

# FLATTMANN FILES

August 2020

*"Quality Is No Accident"*

## FROM THE DESK OF Grady Flattmann

Admiralty law (aka Maritime law) is one of the world's oldest types of law, the earliest examples of which date as far back as the Roman Empire. In medieval Europe, maritime laws known as the Rolls of Oleron were published by Eleanor of Aquitaine in about 1160, after returning from the second crusade. Fast forward a few hundred years to the United States, where Article III of the United States Constitution extended federal jurisdiction to "all cases of admiralty and maritime jurisdiction."

The 19th century posed considerable challenges to American workers injured on the job, especially to railroad workers and seaman in the shipping industry. In 1908, the Federal Employers Liability Act (FELA) was enacted, protecting railroad workers injured on the job. In 1920, the Jones Act was enacted, extending FELA to claims by seamen for workplace accidents.

A Jones Act case is often mistaken for a workers' compensation claim, severely limiting the seaman's rights. Pursuing a Jones Act claim depends on many factors, including the history and job duties of the injured person and even the type of vessel they were on at the time.

We help injured seamen navigate through the complex waters of their Jones Act claims. Call us today at (985) 590-6182.



*-Grady*

## EVERYTHING'S PEACHY

The Storied History of the Peach

August marks the peak of peach season, so there's no better time to talk about the decadent stone fruit and its history.

For many people, peaches are the ultimate summertime fruit, right up there with watermelon and strawberries. They're in season between June and August, but it isn't until August that peaches are said to be at their most flavorful.

One state in particular has a close affinity with the peach. Just as Florida is associated with the orange and Hawaii is associated with the pineapple, Georgia is all about the peach. Every summer in Georgia, you can find peaches around every corner and in almost every culinary creation, including pie, cobbler, tea, and even salsa.

But how did the peach come to be associated with Georgia? Well, it's a long story that spans several thousand years and countries across the globe.

In 2014, researchers confirmed they had discovered major archeological evidence that the peach was being cultivated in China around 6,000 B.C. They published

their findings in PLOS One, a peer-reviewed journal published by the Public Library of Science. Up to that point, most evidence suggested that the Chinese began cultivating peaches only around 2,000 B.C., but it seems that humans and the peach go even further back.

The fruit, native to China, found its way to Japan around 4,500 B.C. By then, it was starting to become the peach most of us are familiar with today: a juicy yellow- or white-fleshed fruit packed with flavor. Through trade and travel, the peach made its way across Asia and the Middle East.

By the year 300 B.C., the peach entered parts of Europe. There are tales of Alexander the Great bringing the peach to Europe after discovering the tasty fruit during his quest to conquer the Persians, but these stories are largely untrue. The peach simply found its way around the globe thanks to good old-fashioned trade.

It wasn't until hundreds of years later in the 1500s that the peach made its way to the Americas. It was brought to North America

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by Spanish explorers. Interestingly enough, the peach wasn't introduced to England and France until the 1600s.

As the peach gained popularity, it became a status symbol. It was difficult to get, which drove the price up. But it wasn't long until the peach found its way into the American colonies where even Thomas Jefferson planted peach trees around his estate, Monticello. But back then, it wasn't being broadly or commercially cultivated.

On top of being difficult to get, peaches spoiled easily. Anyone who has had peaches can attest: Fresh peaches don't last long once they're harvested. Because of this, peaches remained expensive until the 1800s when the growing U.S. population began providing more opportunities to take this fragile fruit to market. In response, farmers began planting peach groves in many eastern states — which have temperate climates, ideal weather for a long peach season — to make a profit. While peaches can be grown anywhere in the United States, the best peaches come from temperate states, like Georgia, which is why it's nicknamed "The Peach State."

This summer, as you bite into a sweet, juicy peach, you'll know that single piece of fruit comes with a history that spans the globe and several millennia.



# SKIP THE STUDENT DEBT

## 3 Ways to Pay for College That Aren't Loans



### Grants

Grants are similar to scholarships in that they don't need to be repaid. Many colleges, states, and other organizations award grants based on a number of factors, like academic standing and the income of one or both parents as reported on the Free Application for Federal Student Aid, better known as FAFSA. A great starting point for parents who are

We all know how expensive college can be. The bills can pile up fast, and in many cases, paying that debt off can take years, if not decades, especially if private loans are involved. That said, if you have kids who are getting ready to graduate high school, then don't let the cost of higher education scare you away. If you can't pay out of pocket, you can help your child apply for loans, but if you're looking to mitigate debt, or eliminate it entirely, here are some other popular options.

helping their kids look for grants is the Federal Student Aid website: [StudentAid.gov/understand-aid/types/grants](https://studentaid.gov/understand-aid/types/grants).

