

FLATTMANN FILES

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"Quality Is No Accident"

FROM THE DESK OF Grady Flattmann

What is defensive driving? ANSI standards define it as "driving to save lives, time, and money, in spite of the conditions around you and the actions of others."

The Smith System of Training is a program developed by Harold Smith in 1948. It has five main principles:

1. **Aim High:** Focus your attention on the entire road and not just to the car ahead of you.
2. **The Big Picture:** Be aware of your surroundings at all times.
3. **Keep Your Eyes Moving:** Remain alert and don't get in a "driving trance."
4. **Leave Yourself an Out:** Anticipate what other drivers may do, and don't get boxed in.
5. **Make Sure They See You:** Don't assume other drivers see you or anticipate your move. Avoid getting into another's blind spot.

Don't rely on others to drive safely. They don't! Protect yourself and your family.



-Grady



Whether you're a runner, a weightlifter, or a cyclist, the twofold feeling that follows a hard workout is the same: pain and exhaustion. Sore muscles can make every movement difficult, and the discomfort that comes with stretching your arms, legs, and back will soon have you hunched over and shuffling around like someone twice your age. Faced with that fate, you have two recovery options: passive or active. Pick the right one and you'll be back in the gym in no time.

So, what is the difference between active and passive recovery? Really, the names say it all. Active recovery means continuing to move, even after a big workout. The day after you challenge yourself with a tough gym session, active recovery entails going for a long walk, trying a low-intensity bike ride, or even doing an abridged weightlifting session with lighter weights. Passive recovery is basically relaxation: It involves resting your muscles before you get back in the saddle. Unless you're a real fitness junkie, passive recovery probably sounds the most appealing. A day spent lazing around with a book or watching your favorite television programs can be an irresistible prospect when your muscles are aching.

In an article for Bodybuilding.com, Certified Strength and Conditioning Specialist Mike Robertson says he opts for active recovery every time. "I've been a huge proponent of active recovery for years. Even when I was younger, I realized that if I was sore after a session but got up and moved around the next day, I immediately started to feel better," he said.

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Robertson claims active recovery shortens his total recovery time, decreases stiffness and soreness, and improves both mobility and overall fitness. However, he notes that it's important to choose a workout that isn't too taxing, to target different muscle groups from the day before, and to aim for "compound" exercises that take your body through a full range of motion, like squats, lunges, or pushups. "These rules have helped me design many active recovery workouts," he said.

Even so, not everyone agrees active recovery should be the standby. Janet Fitzgerald, one of the creators of SoulCycle's SoulActivate

program and a senior master instructor for the indoor cycling company, told Runner's World that passive recovery can be perfect for endurance athletes. She and other experts claim it reduces fatigue (both mental and physical) and enhances performance as a result. "By repeating this type of training method, athletes will decrease the time window in which they need to recover, ultimately leading to better endurance overall," Fitzgerald said.

Both recovery programs have pros and cons. With active recovery, you need to be careful not to push yourself too hard with your

workout — if you go overboard, you could set your recovery back instead of speed it up. However, you also have to be mindful during passive recovery. Spending three days eating junk food on the couch won't be nearly as effective as carving out 24 hours of rest, healthy eating, and self-care.

Whichever you choose, finding the best recovery method for you and your exercise habits can make the difference between a speedy recovery and a week of drawn-out muscle ache.



RING, RING —IT'S A ROBOT

What You Can Do to Protect Yourself From Phone Scams and Robocalls

Two of the most common scams are phone scams and robocalls. These calls are incredibly annoying and can trick you out of valuable information if you're not careful. While it might seem like these scams are inescapable, there are some precautions you can take to avoid their traps.

GIVE THEM THE SILENT TREATMENT.

One thing you can do to avoid these fraudulent, time-wasting calls is to simply hang up. If possible, it is best to not answer at all. It's always good to have a list of numbers you can reference, so you never have to guess who is calling. Think of it as going one step beyond caller ID.

In some cases, answering and then hanging up can actually do more harm than good. Answering the phone gives the scammers confirmation that the number works and that they should try again. Once your number is confirmed as active, it often gets put on an "active number" list that can then be sold to other scammers who market in these types of phone numbers. If you can't verify who is calling without picking up, don't answer. Let it go to voicemail. If it's important, the person will leave a legitimate message and you can respond afterward.

PUT UP SOME DETERRENTS.

You can even go a step further and block the calls. Many phone service providers offer call-blocking options, including AT&T, Sprint, T-Mobile, and Verizon. You can sign up for this service in-store or on your service provider's website. Each service costs about \$4 per month. There are also a number of call-blocking apps available on Android and Apple devices, but if you subscribe to a blocking service through your phone provider, these apps are unnecessary.

Finally, you can sign up for the Federal Trade Commission's "Do Not Call" program (DoNotCall.gov). While the Do Not Call program can help cut back on calls, this list is largely ignored by scammers. If you're getting a ridiculous number of robocalls every day, signing up can offer you some brief respite.

