

FLATTMANN FILES

November 2021

“Quality Is No Accident”

REBOUNDED TOGETHER

Our Ida Experience — Before, During, and After

While the rest of the country was going back to school in late August, our community was preparing for a big storm. Hurricane Ida made landfall in Louisiana on August 29, but for our family — like many of you, I’m assuming — Ida was a big part of our lives in the week leading up to it and in the weeks or months after she hit.

If you lived in the area during Hurricane Katrina, preparing for Ida likely felt eerily similar. Lines at the gas station just to fill extra gas tanks for generators stretched around the block, and ice and other materials were quickly bought up as well. Admittedly, we all panicked a little, because, as we learned from Katrina, you never know what a hurricane is going to bring with it!

As for our family, we’re lucky enough to have a generator, and we have spent a lot of time clearing trees within striking distance of our home. This made our house the safest spot for all of our extended family to stay, so we became a meeting point for our family.

And despite the fact that there was a major storm brewing and blowing outside, the time we spent with our family was a blast! The kids were already excited because school was canceled, and when their cousins came over to stay, it turned into one big party! We were building forts in the living room and set up the Nintendo on the TV since we didn’t have cable or internet for a month. While the adults chatted and cooked, you could hear the cousins playing, and when it came time to watch our LSU tigers square off in the first game of the season, we tuned in by using an antenna which we carefully taped onto a broomstick, and then to a ladder.

Help Us Give Back This Holiday Season!

Giving back has always been part of our mission at Flattmann Law. We are proud to once again partner with St. Tammany Project Christmas to donate toys, clothes, and coats to children in our community this holiday season. Please visit our Facebook page or check our email for details on how you can help. We appreciate your support!



We all had fun spending time together and enjoying a unique opportunity to bond and connect. If you didn’t know any better, you would have sworn it was a holiday gathering!

Of course, there were plenty of moments where we all held our breath. I could be heard praying that my generator would continue operating, and we all had nights when falling asleep was easier said than done thanks to Ida and her aftermath.

The day after Ida made her biggest appearance where we live, my father-in-law was at my door bright and early to start our clean-up. We had about eight trees we had to clear from our driveway, and the whole family was out there picking up the pieces from Ida.

The next 24 hours were some of the most stressful for everyone at our house. While we remained hunkered down, all our relatives could do was wonder about their own homes. They wouldn’t be able to assess the damage until it was safe for them to travel home, and based on the downed trees, toppled powerlines, and mess that we found in Covington after we cleared our driveway, they were understandably worried.

While there has been a lot of debris to clean up, it was heartwarming to see the way our community came together. We saw neighbors cleaning up together, families helping each other, and supplies being handed out to those in need of extra support. Ida had her moments that left us all praying a little harder and worrying about our homes. But in the middle of the family dinners, Nintendo games, and community clean-up, we saw a glimpse of what was good, too.



And as we continue to move on from Ida, those are the memories I’m most grateful for.

-Grady

Overcoming the Impossible Task

Improving Your Mental Health One Step at a Time

Almost everyone at some point has encountered a task that is seemingly simple, but no matter what they do, they can't complete it. These tasks can be as straightforward as making the bed or something bigger, like cleaning an entire room. For many, this is an obstacle that they may want to do but can't, which weighs heavily on them and becomes detrimental to their mental health.

It's important to understand that the impossible task is not a sign of laziness; depression and anxiety can make any task feel much bigger and more difficult than it actually is. If you find yourself unable to do the things you need or want to do, try these techniques to help overcome your obstacles.

Break up the task.

When the overarching task feels daunting, breaking it up into smaller segments can help you manage it. If you're cleaning the kitchen, clean for only a few minutes at a time before taking a break. It might take longer, but the space will be clean at the end of the day.

Make the task more enjoyable.

Play music or involve your pet in some way to make the task fun or create a reward system for yourself. For example, tidying a specific



area of the house or folding a basket of laundry may earn you time to play video games or watch TV. Alternating tasks and rewards is a great way to overcome any task, big or small.

It can help to consider why the task feels so impossible, especially if you used to enjoy it. Try to remember what made it enjoyable and see if you can return to that state of mind. If the objective is not so urgent, determine its importance and if the task can be saved for another day.

When all else fails, you can always ask someone for support or even pay someone else to do the task for you. No matter what you decide, there are ways to defeat the impossible task.

Thanksgiving Dinner for All

How to Cook for Diabetics and Vegans on Turkey Day

Alongside family and football, food is often the highlight of Thanksgiving. But if you're cooking dinner for a large group, crafting the perfect menu can be difficult. Veganism and vegetarianism are more popular than ever, and it can be frustrating finding dishes that everyone can enjoy — or even eat at all, in the case of a diabetic friend or family member. Luckily, there are plenty of options to create an amazing meal for any group of diverse diners.

