

INSIDE THIS ISSUE

- 1 Good vs. Evil
- 2 Beware of Cyberthieves!
- Danger to Premature Infants
- 3 Feta Chicken Burgers
- You Got Goals?
- 4 What is AFFF (Firefoam)?

OUR BRAVE FIREMEN ARE IN DANGER!

Firefighter Foam Causes Cancer



Since the 1970s, aqueous film-forming foam (AFFF), also known as firefighting foam, has been used to put out fires for civilian and military purposes. While it's extremely effective in literally blanketing and extinguishing them quickly, the product contains PFAS chemicals that are linked to cancer. Today, the negligent parties include some of the world's largest chemical-producing companies such as DuPont, 3M, Chemours, Tyco, Chemguard, ChemDesign and over a dozen others! It is alleged that these businesses were aware of the dangers, continued to manufacture the product but yet failed to warn the government and public of the risks.

The problem with PFAS is that an initial exposure isn't the only time they are dangerous. Known as "forever chemicals," they have a hard time breaking down within our bodies and the environment even after a fire is put out. Since it has turned up in our nation's drinking water, many towns, cities, counties and/or states are also plaintiffs in this litigation so they can be reimbursed for this environmental disaster.

When people are exposed to this toxic product, they have an increased risk of developing bladder, breast, colorectal, endometrial, kidney, liver, leukemia, non-Hodgkin lymphoma, pancreatic, prostate, testicular and/or thyroid cancer/disease. Ulcerative colitis is also linked to AFFF exposure. If you, a family member or friend were exposed to AFFFs as a civilian or military firefighter through training or at work and have been diagnosed with any of the referenced conditions, we may be able to help! Since there are almost 30,000 claims already filed, you are not alone. Our law firm and co-counsel team handles these cases nationally and on a contingency basis. That means there are no attorney's fees or costs unless there is a settlement or court award. We'll even try to obtain your medical records. Call us at (866) I SUE YOU (478-3968) for more information and to see if you qualify in making a claim.

NATIONWIDE REPRESENTATION
ADMITTED IN TX & FL

Personal Injury • Product Liability • Bad Drugs • Workers' Compensation

(844) 411-KING (411-5464)
(844) TEX-INFO (839-4636)
(954) 998-0075 (TEXT)
evan@attorney4life.com

Good vs. Evil

Growing up, superheroes always fascinated me. They had extraordinary abilities beyond those of ordinary men that were used for "good." Their purpose was to make the world a better place, dedicating themselves to protecting the public and fighting "evil." In fact, one of my favourite memories as a child was dressing up as Batman™ for Halloween at age 5.

Of course, the only mission back then was to secure as much candy as possible; Milky Ways and Three Musketeers were preferred. Sadly for me, although I am a member of both the Texas and Florida Bars, The Justice League™ denied my application. That's a shame, as I hear they provide excellent health and retirement benefits!



Now Riddle me this, Batman. What does The Law Offices of Evan M. Ostfeld, P.A. have to do with "good vs. evil"? Like Batman, I seek to protect ordinary citizens from "evil." Not from various supervillains like the Penguin, Riddler, Catwoman and Joker but rather by "Corporate America" and "evil" insurance companies. Those entities prioritize profits over doing what is right in compensating injured victims caused by their negligent actions.

Our law firm focuses on handling workers' compensation and personal injury matters including those caused by



automobile accidents along with defective products, e.g. Roundup, talcum powder, Baby Formula, Firefoam, 3M Earplugs and Hernia Mesh implants all across the nation. Unfortunately, not in Gotham City, as Batman and Robin still have exclusive jurisdiction there. That being said, the Justice Department is looking into the issue!

Batman declared in the 1967 TV series episode versus Mr. Freeze, "The Duo Defy," "The true crimefighter always carries everything he needs in his utility belt." While my team and I do not possess such tools, nor any superpowers such as X-ray vision, super speed or strength ("Bam!" "Pow!" "Zap!"), we use our legal powers of argument and persuasion accrued during 29 years of practice to battle for "good" over "evil" that attacks your rightful claim. Plus, our firm only handles matters on a contingency basis. That means there are no fees or costs unless there is a recovery.

Of course, feel free to tell us about any of your other legal concerns. If our firm cannot help, The Referral King® will gladly try to refer you to someone to assist thee.

To recap, if you need someone to fight the "Rogues Gallery of Villains," don't bother to contact Commissioner Gordon or Chief O'Hara. Just call our Batphone at (844) 411-KING (411-5464). Alfred is always available for your call (hopefully Aunt Harriet is not close by ...) and don't miss the next newsletter. "Same Bat-Time!! Same Bat-Channel!!"

Godspeed,
-King E

Stay Safe Online!

We live in a digital world where everything can be found online. Whether it's storing data or gaining access to information, people tend to use the internet constantly. With so many innovations and new technologies being created, it's no surprise that cybercrimes are becoming more damaging than ever.

What are cybercrimes?

