

FLATTMANN FILES

October 2018

“Quality Is No Accident”

FROM THE DESK OF *Grady Flattmann*

Want to hear a scary joke just in time for Halloween? What's scarier than going to the dentist? Being married to one!

My wife Leigh and I celebrated our 16th wedding anniversary a few months ago and for 12 of those years, she has been a dentist. Leigh graduated first in her class from LSU Dental School and was part of the Katrina class (her last year was spent traveling around Louisiana working at dental clinics).

During her career, Leigh has worked with children, teens, and adults in various practices. For the past year, she has been practicing at Foy Family Dentistry in Madisonville. She is meticulous and very gentle.

Here are some of Leigh's tips for Halloween: "Avoid the sticky, chewy, and hard candies, which tend to stay in the mouth longer. Choose chocolate! Also, let the kids enjoy the candy for 2-3 days, and then get rid of it. Either throw it out or donate. The same amount of candy does more damage to the teeth over 6 months than over a few days. Don't forget to brush and floss before bed!"

So, don't be afraid of the dentist any longer. Dr. Flattmann will take good care of you and your family!



-Grady Flattmann



What's scarier than being at a Halloween party without a good costume? Being at a Halloween party without anything interesting to add, of course! Avoid this nightmare scenario by learning the fascinating history behind everyone's favorite Halloween traditions.

WHERE DID ALL THESE BATS COME FROM?

Halloween decorations tend to rely on scary or supernatural themes. Cobwebs, skeletons, and ghosts crowd the scene, but there are usually a few bats in there as well. Compared to jangling skeletons, these little mammals aren't that scary. While bats do risk carrying rabies, for the most part, bats are more likely to help people by eating mosquitoes than harm anyone. So why are they part of our creepy Halloween decor?

Bats were associated with Halloween long before the first trick-or-treaters. When celebrating the ancient festival Samhain — a precursor to Halloween — the Celts lit huge bonfires. These fires attracted insects, which in turn attracted bats looking for a midnight snack. Bats came to be linked to Samhain and that tradition was carried into modern Halloween.

WHAT'S UP WITH BOBBING FOR APPLES?

Giving out apples instead of candy is a surefire way to get your house egged by angry trick-or-treaters. On a night that's all about candy and sweets, how did we come to play a game involving fruit? Surprisingly, the old game of bobbing for apples has roots in some more romantic traditions.

Bobbing for apples was a part fortune-telling game and part courting ritual in 18th century England. A young woman would write the name of her suitor on an apple and put it in a basin of water. If she could grab the apple in one bite, it meant that she and her suitor were

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destined for true love. Two tries meant their love would fade with time. And three or more bites was a sign that the relationship was doomed.

Another version of the game was more of a competition. The first person to bite into an apple would be the first to get married. It wasn't unlike catching the bride's bouquet at a wedding.

WHY DO WE CARE ABOUT CANDY CORN?

Some people adore this sweet mellowcreme treat, while others insist the divisive candy is little more than colored wax. Whatever camp you find yourself in, you may be interested to know that candy corn was not originally created for Halloween.

Developed by George Renninger of the Wunderlee Candy Company in Philadelphia, these little tricolored candies were introduced to the world as "chicken feed" in the 1880s. This candy was meant to appeal to America's rural

communities. Though not initially linked to fall, chicken feed candy was difficult to make and therefore only available between March and November. The scarcity added to its early popularity. In the 1900s, candy makers had to turn down orders because demand was so high!

Chicken feed would eventually become candy corn and be cast as the ultimate Halloween candy after World War II. In 1951, Goelitz Confectionery Company — today known as the Jelly Belly Candy Company — had 12 factories making candy corn across the country! Since then, candy corn has made its way into trick-or-treat bags every Halloween.

WHO SAVED TRICK-OR-TREATING?

While trick-or-treating has its roots in ancient traditions that involve scaring away ghosts and praying for lost souls, modern trick-or-treating owes its existence to a more familiar source. After being brought to the United States by Irish immigrants in the early 20th century, trick-or-treating quickly became a favorite

Halloween activity. However, when sugar was rationed during World War II, trick-or-treating started to die out.

You can thank Charles Schulz and Walt Disney for keeping the tradition alive. In 1951, Schulz created a series of Halloween-themed comic strips featuring the Peanuts gang dressed as ghosts and trick-or-treating. The following year, Disney produced an animated short featuring Donald Duck and his nephews, Huey, Dewey, and Louie, engaged in Halloween hijinks. Both the Peanuts strips and the Donald Duck shorts were incredibly popular, and these Halloween specials showed kids across the country the fun of trick-or-treating.

When you think about it, Halloween is a pretty weird holiday. But isn't the weirdness part of the fun?

Stay weird, and have a happy Halloween!



Have a Fun and SAFE Halloween! Even the Most Frightening Ghouls Need to Be Careful

Happy Halloween, you goblins, ghouls, witches, and spooks! It's that time of year again when kids and adults alike can dress up and roam the streets as their favorite heroes, frights, or princesses. While kids are eager to show off their outfits and fill their pillowcases with sugary treasures, it's crucial to be aware of the potential dangers on Halloween night.

PRACTICE STREET SAFETY

Make sure your kids understand basic road safety. According to Safe Kids Worldwide, "Children are more likely to be struck by a vehicle and killed during Halloween than any other day of the year."

Before heading out for some good old-fashioned trick-or-treating, take the time to go

over basic safety tips. Teach kids to look both ways before crossing, use crosswalks and traffic signals, cross streets on the corners, and never run across the street. Making eye contact with drivers before walking in front of their cars is also a good way to make sure the driver knows the child is there.