Diabetics

Thanksgiving is a stressful time for anyone who monitors their blood sugar. Sweet potato casserole and sugar-packed pies can tempt even the most diet-conscious diabetic. But undereating can be as unhealthy



for diabetics as overeating, so it's important to include appetizers in your Thanksgiving menu. Healthy options include raw vegetables and hummus, roasted nuts, shrimp cocktail, or a cheeseboard.

For the main meal, turkey is fine if you hold off on any brown sugar or honey glaze. Green bean casserole is safe as well, and stuffing can be included as long as you use whole-grain bread. For dessert, parfaits made with Greek yogurt, fresh fruit, and sliced almonds are healthy and tasty and can round out the perfect meal.

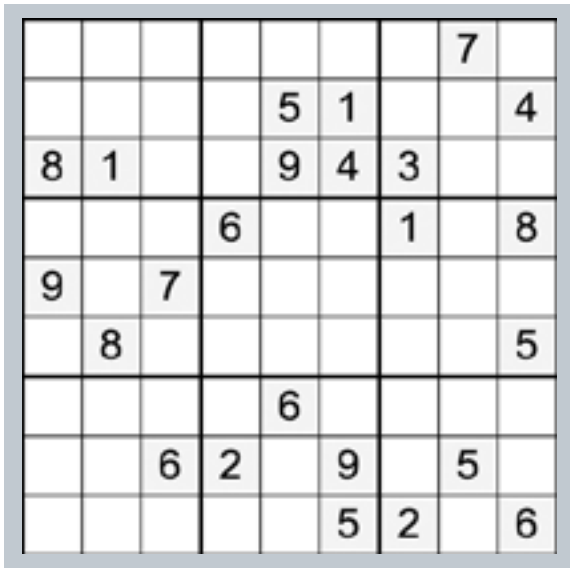
Vegans

The best thing about cooking Thanksgiving for a vegan is that there are plenty of substitutes for classic dishes. Vegan turkeys are available at most grocery stores. It may not look like your traditional turkey since there are no bones, but it still cooks and tastes like a turkey. If a vegan turkey is out of the question, you can try making a mushroom Wellington or roasted cauliflower as a replacement.

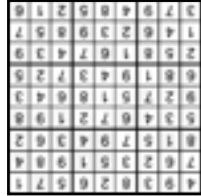
For side dishes, vegan macaroni and cheese and roasted Brussels sprouts are easy and safe. As for dessert, most grocery stores carry a variety of gluten-free and vegan desserts at their bakery, such as nondairy ice cream and flourless cookies, that taste similar or identical to their gluten-filled, non-vegan counterparts.

The holidays are a great time to come together, and with these options, you can make everyone feel included in the celebration.

TAKE A *BREAK*



SOLUTION



CAN YOU LEGALLY MOVE A STATE'S BORDER?

THESE OREGON COUNTIES HOPE SO

Earlier this year, several counties in Eastern Oregon voted to break away from the Beaver State and join their next-door neighbor, Idaho.

Led by a grassroots organization called Citizens for Greater Idaho (or Greater Idaho, for short), this push to move the Oregon-Idaho border further west was fueled by an urban/rural and liberal/conservative divide within the state. In short, rural Oregonians, who are mostly conservative, don't feel like their state government, which leans liberal, represents their interests. However, rather than leave their homes and livelihoods behind for a government that better represents their values, they've decided they want to bring Idaho's values and government to them.

While the social and political dimensions of this movement are fascinating, the more pragmatic question of whether moving a state border is possible at all is an essential element to explore. What do legal experts say about the possibility of moving Oregon's state border? Well, proponents of the move shouldn't hold their breath.

While some counties have "voted" to leave Oregon, those votes don't hold any legal power. They're more like a poll, gauging interest in an idea before further action is taken. To make Greater Idaho a reality, however, both state legislatures and the United States Congress will have to approve the move. Idaho's state border is enshrined in its constitution, which means that in order for the borders to change, so would the state's founding document.

It's a tall bar to clear, but state borders have moved before. In 1998, the U.S. Supreme Court ruled that much of Ellis Island actually belonged to New Jersey rather than New York. The mere legal possibility, plus the affirmation of some representatives in the Idaho state government, including Governor Brad Little, is enough for Greater Idaho to continue hoping that they'll have a say in the kind of government they want to have.



EASY PUMPKIN BROWNIES

Inspired by TheCookieRookie.com

If you have a hard time choosing between chocolate cake and pumpkin pie on Thanksgiving, this 2-for-1 treat will knock your socks off.

