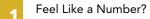


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## **Falsely Accused and Condemned**

**Killer Tomatoes Trials** 

Surely, you've heard about the Salem witch trials in Massachusetts, but did you hear how the people of Salem, New Jersey, who put tomatoes on trial in the 1800s, believing that they were poisonous? It sounds like the 1978 movie "Attack of the Killer Tomatoes."

Even back in the 16th century, people were very suspicious of tomatoes. As if enough confusion didn't already surround the tomato — is it a fruit? Is it a vegetable? Deemed a fruit but treated as a vegetable, the tomato is a bit of a contradiction. To make matters worse, in the 1800s, it was discovered the stems and leaves of tomatoes contained tomatine, a toxin. Within the fruit itself, a small amount of the toxin exists in a much lower concentration. However, people feared being poisoned if they were to consume any part of a tomato. Today, we know there isn't nearly enough of the toxin to create a problem for us.

In 1820, wary of the poisonous red fruit, tomatoes were put on trial in the town courthouse, made to answer for their toxicity. But, there's always one who goes against the grain. Colonel Robert Gibbon Johnson, a farmer and historian, refused to believe that the tomato was harmful and ate them on a regular basis. In fact, he even hosted tomato competitions, granting a prize to the person who could grow the largest tomatoes. People thought he was simply mad.



To prove his point and redeem his reputation, he showed up at the Salem tomato trial with a giant basket of tomatoes, frantically eating them in front of the crowd. He ate the entire basket full and stood before everyone, as healthy as can be, hoping to coax the crowd into dropping the "charges" on the healthy fruit. When he maintained his health days, weeks, and even months later, tomatoes were no longer regarded as evil and poisonous.

Today, the tomato is actually the fourth most popular "vegetable"; after all, how could we live without salsa and marinara sauce?

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I'm sure that you'll agree that today, more than ever, we are constantly bombarded with advertising. Whether it be on TV, radio, the internet, email, text, or social media. You just can't escape companies peddling all types of products and services. In their minds, it's simply a numbers game. The more times you see something, there is a better likelihood that you'll make a purchase.

said for lawyer advertising. They'll spend a ton of dough on slick commercials, bus, taxi and bench ads or on their websites. Unfortunately,

The same can be

when you become

one of their



clients, you are just a "number." You'll be lucky to even talk to "your" lawyer. If you go with a "big firm," some of the humanity gets lost after their ad hype wears off.

It reminds me of the Bob Seger song, "Feel Like A Number" from his Stranger in Town album. "And I feel like a number, feel like a number Feel like a stranger A stranger in this land, I feel like a number I'm not a number, I'm not a number Damn it I'm a man, I said I'm a man." So don't be "a spoke in a great big wheel" or "a tiny blade of grass in a great big field."

### **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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# EVAN M. OSTFELD, P.A. ATTORNEYS4LIFE.CON

### FEEL LIKE A NUMBER?



On the other hand, we treat our clients like family, except of course crazy cousin Waylon A. Skroob.

You are definitely not a stranger or just "another statistic on a sheet." If I cannot take your call initially, I'll call you back, really. That or a specific appointment time shall be coordinated.

My cellphone number is also provided and I respond to emails and texts, days, nights, weekends



and on holidays. That's actually the number one complaint that clients have about their attorneys, lack of communication. One of the best parts of having my own firm is listening to potential clients to understand their concerns. Thereafter, I'll provide a free consultation educating them and plotting a course of action. Although my firm primarily handles workers' compensation and personal injury matters including Mass Torts like Baby Powder, Roundup, 3M Earplugs, Hernia Mesh and Fire fighting foam cases, we are here to listen to any of your other legal concerns. If our firm cannot help, we'll gladly try to refer you to someone that can.

Realizing that the case is always "big" in your eyes The Referral King<sup>®</sup> will make sure you receive the royal treatment. So, even if you are an "Average Joe" and your matter is not worth a King's Ransom, I'd still be honoured to assist thee!

Godspeed,

-King E

### **Our Firefighters Are in Danger!**

Fire Fighting Foam Linked to Cancer

Since the 1970s, aqueous film-forming foam, or AFFF for short, has been used in both civilian and military firefighting. It suppresses fire by creating a blanket, or barrier, between any flammable vapors, such as gasoline, and the oxygen that they need to ignite. Extremely effective, it has been used quite often by our brave firefighters.

Unfortunately, the CDC, EPA, and the American Cancer Society have all noted that certain PFAS chemicals are hazardous and may be linked to cancer. They are known as "forever chemicals" since it is difficult for them to break down in the human body and within the environment, possibly contaminating the soil and groundwater. Consequently, it continues to be a danger long after its use.

Firefighters who are exposed to this deadly product have an increased risk of developing certain types of cancers and illnesses including breast, bladder, colorectal, kidney, liver, lymphoma, pancreatic, prostate, testicular and thryoid. Presently, two of the world's largest chemical producing companies (3M and DuPont) are now being sued nationwide. Lawyers allege that they knew for decades their products were dangerous, yet failed to warn people about the risk of its use.