### Work-Study

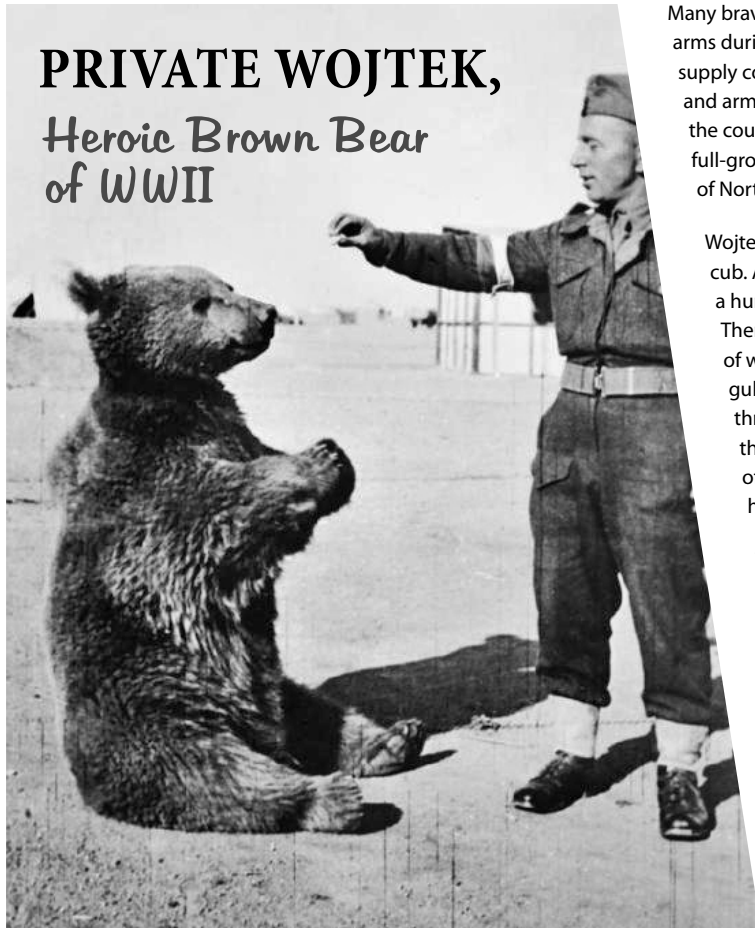
Depending on your child's financial need, their college or university may be able to set them up with a part-time position with an hourly rate on campus. Work-study positions are often community-service oriented and/or matched with the student's field of study, and the jobs in these programs may be on or off campus. Alternatively, students can also look for other on-campus jobs that aren't part of a work-study program. Before the school year starts, many schools post job openings for positions like computer lab assistants or event caterers.

### Private Scholarships

There is no shortage of private scholarships. The challenge is finding and applying for them. This can take time, but it's often worth the effort. If you can't find any scholarships your child is eligible for online, then try using an app like Scholly. It's designed to help students and parents find and apply for scholarships without having to search all over the internet. Another great resource is your student's high school guidance counselor. They often have resources about local and regional scholarships that may be worth looking into.



# PRIVATE WOJTEK, Heroic Brown Bear of WWII



Many brave soldiers answered the call to bear arms during WWII, but one Polish artillery supply company took things a step further and armed a bear. That's right — among the countless animal heroes of WWII was a full-grown brown bear from the mountains of Northern Iran named Wojtek.

Wojtek first joined the Polish soldiers as a cub. A young Iranian boy found him after a hunter most likely shot his mother. Then, when a group of Polish prisoners of war, recently released from Soviet gulags to join the Allied forces, passed through the town where the boy and the bear cub lived, they traded some of their rations for the cub and took him with them.

The soldiers loved the cub and named him Wojtek, which means "happy warrior" in Polish. They nursed him with condensed milk from a vodka bottle and fed him some of their limited rations.

Over time, the bear grew to be 6 feet tall and over 400 pounds, but because he had grown up around humans, he was a gentle giant. He learned several mannerisms from his human friends and even took

a liking to beer and cigarettes. For the many soldiers who had lost or were separated from their families, Wojtek was a welcome boost to morale.

When the soldiers reached the coast of Egypt, where they were to embark by boat to Italy, British soldiers wouldn't let Wojtek on board because he wasn't a soldier. So naturally, the Polish soldiers gave Wojtek a service number, and he officially became a private in their company, complete with a rank and a paybook.

