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## Client Spotlight: Raising Men Lawn Care, Inc.

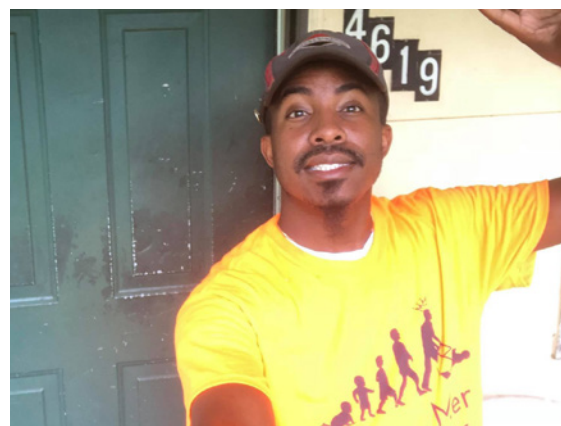
**Martinson & Beason is proud to count Raising Men Lawn Care Service, Inc. and its founder, Rodney Smith, Jr., as clients of the firm.**

Raising Men Lawn Care Service was started with the idea of making a difference in neighbors' lives one lawn at a time. It is a volunteer organization that provides free lawn care and other outdoor services such as snow shoveling and raking leaves for community members in need like the elderly, disabled, veterans, and single parents. Along the way, Raising Men seeks to build its youth volunteers into community-minded adults. Through the program, kids get a chance to give back to their community and build skills and relationships along the way.

Since its founding in 2015, Raising Men has exploded in growth and support. There are currently eight chapters across the country, over 150 kids have joined, there are over 53,000 supporters worldwide, and they have collectively mowed over 2,000 lawns. Raising Men has been featured on local television affiliates as well as across the country on national news such as NBC News, Fox News, the Today Show, Huffington Post, and more.

Rodney formed Raising Men after observing an elderly person struggling with yard care. After Rodney started local and began cutting the grass for the elderly in his neighborhood. With the help of social media, the idea quickly took off.

Rodney is originally from the island of Bermuda and received his undergraduate degree from Alabama A&M University. Through his upbringing, he learned the importance of neighbors helping neighbors. Through the program, Rodney seeks to bring that same community spirit to our area and across the nation.



To learn more about Raising Men Lawn Care Service, or to request assistance with your own lawn, check out their website at [weareraisingmen.com](http://weareraisingmen.com). You can follow Rodney on social media at: Facebook: Rodney Smith, Jr.; Twitter: @iamrodneysmith and Instagram: rodneysmithjr. For kids interesting in volunteering, send in a picture via social media or email holding a sign saying "I accept the 50 Yard Challenge" and the organization will send you a t-shirt and ear protection to get you started.

## Spring Safety Tips

As the weather warms up, children will want to be spending more time outside. The Martinson & Beason "family" would like to provide you and your family with the following tips so that you will have a safe, injury-free spring.

### ATV safety

Depending on their age, driving all-terrain vehicles (ATVs) can be a fun way for teenagers and young adults and to spend time out of doors. They may even allow you

to spend time with family and friends, but the fun time can quickly turn into a tragedy if you aren't aware of the hazards of these vehicles and possible ways to avoid them.

1. Never allow more than one person on board at a time.
2. Always wear proper safety gear including - helmets, goggles, long pants and shirts, gloves and boots.
3. It is also strongly advised that no one under 16 years of age drive ATVs.

*Continued on page 3*

## The Firm Learns Self-Defense & Situational Awareness



On February 8, 2019, Martinson & Beason attorneys and staff took a few minutes away from working up cases for a self-defense and situational awareness class from Grace Self-Defense and Martial Arts. The class was taught by Mark McGee and his son Nathan. Mark is a 7th degree black belt and teaches private martial arts classes and public self-defense classes in the Huntsville area. For more information, visit [www.gracemartialarts.com](http://www.gracemartialarts.com).

Here are a few key takeaways from the class:

### **Always Maintain Situational Awareness**

One of the best ways to avoid an unwanted (and potentially dangerous) confrontation is to maintain situational awareness at all times. Check your surroundings when you get out of your car and use peripheral vision and a wide gait to see who may be behind you. You can also look for reflective objects to see what's behind you. Try to walk in well-lit areas and use the buddy system as much as possible.

### **Use Everyday Objects to Get Away in an Emergency**

Most people would not look at a lipstick tube or car keys as a self-defense weapon, but the contents of your pocket or purse can make the difference in getting away from a potential attacker. Use these everyday items to jam into an attacker's eyes, nose, and other sensitive areas. Walk confidently and keep these items within easy reach.

### **Listen to Your Gut Instincts**

If you feel like someone may be following you, change direction or switch to the other side of the sidewalk. If you are alone on an elevator and someone steps on and you feel uneasy, exit the elevator. If you are unable to exit, keep your back to the wall with a full view of the elevator.