Criminal activities that involve computers, networked devices and or networks. They are typically committed by hackers looking for ways to steal your personal information and damage infrastructure. These thugs carry out such activities for mischief, profit and or to make a personal or political statement. Some types include:

- Email and Internet Fraud
- Identity Fraud
- Theft of Financial Data
- Theft and Sale of Corporate Data
- Infringing Copyrights
- Encrypting Data for Ransom
- Selling Illegal Items Online and/or on The Dark Web

As the number of on-line business transactions grows exponentially (i.e. bill pay,

shopping, banking, gaming and trading), cybercrimes are affecting people globally, so no one is immune from attack. Unfortunately, the ill effects often lead to extreme financial ruin for companies and individuals.

What happens if you're found guilty?

Laws have been made to address illegal behavior that involves computers, its systems and the internet. In fact, each state has its own criminal statutes and designated penalties depending on the type of violation — and they may be severe, even for first-time offenders. For example:

Fines

These range widely, but a misdemeanor conviction can result in minor ones of a few hundred dollars or possibly up to \$1,000. At the same time, felony convictions can cause a person to incur \$100,000 per offence.

Probation and Jail

Depending on the case, a person can be placed on probation for a year or more. As a result, it requires probation reporting, court costs, fines, and or legal fees. If convicted of a specific cybercrime, one can face prison time of at least 20 years.



While both types of punishment can act as a deterrent, sadly many of the perpetrators of these scams are located outside our country and hence not subject to U.S. prosecution.

Though technology can make life a little bit easier, there are still dangers. So, create stronger passwords using random letters, numbers and symbols while changing them often. Be especially careful while using public wi-fi as that's where a lot of fraud occurs. Finally, keep your systems updated, and be mindful of the information you're giving out so you are not another crime statistic.

FETA CHICKEN BURGERS

Try these delicious chicken burgers with a Mediterranean spin on the classic sandwich we all love. Featuring Greek-style toppings and seasonings, this recipe is refreshing and super healthy, too.

INGREDIENTS

- 1/4 cup finely chopped cucumber
- 1/4 cup reduced-fat mayo
- 1/2 cup chopped roasted sweet red pepper
- 1 tsp garlic powder
- 1/2 tsp Greek seasoning
- 1/4 tsp black pepper
- 1 1/2 lbs lean ground chicken
- 1 cup crumbled feta cheese
- 6 King's Hawaiian sweet rolls, split and toasted

DIRECTIONS

1. Preheat broiler and mix chopped cucumber and mayo.
2. For the burgers, mix the red pepper, garlic powder, Greek seasoning and black pepper. Add chicken and cheese; mix lightly but thoroughly (the mixture will be sticky). Shape into 6 patties about 1/2-inch thick.
3. Broil burgers, remembering to cook both sides thoroughly.
4. Serve with cucumber sauce. If desired, top with lettuce and tomato. Enjoy and save me some! Inspired by my Grandma!

Yes, Habit Tracking Actually Works!

Back in the 1980s and '90s, almost every sports movie included a training montage — and none was so complete without a giant paper calendar hanging on the hero's wall. As time ticked by and the big game approached, he crossed the days off one by one. Each square was a success, and it was another day of training down!

It sounds silly, but according to habit expert and "Atomic Habits" author James Clear, that huge calendar isn't just movie magic. It actually works! For some people, tracking their habits — literally writing down their successes and failures in order to keep a record — is an effective way to build and stick with new routines, like New Year's resolutions.

In his book, Clear writes that habit tracking works because it makes a particular behavior "obvious, attractive and satisfying." Tracking them in a visible place reminds us to keep our "streak" of good behavior alive and holds us accountable if we mess up.

He explains, "The most effective form of motivation is progress ... When we get a signal that we are moving forward, we become more motivated to continue down that path. In this way, [it] can have an additive effect on motivation. Every small win feeds your desire."

You don't however need to actually use one to track things. Instead, Clear recommends leveraging technology to make it as easy as possible. Let's say you want to formulate better spending habits — put your credit card statements, front and center to review spending patterns. If you want to take more steps each day, buy a Fitbit or Apple watch so they do the math for you! That's why I entered into the practice of law, I hate math!

That said, if you are "old school" like me, use pen-and-paper! Of course there are programs like Excel, which will do the trick. It's best to track your habits immediately after you finish them. That way, you'll associate your positive behavior with the rush of satisfaction that you get from completing the tasks!

Milk-Based Formula is Dangerous!

HARMFUL PRODUCT LEADS TO LIFE-THREATENING CONDITION

Some signs of NEC include but are not limited to:

- Bloated or swollen stomach
- Bloody stool
- Constipation
- Difficulty breathing
- Fatigue
- Low blood pressure
- Low heart rate
- Red abdomen
- Tender stomach
- Trouble eating
- Vomiting

For three decades, studies have shown the link between NEC and this type of formula that is fed to premature infants, yet the manufacturers never told parents and their babies' doctors of the dangers or safer alternatives. It has been confirmed that infants are at a much higher risk of developing NEC if they consumed this product in comparison to those who were fed breast milk, yet none of the companies ever provided warning labels on their products.

If your premature infant was born in 2003 or later, and was diagnosed with NEC after being fed cow's milk-based formula, you might be entitled to compensation. If you don't know we can find out. Call us today for a no-obligation consultation. Claims are handled on a contingency basis, meaning there are no upfront attorney's fees or costs. While you focus on the health of your child, we will handle the legal work!

REFERRALS WELCOME!

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

(844) 411-KING
(954) 998-0075

evan@attorney4life.com