Private Wojtek's moment of fame came when his company fought in the Battle of Monte Cassino. The bear saw his human counterparts carrying crates of artillery shells, and he began mirroring their actions. Throughout the entire battle, he calmly carried crates of ammo, which would have required four men to lift, to his comrades. In honor of Wojtek's service during the battle, the company changed its emblem to an image of a bear carrying an artillery shell, and Wojtek was promoted to the rank of corporal.

After the war, Wojtek was moved to a zoo in Edinburgh, Scotland, where he lived until he was 21 years old. There is now a bronze statue of Wojtek in Edinburgh's West Princes Street Gardens, ensuring that this brave bear will not be forgotten.

## Take a Break!

C	T	H	U	N	D	E	R	S	T	O	R	M	T
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F	I	R	E	P	I	T	K	O	I	I	R	O	N
H	E	H	M	E	S	C	A	Q	N	P	R	A	G

CAMPING	PERIDOT	SUNDAE
FAIR	POPPY	THUNDERSTORM
FRIENDSHIP	RAFTING	VIRGO
FIRE PIT	SCHOOL	WATERMELON

Inspired by [TheToastyKitchen.com](http://TheToastyKitchen.com)

## Protein-Packed Breakfast Burritos

You can make these easy freezer breakfast burritos in under an hour! They're healthy, delicious, and perfect for mornings on the go!

### Ingredients

- 2 tbsp olive oil, divided
- 16 oz ground chicken
- 1/2 tsp garlic powder
- 1 medium onion, diced
- 16 oz sausage
- 6 eggs
- 1 bell pepper, diced
- 1/2 tsp salt
- 12 8-inch tortillas
- 1/2 tsp pepper
- 12 slices cheddar cheese
- 1/2 tsp paprika

### Directions

1. In a skillet, heat 1 tbsp olive oil over medium heat. Add onion and bell pepper and sauté. Remove from pan and set aside.
2. In the same pan over medium heat, add chicken, sausage, salt, pepper, paprika, and garlic powder. Cook for 3–4 minutes before stirring to get a brown crust on the bottom. Then, stir and continue cooking until meat is cooked through.
3. In a medium bowl, whisk the eggs together.
4. In another skillet over medium heat, add 1 tbsp olive oil. Pour in eggs and scramble them, cooking until no liquid remains. Set aside.
5. Lay out the tortillas with one slice of cheddar cheese on each.
6. Place an even amount of vegetables, meat, and eggs on every tortilla. Wrap each burrito and enjoy immediately or wrap in foil and freeze for another morning!



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## *“Quality Is No Accident”*

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## HOLD THE SALT *Don't Let Food Seasonings Sabotage Your Health*

With so much emphasis on what foods you should eat to be healthy, it's easy to overlook an important element of the cooking process: seasoning. You can find thousands of premixed seasonings on the market, and although adding dashes to your food seems inconsequential, the seasoning may actually turn your healthy foods into unhealthy foods. And the main culprit, in this case, is salt.

Salt is a popular component of many premade seasonings because of its flavor-enhancing abilities. The label on your favorite mix should tell you exactly how much salt it contains. If it's high on the ingredient list, you're better off finding a substitute. High-sodium seasonings will promote water retention if used too liberally, which may lead to weight gain. The American Heart Association recommends consuming no more than 2,300 mg of salt a day. Ideally, adults would consume only 1,500 mg of salt daily.

Removing salt from your seasoning repertoire may be difficult because it *does* enhance flavor. But alternative spices, when paired with the right food, can be great substitutes and have numerous health benefits. Here are a few.

- For beef: bay leaf, marjoram, nutmeg, pepper, sage, thyme
- For chicken: marjoram, oregano, paprika, rosemary, tarragon, chili powder
- For pork: garlic, onion, sage, pepper, oregano
- For fish: curry powder, dill, dry mustard, marjoram, paprika, pepper
- For vegetables: pepper, parsley, cumin, dill, chives, basil, paprika

Try not to use more than 1/4 teaspoon of dried spice or 3/4 teaspoon of fresh spice per pound of meat or veggies. And for the best flavor, add ground spices to your food about 15 minutes before the end of cooking time. Add whole spices at least one hour before.

Remember, salt doesn't have to be the enemy — in moderation, it helps your body stay properly hydrated and helps deliver nutrients more efficiently. But too much can quickly lead to negative side effects, and with granules that are hard to see, it can be easy to go overboard. Instead, experiment with the hundreds of incredible spices available, and you might just open up a whole new world of great flavors and healthy habits.