Thankfully, Congress is already attempting to fix this problem by making it harder for scammers to call you. But until they are able to pass tough, effective legislation, it is up to us as consumers to remain vigilant and do what we can to keep our personal and financial data safe and secure.

What's Next for Marvel Movies?

3 MARVEL MOVIES TO WATCH OUT FOR

For the past 10 years, Marvel movies have delighted families and comic book nerds alike with their memorable characters, incredible action scenes, and sprawling, interconnected storylines. The Marvel Cinematic Universe (MCU) is the story of the Avengers so far, told through 23 movies. Even though this year marked the end of a massive arc that Marvel Studios dubbed "The Infinity Saga," there are still more movies coming out that will feature everyone's favorite heroes. Here are a few films coming up next in the MCU.

A BLACK WIDOW SOLO MOVIE

International assassin Black Widow, played by Scarlett Johansson, was the first female member of the Avengers and made her debut appearance in "Iron Man 2." She never got her own movie, but Marvel announced recently that a Black Widow movie is officially in the works for the next phase of Marvel movies. Besides the fact that they've started filming, there's not much information about it yet. But for many excited fans, this movie has been a long time coming.

'GUARDIANS OF THE GALAXY VOL. 3'

Star-Lord, Rocket, Groot, and the gang are all back in the third installment of this smash-hit franchise. Without getting into too much detail, "Avengers: Endgame" and the post-credits scene of the second

"Guardians" movie provided some clues about the plot and possible main villain. Though details are slim, "Vol. 3" is sure to be another rollicking ride through the cosmos.

'BLACK PANTHER 2'

"Black Panther" was immensely popular (it earned nearly \$700 million domestically), and its success removed all doubt that there would be a sequel. Audiences will journey back to Wakanda and see the newest adventures of King T'Challa and crew, although not much is known about the plot or the release date as of now. But you can rest assured that the creative minds behind the sequel are taking their time to make it as good as the first.

The future storyline of the MCU is up in the air, but, if the previous movies are any indicator, families, fans, and audiences everywhere have a lot to look forward to.



Take a Break!

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Senegalese Lamb Skewers

Ingredients

FOR THE LAMB:

- 2 lbs trimmed leg of lamb, cut into 1-inch cubes
- 1 tbsp peanut oil, plus more for grilling
- Salt and black pepper, to taste

FOR THE ONIONS:

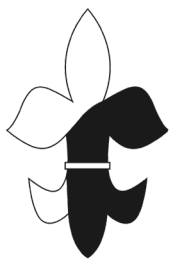
- 1/2 cup distilled white vinegar
- 1/2 cup Dijon mustard
- 1/2 tbsp agave nectar
- 1 yellow onion, thinly sliced
- Salt and white pepper, to taste

Equipment

- Bamboo skewers

Directions:

1. In a bowl, coat lamb with 1 tbsp oil and generously season with salt and pepper.
2. In a mixing bowl, whisk together vinegar, mustard, and agave nectar. Toss in onions and season with salt and pepper.
3. Heat a grill or grill pan to medium and oil the grates.
4. Thread lamb on skewers and grill for 6–8 minutes.
5. Serve alongside onions.



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THE RIGHT PLACE AT THE WRONG TIME

A Look at Some Interesting Personal Injury Cases

There is no shortage of crazy cases that come through a court of law, but those revolving around personal injury can be especially surprising. Whether it's a slip-and-fall accident or something a little more eccentric, there are a million ways to hurt yourself while simply going about your day. The problems arise when it's determined to be another party's fault. Let's take a look at some notably strange cases where bizarre miscalculations led to injuries and ailments.

AS BELOW, SO ABOVE

Time spent in the restroom is inherently private. We don't normally talk about it, but that's not the case for a Pennsylvania woman who experienced a traumatic event during a routine trip to the lady's room. In 2007, a schlocky horror plot came to life in a building along Philadelphia's famous Market Street. The culprit was a faulty plumbing system.

The woman was inside a restroom stall on the eighth floor, and, as she sat on one of the old toilets customary in the building, pressure building from inside the tank caused a massive explosion that sent her body hurling out of the stall. You don't need to know the details of her injuries to understand the extent of her grievances. Some forms of suffering are better left to the imagination, especially if the aggressor was a literal stink bomb. She sued the building's landlords for anxiety, pain, and medical expenses, but it's hard to determine which party was truly at fault without more information.

IT'S RAINING CATS AND DOLLARS

You can't predict the weather, no matter what your weather app says, but some people tend to forget that. A few years ago, an Israeli weatherman was faced with a lawsuit by a woman who claimed his inaccurate forecast



caused her a great deal of suffering. She claimed he misrepresented a particularly harsh day in the forecast, and it encouraged her to wear insufficient layers that left her health to the whim of the elements. As a result, the woman caught the flu from the downpour and missed work for four days. Citing lost income, large medication costs, and tremendous anxiety, she sought reparations from the fraudulent weatherman and was amazingly awarded a four-figure settlement!