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Clean Hydrogen: The Energy of the Future?

The U.S. is looking to invest in new energy sources, including clean hydrogen; that sure sounds better than “clean coal” right?

What is clean hydrogen?

Even though it’s easily the most abundant (and clean) element in the universe, the process used to make it is not. The energy industry describes hydrogen using a color-coded system — (created with steam methane is gray, and if produced with fossil fuels is brown.) Neither, however, is considered clean.

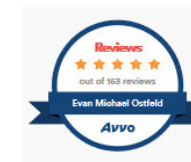
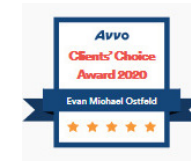
Blue hydrogen is when natural gas is split into hydrogen and CO2. This process helps mitigate the environmental impacts. Green hydrogen is generated entirely by renewable energy and has significantly lower carbon emissions.

One day, it may even power cars. Speaking of which, Hyperion, a California company, has unveiled a hydrogen-powered supercar! It will be able to drive for up to 1,000 miles on one tank of compressed hydrogen with more than 1,000 horsepower. This “bad boy” can go from (0–60 mph) in about two seconds! That’s even faster than the Tesla’s plaid.

Clean hydrogen has its detractors. Some environmental activists argue that we need to move away from gas power entirely and use less electricity overall.

Energy experts who otherwise support clean hydrogen also point out that it’s currently much more expensive to create than fossil fuel production.

Our country has launched a plan to bring down the cost of hydrogen. Before it really can become viable, governments/ industries need to deploy more resources to develop infrastructure and expand its production.



*I guess we used to be the lucky ones
Good fortune smiled on everyone
Stop (stop) A voice said you best beware
Stop (stop) Bad luck is everywhere
And sure enough the voice was right
My luck had changed overnight
Stop (stop) Please tell me what went wrong
Stop (stop) I can't take these ups and downs
Hard times come, and hard times go
and in between you hope and pray the scars don't show
'Cause life is strange and so unsure
The days you hardly make it through
You swear that there's a curse on you
When nothing seems to fit and things won't go your way
You know you've had enough
You've got the right to say
Why me? Why me?*



That is a smidgen of the lyrics of Styx’s 1979 song “Why Me” from their ninth album, *Cornerstone*.

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!



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WHY ME?

They basically encompass what goes through the minds of an accident victim — “Why was I injured due to someone else’s negligence?” Sadly, many people do not seek any advice from an attorney to learn about their rights. They chalk it up to simple “bad luck” or a “curse” and “hope and pray the scars don’t show.” Anyway, that’s what plastic surgeons are for! Now, what does this have to do with Evan M. Ostfeld, P.A.? For over 20 years, we’ve been handling workers’ compensation and personal injury cases such as bad drugs, defective products and medical devices, nationwide. We only, however, represent the injured and their loved ones. If you, however, have a legal conundrum that is outside of our wheelhouse, The Referral King™ is more than happy to make a referral to another attorney in the Referral Kingdom™ who may be able to assist thee.

“‘Cause life is strange and so unsure,” our firm strives to educate the injured about what they can or cannot do about their calamity. My trilingual legal team and I strive to help those in need anywhere, and the consultation is always free. Since our injury cases are handled on a contingency basis, there are no upfront attorney fees or costs. In fact, unless there is a settlement or court award, the client pays zippo! That does not mean, however, that our firm provides a free Zippo™ reusable lighter — that promotion ended yesterday! If you have suffered from the pitfalls and perils of life that were caused by a company’s or person’s negligence, instead of asking the universal question, “Why Me?” one should try to seek justice for his/her injuries. If so, I’d be honoured to accept representation and shall promise to do my very best in obtaining a favourable outcome for your personal injury and or workers’ compensation claim.

Dispatch your query post haste to Evan M. Ostfeld, Esq. at (866) I SUE YOU, (844) 411-KING, (954) 227-7529, (954) 998-0075 text or evan@attorney4life.com. We are here to help!

Godspeed,

-King E

Uber Driver, Employee or Independent Contractor?

A company such as Uber is often considered to be a “gig economy” entity. Uber, therefore, has avoided classifying their workers as employees. In their regulatory filings, they state that if they were to alter their business model, it could affect their labor costs by as much as 20%–30%. According to the IRS, an employee is anyone who performs services for a person/company if they are controlled on what and how the task(s) will be done. If you are an independent contractor, one is self-employed and you control your own “destiny” as to what and how the work is performed. Plus, one who does not work for a single employer, is free to offer his/her services to anyone, works unsupervised and per their own schedules.

If you are an employee, it means that you must earn at least minimum wage and be paid time and one-half for overtime. The employer also remits payroll taxes in case you are ever discharged so you may qualify for unemployment benefits. This is not a requirement for independent contractors.

Do you work or have you ever worked for Uber transporting passengers (not Uber Eats, Uber Connect, Uber Delivery) for more than 40 hours in one or more weeks during the last three years? Yes? There may be a claim for unpaid wages, including overtime and possible double damages!

Our law firm and co-counsel team are fighting to change the law to have such drivers classified as employees.



It’s our legal position that Uber drivers are in fact employees since they are subject to so many rules and are forced to pay for automobile expenses like gas, tolls, cleaning supplies, insurance, maintenance, etc., related to their job without reimbursement.

