured by Monsanto but was acquired by Baer in 2018. It also became the world's best-selling product in the industry. The active ingredient in Roundup is glyphosate, which was discovered in 1970. By 1973, farmers were using it regularly. Monsanto even developed glyphosate-resistant crops, like corn and soy, so they could use Roundup without killing them.

By the 2000s, Roundup reached the height of its popularity. Commercial and small farms, landscapers and home consumers used it regularly. Why? Because nothing worked better, but it came at a very heavy price. Unfortunately, the public was never made aware of the risk associated with using Roundup. In fact, the International Agency for Research on Cancer identified glyphosate as a Group 2A agent, which means it's likely to cause cancer in humans. Further research found a significant link between Roundup use and non-Hodgkin's lymphoma (NHL) and other types of blood cancers, including:

- Chronic Lymphocytic Lymphoma (CLL)
- B-Cell Lymphoma
- T-Cell Lymphoma
- Hairy Cell Lymphoma
- Mantle Cell Lymphoma

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However, more restrictions have come up. In *Miller v. California* (1973), the U.S. Supreme Court found that the First Amendment's freedom of speech doesn't apply to obscenity.

How does the court define obscenity?  
There are three things they'll take into account:

1. Will the average person (applying contemporary "community standards") find the work appealing to the overly sexual interests?
2. Does the work depict or describe, in an offensive way, sexual conduct or excretory functions as defined by state law?
3. Does the work, when taken as a whole, lack serious literary, artistic, political, or scientific value?

Certain types of hate speech are legal, so long as they don't incite violence and cannot be categorized as obscenity as described above. But what about more ordinary political opinions? Can those be legally censored?

### The First Amendment's Boundary

Corporate censorship and censorship by private entities are legal because the First Amendment only applies to government censorship.



Today, Roundup is banned in many countries in response to a growing number of cancer cases linked to its use. It is available in the U.S. due to the high amount of revenue generated. Individuals who lived near areas where Roundup was used or who worked directly with it are at much higher risk of a developing certain types of cancer than those with no exposure to the pesticide.

Thousands of lawsuits have already been filed against Baer. In fact, since there have been some very large verdicts, they have settled a large portion of the claims. If you or a loved one was diagnosed with non-Hodgkin's lymphoma or another form of blood cancer — and you were exposed to Roundup — it's not too late for you to seek compensation.

Contact Evan M. Ostfeld, Esq. and his legal team today. We'll set up a free consultation to see if you may qualify for compensation.



That's why when Twitter bans an account or Facebook deletes a post, these actions don't count as violations of free speech. Could that change?

According to legal experts, the big question now is how to treat large social media platforms. Clay Calvert, professor of law at the Levin College of Law, asks, "Should we treat them differently and regulate them more closely? Have we reached that stage where we need antitrust litigation, perhaps, and say they have such powerful platforms, they're like near-monopolies that we should do some trust-busting and break them up?"

Would it be a good idea for the First Amendment to apply to private entities? We'll leave that to the future debates that are sure to come.

# TAKE A BREAK



## GRILLED CHICKEN SHAWARMA

Inspired by FeastingAtHome.com

A spice-filled marinade and time do all the work in this recipe that features Middle Eastern flavors.

### Ingredients

- 2 tbsp ground coriander
- 2 tsp allspice
- 2 tsp kosher salt
- 8 garlic cloves, minced
- 1/4 tsp cayenne pepper
- 6 tbsp olive oil
- 2 tsp turmeric
- 2 lbs boneless, skinless chicken thighs
- 1 tsp ground ginger
- 1 tsp ground black pepper

### Directions

1. To create marinade, whisk all spices with the garlic and olive oil in a medium bowl.
2. Add chicken to the bowl, coat well with marinade, cover, and let sit in the fridge for at least 20 minutes — or up to 48 hours. Strain off excess marinade before cooking.
3. Preheat grill to medium-high heat. Grill thighs for 10–12 minutes on each side, or until a meat thermometer reads 165 F.
4. Serve with rice, vegetables, or pita bread with tzatziki.

## ARE GROCERY SUBSCRIPTION BOXES WORTH IT?

June is National Fresh Fruit and Vegetables Month, so let's explore one popular way to get more fresh produce into our lives: subscription-based delivery services like Full Circle and Imperfect Food. Are these services actually worth it? Do they save money and provide what they promise? Here's what the research turned up.

### Can they save you time?

**The Verdict: Yes, without a doubt.** Subscription-based grocery delivery services appeal to consumers because they save time. With somebody else doing your grocery shopping, you don't have to think about when you're making a trip to the grocery store this week. Someone else is doing it for you!

Plus, some services even offer meal kits if you can't decide what to make. There's no argument here — these services definitely save you time.

### Can they save you money?

**The Verdict: Sometimes, since it depends on your existing shopping habits.** If you find yourself making impulsive purchases while strolling down the aisles at the grocery store, then a set (but customizable) weekly list of delivered groceries might be a great way to stick to your budget. Unfortunately, not many grocery subscription-box delivery services offer nonfood items like toilet paper or cleaning products, so you may still have to make a trip to the store every once in a while.

### Is the food quality great?

**The Verdict: Yes, but it depends on your area.** You have a higher chance of getting better grocery items if you buy from an organic grocery box service, like Imperfect Foods or Farm Fresh to You, since these companies work closely with your local farms.

Keep in mind that some services, like Imperfect Foods, are designed to deliver fresh foods that are a little "imperfect" in size, shape, or color to help prevent food waste — but, as a benefit, it's more affordable! However, we've found some services, like Full Circle, will prepackage their boxes from warehouses that may not be local to you, so do a little research before picking one.

All in all, we've been pleasantly surprised to find that these boxes aren't such a bad idea. Consider looking into it if you're tired of the weekly grocery store time crunch!