Ingredients

- 1 box brownie mix, plus other ingredients listed on box
- 1/2 can pumpkin purée
- 6 oz cream cheese, softened
- 3 tbsp sugar
- 1/2 cup chocolate chips
- 1 tbsp pumpkin pie spice

Directions

1. Preheat the oven as directed on the brownie box, then make the brownie mix. Fold in chocolate chips.
2. In a medium bowl, combine pumpkin purée, cream cheese, sugar, and pumpkin pie spice.
3. Choose your pan as directed on the brownie box. Grease it if needed.
4. Pour half of the brownie mix into the pan and spread evenly.
5. Add the pumpkin mixture to the pan, evenly or in a pattern. Cover with the rest of the brownie mix and spread evenly.
6. Bake as directed on the brownie box, adding 10 minutes to account for the pumpkin. Test for doneness, and when your toothpick comes out clean, cool and enjoy!



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How COVID-19 Worsened America's Opioid Crisis

Lockdowns Made Things Tough

Since the mid-1990s, over 500,000 deaths have been attributed to opioids. Many factors fueled the problem: corporate greed, economic recession, and changing attitudes toward pain treatments. Then came the COVID-19 pandemic, which escalated the opioid crisis to untold levels.

Data released by the National Center for Health Statistics on July 14 show a large increase in overdose deaths. Between December 2019 and December 2020, more than 93,000 Americans died from drug overdoses. That's nearly 30% higher than the previous 12 months. This means that, on average, 255 Americans were dying from overdoses every day.

One of the most notable things about the opioid crisis during the pandemic is the increase in death by overdose throughout the country. States like West Virginia have always been at the center of the crisis, but states like California, Arizona, and Colorado have seen shocking increases in overdoses. Opioid-related deaths

have gone up for men and women of every race and age, and the numbers aren't slowing down.



The question still lingers — why have opioid deaths increased during the pandemic?

The first reason focuses on the lockdowns. Many people were furloughed or completely cut off from work. This led to isolation, which is unhealthy for most people. For those already using opioids, they had more free time to use and their habits only grew worse.

Then, hospitals became overloaded during the pandemic. Those already recovering from addiction found it more difficult to get medical treatment when the pandemic started. Most medical attention focused on COVID-19 patients, and many former opioid users fell to the wayside. The impact was even worse if they had lost their job, which led some people to return to old habits.

As the pandemic continues to rage on, the opioid crisis has not waned. It could take years for opioid use to level out. And that assumes it won't continue to increase.

PLEASE HELP US FINISH 2021 THE RIGHT WAY ...

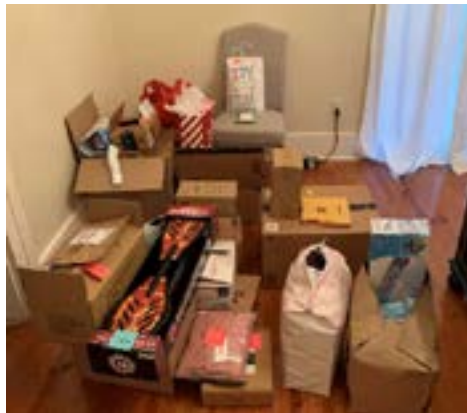
PROJECT CHRISTMAS!

Thanks to your amazing support and generosity, we provided Christmas gifts and clothes for 20 children last year! (Overall, St. Tammany Project Christmas provided clothes, gifts, and Christmas dinner for 1,495 children in 548 families.) You guys are awesome!

Flattmann Law is proud to be helping **St. Tammany Project Christmas** for the 3rd year in a row and we need your help!

What is St. Tammany Project Christmas?

St. Tammany Project Christmas is an established, local, needs-based organization committed to providing the magic of Christmas to children who would otherwise not have one. Applicants must provide documentation demonstrating need and are thoroughly vetted against the lists of other organizations. Each child receives a shirt, pants, and a jacket and can request three gifts. Typically, \$100-\$150 is spent per child. Project Christmas collects the gifts from community partners (like us) and coordinate with the families to help parents provide the gifts to each child.



How can I help?

By mid-November, we will receive our list of Angels and their gifts/clothes sizes. We will then post a list and instructions using **SignUpGenius** where you can sign up to supply one or many specific items. **We will email you the link and post it on our Facebook page: Grady J. Flattmann, Attorneys at Law, LLC. (Please be sure we have your email address and that you are following our Facebook page).**

Gifts/clothes may be delivered to our Covington office anytime before Monday, November 29th. If you are able to drop them off before then, that would be great!

CAUTION!! THIS IS THE EASIEST CHRISTMAS ANGEL PROJECT TO SUPPORT ... EVER!

- Help as much as you want. You will be able to select one item or many.
- No wrapping! Gifts/clothes must be in original wrapping and clothes must be new.
- Shop and click from the comfort of your own home! Have items shipped directly to our office (213 W. 21st Ave., Covington, LA 70433). Just let us know to look out for them.

Thank you from the bottom of my heart for your support throughout the years! I appreciate you.

-Grady



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