### **Keep Your Head Up and Walk Confidently**

Most would-be perpetrators are looking for easy, vulnerable targets. Exuding confidence and situational awareness can help ward off a potential attack. Always walk upright and avoid talking on your phone. Avoid looking down or becoming distracted or preoccupied with personal devices.

## Calling all Veterans: Have you experienced hearing loss?

### **Now Veterans Must be Compensated for Hearing Loss**

In July of 2018, the U.S. Department of Justice announced that Minnesota-based company 3M agreed to pay \$9.1 million to resolve allegations of knowingly selling defective dual-ended Combat Arms™ Earplugs, Version 2 to the U.S. military. In other words, the government got their money back for being sold a defective product. While the U.S. government has dealt with the contractual cost of the defective earplugs, it is now time for the veterans themselves to be compensated by 3M and Aearo Technologies who may have knowingly supplied defective earplugs to service members.

### **What Went Wrong with Defective Earplugs**

Soldiers who were deployed between 2003 and 2015 were issued the 3M Combat Arms™ earplugs despite the fact that the dual-ended earplugs were too short for proper insertion. Because of this defect, the earplugs could loosen in the users' ears, potentially resulting in serious, even permanent hearing loss or tinnitus. 3M and Aearo are also alleged to have manipulated test results to ensure their earplugs would meet government standards in order to receive lucrative contracts.

The defective earplugs are dual-ended, which, in theory, means the earplugs can be used on one end as traditional earplugs, or flipped to the "open" positions, allowing explosion sounds to be attenuated, while still allowing quieter sounds to be heard. Unfortunately, as the earplugs loosened, loud noises such as explosions and weapon fire were no longer being blocked out, resulting in hearing damage and tinnitus for many.

### **Widespread Hearing Loss in Veterans**

By some estimates, as many as 52 percent of all military personnel have some form of hearing loss. As of 2014, nearly one million veterans were receiving disability compensation for hearing loss, while as many as 1.3 million were receiving compensation for buzzing in the ears or ringing in the ears—symptoms of tinnitus.

The partial or total hearing loss experienced by soldiers can be the result of a single exposure to an intense sound (such as an explosion) or can be caused by continuous, long-term exposure (repeated gunfire, or the sounds in engine rooms or on aircraft carrier decks). Military personnel are constantly exposed to extremely high levels of noise, therefore, it should come as no surprise that noise-induced hearing loss and tinnitus are common among veterans.

### **What You Can Do as a Veteran**

Hearing loss is a serious medical issue which can lead to communication problems, problems in relationships, social isolation, depression and even cognitive decline. Veterans who served between 2003 and 2015 and used the 3M Combat Arms™ earplugs and have been diagnosed with hearing loss or tinnitus could be eligible for compensation from a lawsuit. There are time limitations on filing a claim, so if you suffered hearing loss or tinnitus as a result of defective Combat Arms™ earplugs, it is important that you speak to an experienced personal injury lawyer as quickly as possible. Contact us today for a free consultation.



# Sweet Potato & Goat Cheese Quiche

by Donna Pylant



## Ingredients:

- |                       |                            |
|-----------------------|----------------------------|
| 1 pie crust           | 1 tsp. herbs de Provence   |
| 1 medium sweet potato | Salt to taste              |
| 3 eggs                | Grated Parmesan            |
| ½ C half & half       | 4 oz. goat cheese crumbles |
| ½ C heavy cream       | Paprika                    |

## Directions:

1. Wash and dry the sweet potato. Poke all over with a fork. Place on a cookie sheet. Bake at 450 degrees for 30 minutes. Turn over and bake 20-30 minutes more. Let cool a little and then cube.
2. Preheat oven to 350 degrees. Make or buy a pie crust. Place pie crust in tart pan and sprinkle with a little Parmesan.
3. Make the custard: Whisk eggs, half & half, cream, herbs, and salt together.
4. Place sweet potatoes in pan. Sprinkle with goat cheese crumbles. Pour in custard. Bake 45 minutes (place pan on foil).
5. Top with a little Parmesan and a light sprinkle of paprika. Let cool 10 minutes before slicing. Enjoy!

## Spring Safety Tips continued...

### Spring cleaning safety

Spring cleaning is often a common activity during this time of year. But, it can easily cause many issues if you aren't aware of the issues involved with the most commonly used cleaning supplies. 1. Make sure to leave toxic chemicals in their original containers so that anyone using them can read all instructions for safe usage. 2. Keep them stored out of reach or locked away from children. 3. If at all possible, choose nontoxic products. (ex. vinegar and water is an inexpensive, non-toxic and effective window-cleaning solution.)