CHOOSE SMART COSTUMES

Halloween wouldn't be Halloween without costumes! They should be fun, but you can also make them safer by following a few simple guidelines. Add reflective tape to candy bags and costumes and wear light colors to stand out in the dark. Buying or making the right-sized costumes is also important. If they're too large, they create a tripping hazard, and if they're too tight, they can restrict movement.

If your child wears a mask, make sure they can see out of it properly.

MAKE A PLAN

Before heading out to trick or treat, create a plan and discuss it with every member of your family. This ensures that if someone in your group wanders off, they'll know where to look for you or where to go. In case you're separated, label your child's costume with your name, address, and phone number. If your children are old enough to trick or treat without adults, make sure that their cellphones are charged and on them at all times, and schedule regular check-ins.

Early Detection Saves Lives

Do You or Someone You Love Need to Schedule a Mammogram?

October is Breast Cancer Awareness Month. Organized, in the National Breast Cancer Foundation's words, to "honor those at every step of the breast cancer journey," the annual observance has also served to educate the public and raise funds for research. Learn more about this deadly but survivable disease, and find out how you can help.

BREAST CANCER IS EXTREMELY COMMON.

According to the NBCF, 1 in 8 American women will be diagnosed with breast cancer at some point in their lives. It is the second leading cause of death in women (behind heart disease). A breast cancer diagnosis is not a death sentence, however. Thanks to research and ongoing education, there are over 3.3 million breast cancer survivors in the U.S. today.

WHAT CAUSES BREAST CANCER?

Breast cancer is caused by damage to cells' DNA. It's most common in women over the age of 40, though approximately 2,500 men in the U.S. are diagnosed each year as well. The risk of breast cancer increases with age. Most risk factors, such as age, gender, and family history, cannot be changed. However, research shows that exercising regularly, maintaining a healthy diet and weight, and minimizing alcohol consumption

may reduce your chance of being diagnosed with the disease. Hormone replacement therapy (HRT) may also place you at higher risk.

Contrary to popular myths, breast cancer is not caused by milk, microwave ovens, cellphones, caffeine, plastic cutlery, or deodorants.

ANNUAL MAMMOGRAMS ARE FREE.

Early detection is the biggest factor in breast cancer survival. There's some debate among researchers and insurance companies over the "right" age to begin screening, but most sources agree that women should begin to get regular mammograms in their 40s (and earlier if they have a family history of the disease). The Affordable Care Act (ACA) requires all health insurance plans to cover the cost of annual mammograms for women age 40 and older, and there are many organizations devoted to providing free mammograms to uninsured individuals.

YOU CAN MAKE A DIFFERENCE.

Visit Donate.nationalbreastcancer.org to learn how to help. The NBCF funds cancer research, works to provide free mammograms to low-income women, and serves as a resource for patients and their families. Many cities also have local organizations in need of donations and volunteers.



Take a Break!

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CAULDRON
COSTUME
DRACULA
GHOST

HALLOWEEN
HALLOWS EVE
HAUNTED
PUMPKIN

SCARY STORIES
SPOOKY
TRICK-OR-TREAT
ZOMBIE



This meal-in-a-glass smoothie will cure your craving for a pumpkin spice latte. It's packed with nutrients and fall flavor. If you're the type of person who uses your blender more than your pots and pans, you'll definitely want to add this recipe to your rotation.

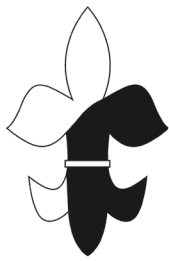
Ingredients

- 1 cup coconut milk
- 1 frozen banana, sliced
- 1/4 cup organic pumpkin puree
- 1 cup ice
- 2 teaspoons pumpkin pie spice (or substitute with cinnamon and ginger)

Directions

1. In a blender, combine all ingredients.
2. Blend on high or on smoothie setting until smooth.
3. Transfer to a cold glass, garnish with pumpkin pie spice, and serve.

Inspired by Thecookeatpaleo.com



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GOING BEYOND ‘GET WELL SOON’ 3 Meaningful Ways to Support Recovery

If you’ve ever had a friend or loved one suffer a debilitating injury, you know how powerless you can feel to help. You want to make a difference, but in the face of severe medical challenges, it can be hard to know how. It’s important to remember that, while you may not be able to have a direct impact on your loved one’s physical recovery, there are concrete actions you can take to support them in ways doctors can’t.

SUPPORT THEIR EVERYDAY LIFE.

Traumatic injuries can make many aspects of day-to-day life difficult or impossible. Simply making dinner or taking their kids to school may now be herculean tasks for your loved one. Offering to be a volunteer driver or preparing a home-cooked meal can give that person a much-needed breather. Taking the time to help your friend with everyday tasks is more than just a practical gesture — it lets them know they don’t have to bear the burden of their injury alone.

SUPPORT THEIR EMOTIONAL RECOVERY.

People faced with injuries, disabilities, and illnesses can feel emotionally isolated from their friends and loved ones. They may feel that others won’t understand their pain or that they should put on a brave face and not

complain. You can’t force your friend to talk about their issues, but simply being there to listen to what your friend is going through makes a world of difference. Having someone who is willing to listen without judgment can provide a salve for emotional hardship.

SUPPORT THEIR RIGHTS.

Sometimes an injury can leave your loved one tangled up in disputes with opportunistic insurance companies or individuals they feel are responsible for their injuries. While you may not be able to represent your friend’s legal interests in these situations, you can introduce them to someone who can. Referring your friend to a personal injury firm you trust can help them chart a path toward just compensation for their injuries.