In many states, Uber drivers are considered to be independent contractors. That being said, presently there is ongoing litigation in Illinois and Texas that is proceeding through binding arbitration. Uber wishes to try and settle as many claims as possible so as not to make a bad legal precedent for all of their drivers. So now, we are taking the fight to Florida. Don’t let Uber take advantage of you. Contact us today for a free case evaluation. There is nothing to lose!

More Than a Pinch of Salt 3 Ways to Reduce Your Sodium Intake

The average American adult eats 1,000 milligrams (mg) more than the recommended amount of sodium each day. Salt enhances flavour and is easy to add to food. Unfortunately, too much of it is unhealthy and can cause high blood pressure or kidney damage. Here are some steps you can take to reduce its intake.

Read food labels. Processed products tend to contain a lot of sodium, so it’s best to shop for fresh meat, fruits, vegetables, and dairy. In particular, avoid premade sauces whenever possible. If you need to buy packaged meals, search for items with less than 6,000 mg of sodium — the highest amount a meal can contain and still be labeled “healthy” by the FDA. Check serving sizes as well; 400 mg of sodium in one meal sounds good until you realize there are 2–3 servings in the package.

Try other flavours. We have easy access to more types of salt than ever, but unfortunately,

sea salt, Himalayan salt, and Morton’s Coarse Kosher Salt® don’t contain any less sodium than the table variety. Luckily, there are plenty of other seasonings available to liven up your food. Experiment with new spices; the bolder the flavour, the less you’ll notice. Garlic is also popular (not recommended for vampires of course) ... but check the label — salt may already be included.

Keep the shaker out of sight. If you want to reduce the amount used keep the salt shakers out of sight, even if they are cute! Leaving it on the table increases the temptation to sprinkle a little bit more on your meal. It will also help kids, who may instinctively use it to copy their parents.

Don’t worry. Cutting this practice takes time. Once the extra sodium is gone from your diet, you probably won’t miss it — and your body will be a lot healthier. You may even live longer!



TAKE A *BREAK*



MEDITERRANEAN STUFFED CHICKEN BREAST

This succulent chicken stuffed with cheese, artichokes, and sun-dried tomatoes is impressive for the palate but easy for the kitchen!

Ingredients

- 2 chicken breasts
- 2 oz mozzarella cheese, cubed
- 2 canned artichoke hearts, chopped
- 4 tsp sun-dried tomatoes, chopped
- 10 large basil leaves, chopped
- 2 cloves garlic, chopped
- 1/2 tsp curry powder
- 1/2 tsp paprika
- Salt and pepper, to taste

Directions

- Preheat oven to 365 F.
- Cut a slit lengthwise to create a pocket in the middle of each chicken breast. Place the breasts on a baking sheet.
- In a medium bowl, combine the mozzarella cheese, artichoke hearts, tomatoes, basil, and garlic.
- Divide the mixture in half and stuff each chicken breast pocket. Using toothpicks, seal the edges of the pockets.
- Season the chicken with curry, paprika, salt, and pepper, then bake for 20 minutes or until the chicken reaches 165 F.
- Remove the toothpicks and serve with rice, potatoes, salad, or roasted vegetables!

Inspired by DiabetesStrong.com

BROCK VS. BROCK

The Man Who Sued Himself

On July 1, 1993, Robert Lee Brock made a big mistake. By his own account, he had a few too many, and in his drunken state, committed breaking and entering, as well as grand larceny. Brock was arrested, charged, convicted and sentenced to 23 years in jail.



In 1995, however, he wanted deserved restitution. Reasoning that he’d violated his own civil rights, he sued himself for \$10 million, which included the family’s pain and suffering, children’s college tuition, and for his “support” during the stay at “Club Fed.”

Central to the claim was that, due to his drinking, “I caused myself to violate my religious beliefs. This was done by my going out and getting arrested, which caused me to be in prison.”

Plus, since he was a ward of the state, he explained that Virginia should pay him and his family damages. After all, he was incarcerated, unable to work, and the state was responsible for his care. Get this, he even promised to pay the money back after his release! If you believed that, I also have a bridge to sell you in Brooklyn!

In a move that shocked no one (except, perhaps, Mr. Brock), the judge dismissed the case. While she did call his claim “ludicrous,” he was also praised for his creativity, stating it “presented an innovative approach to civil rights litigation.”

Perhaps the lawsuit against himself wasn’t his first or last attempt at legal restitution. He once filed 29 complaints in a single year (talk about a jailhouse lawyer!). Due to his continued and frivolous claims, the court removed his ability to sue again. “None of Brock’s allegations have ever been found by any court to have any merit,” the decision read. “Because Brock’s repeated, frivolous claims have placed a significant burden on this court, as well as on the district court ... we hereby impose sanctions upon Brock.”

In fact, this case ranked No. 3 on Time Magazine’s list of Top 10 Outrageous Legal Battles. So, while wealth wasn’t achieved, at least he gained fame in “The Big House!” Hopefully, Mr. Brock has already paid his debt to society and is on the path of the “straight and narrow.” That being said, if he ever walks into my office, I will not be accepting his next case!