### Car seat safety

More than 70 percent of all car seats are installed and used incorrectly.

1. Make sure you read all labels attached to it as well as the instruction manual to make sure the seat is installed securely. 2. Verify your child is in the correct seat for their age, height and weight. 3. Always keep the car seats clean. Sticky snacks, crumbs and drinks can interfere with the crotch buckle and the chest clip.

### Lawn safety

Tools designated for children like small plastic rakes or a child's shovel or broom should always be used if a child wants to "help out" with yard clean-up. 1. Make sure that children are never allowed to ride as passengers or be towed in carts or trailers when the lawn is being mowed or cleared. 2. Never allow children to play on or around the mower in use or storage. 3. Always check the area you are cleaning for sharp objects, poisonous plants, tripping hazards, and even standing water. (a young child can drown in only one inch of water.)

### Bike safety

Now that the temperatures have risen and the sun is finally out, it's time to get your bike out. Here are the best tips for riding safely. 1. Make sure you have one to three inches of space between you and the seat/top bar of your

bike when you stand on your foot pedals. 2. Keep a check on your chain and keep it oiled. 3. Check the brakes of your bike regularly. 4. Always wear a helmet and make sure to replace it every three to five years or after an accident. 5. Wrist guards, elbow pads, and knee pads will help to protect you as you are enjoying the ride.

### Playground safety

Now that the days are warmer and longer, children are itching to play out in the backyard or on your local park's playground equipment. Here are some helpful safety tips. 1. Teach them to wait their turn. 2. They should always slide down the slide feet first. 3. Always hold onto the railings of any of the equipment. 4. Always sit down on swings or slides. It is also important to check out the playground equipment before they hop on. Make sure they are sturdy and check to make sure they aren't too hot. And it is very important to remove all helmets, scarves, drawstrings or any other loose items that could end up being a choking hazards.

### Allergy awareness

With spring in the air, many allergens are as well. Unfortunately, allergies can cause your child to have a clear runny or stuffy nose, itchy and watery eyes and a cough. The best way to help prevent allergies from becoming a real problem and to keep your family breathing a little easier, is to keep your windows closed and run the air conditioner when you have to in order to cool off.

### Insect repellents safety

Spring is the beginning of bug season. Mosquitoes, gnats, chiggers, and flies that can bite, making your child uncomfortable begin to come out and are more of an issue. To prevent bug bites, apply child-safe insect repellent. Once your child comes back inside, wash your all areas of treated skin. Insect repellent containing DEET should not be used on children under 2 months. In addition, oil of lemon eucalyptus products should not be used on children under age 3.

## Client's Bill of Rights

Lawyers will tell you that it is impossible to offer a guarantee in the legal business. **WRONG!** We say that law firm clients should settle for nothing less! Remember, your attorney works for you – not the other way around.

At Martinson & Beason we believe we can promise our clients quality service with personal attention. We believe that as our client you are entitled to have the:

1. Right to loyalty to you and your cause.
2. Right to be updated regularly and in a timely manner as to the progress of your case.
3. Right to our respect.
4. Right to expect competence from our firm and all who work here.
5. Right to know the truth about your case.
6. Right to prompt attention from us.
7. Right to have your legal rights and options explained in plain English without legal mumbo jumbo.
8. Right to a fair written fee agreement with our firm.
9. Right to a fair fee for the work we do.
10. Right to make the ultimate decision on your case.



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## Join Martinson & Beason in Supporting Team Will!

As a family firm, Martinson & Beason strongly believes in giving back to the community that has supported us for 80 years. In 2013, Morris Lilienthal and his wife Shannon started Team Will to participate in the March of Dimes: March for Babies to honor their late son Will support the March of Dimes' mission to promote healthy pregnancies, improve prenatal care, and prevent health issues threatening babies.

The March of Dimes has been leading the fight for healthy babies and mothers for 80 years and believes that every baby deserves the best possible start. The March of Dimes started as the National Foundation for Infantile Paralysis as part of President Franklin Roosevelt's policy on Polio. Since its founding, the March of Dimes has pioneered the research leading to the polio vaccine and has assisted in various neonatal advancements such as advanced screenings.

Over the last 6 years Team Will has raised over \$54,000.00 in support of the March of Dimes effort to give all babies a healthy start. This year Team Will has issued a 50 State Challenge to secure a donation big or small from all 50 States.

Join the Martinson & Beason family for the 2019 March of Dimes walk which will take place Saturday, May 4, 2019 at 9:00 AM at the Hudson Alpha Institute for Biotechnology (601 Genome Way, Huntsville, AL 35806). Registration begins at 8:00 AM. If you unable to join in person, consider supporting by making an online donation. Donations can be made at [www.TeamWill.net](http://www.TeamWill.net)



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BBB Rating: A+



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