When creating an estate plan, there are many assets to consider. Most people think about their homes, retirement accounts, and heirlooms, but one vital thing is often overlooked: their digital lives.

Today, we manage so much of our lives through our social media. Using usernames/passwords, helps safeguard them. Two-factor authentication provides an enhanced level of security which is encouraged.

What happens to this data after you pass? Will your family know how to access them and therefore log in to your most valuable accounts? How can you make sure the right people have access to your passwords and digital data without making yourself vulnerable? Find out here!



If you or a loved one presently or previously worked in an area where AFFFs are utilized and have been diagnosed with cancer or any of the other referenced conditions, our law firm and co-counsel team are available to help. We accept these cases on a contingency basis, so there are no upfront fees or costs; we'll even obtain your medical records. Plus, our attorneys only collect money if there is a settlement or court award against the negligent companies. One has nothing to lose, so call us today to see if you qualify

### **Protect Your Digital Legacy**

### Leave Behind a Path for Your Loved Ones

#### Create a digital log.

You must keep a record of all your digital profiles and login information for your loved ones before you die. You'll help your family avoid having to jump through hoops with various companies just to retrieve your data after you're gone. Anything from the cable company to your bank login needs to be recorded. Then, be sure to tell your family this information exists and how to find it.

#### Use a password manager.

Since passwords are necessary, companies have created password managers to keep all of your login information secure. Not all of them are alike. The most secure options are cloud-based managers, which allow access from any location, and those that require two-factor authentication, which may use a fingerprint or a code sent to a phone or email on file. There are many to choose from, so do your own research. Wired.com recommends 1Password for those just starting out.

#### Talk to your attorney.

If you opt out of using a password manager, an estate planning attorney can incorporate your digital logins into an estate plan. This will keep your data secure and accessible by those who need it after your death. Even if you don't utilize one, it's wise to notify your lawyer. They will become your family's go-to resource for guidance. Feel free to contact us for a referral in this practice area.

### TAKE A **BREAK**



I'M JUST RESTING MY EYES

### SWEET AND SPICY BBO **CHICKEN SKEWERS**

Summer is here, and you know what that means: It's time to break out the barbecue and meat skewers!

### Ingredients

For the Marinade

- 1 tbsp olive oil
- 2 tbsp soy sauce
- 2 tbsp chili garlic sauce
- 2 tbsp rice vinegar
- 3 tbsp honey
- Juice of 1 lime

### Directions

- 1. In a bowl, whisk together marinade ingredients.
- 2. In a reusable freezer bag, combine cubed chicken and all but 1/4 cup of the marinade.
- 3. Seal bag and massage marinade into the chicken. Chill in the fridge overnight.
- 4. The following day, preheat the grill to 400 F. Thread chicken and pineapple onto skewers, adding two cubes of chicken for each cube of pineapple.
- 5. Grill the skewers for 3-4 minutes per side, brushing with the reserved marinade in the final minutes.
- 6. Serve over rice or with your favorite barbecue sides!

• 3/4 tsp smoked paprika

bite-size cubes

1-inch cubes

• 2 lbs chicken breast, cut into

• 1 small pineapple, cut into

• 1/2 tsp salt

For the Skewers

## **IT'S DAD'S DAY!**

6 Gifts Dad Is Sure to Love

Dad is a very important person in your life! Every year when Father's Day rolls around, it can be tough to come up with the perfect gift, whether it be for your Dad, a new father, your grandfather, or a father figure. Getting creative (but don't get him a boring tie) can be tricky, but this list is sure to help you with an idea or two for all different price ranges!

### Wallet

Why not go really classic and opt for a thoughtful and practical gift? Most Dad's wallets see a lot of wear and tear over the years. After all, they're sat on, toted around in pockets all day long, sometimes forgotten about, and even sent through the wash. A new one just may be in order!



#### Massage Gun

Massage guns are rising in popularity. To help Dad recover from soreness and injury or just a tough workout, a massage gun will do the trick! The best part is that they range in price, and you can even purchase it online. Just make sure that you do not give it to him loaded!

### Apple Watch Strap

Does the Dad you're celebrating own an Apple Watch? If so, help him customize it with a new Apple Watch strap. You can choose from many materials, colors, and designs so he can blend in or stand out as much as he wants.

#### A New Cooler

Men love their coolers — it's a foolproof Father's Day gift! Whether Dad loves to camp, fish, tailgate, go to the beach, or barbecue in the backyard, he's sure to appreciate a new way to store ice, drinks, food, or bait!

#### **Tool Bucket Organizer**

Is your Dad a bit of a handyman? If so, help him get organized and never lose track of his tools again. Tool bucket organizers also come in many shapes and sizes.