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NOVEMBER 2020

WHISLERLAWFIRM.COM

"We're so grateful for all the feedback on our newsletter! If you have anything you'd like to share, we'd love to hear from you."

INSIDE THIS ISSUE

- 1 Finding Gratitude Is Easier Than It Might Seem
- 2 Top 5 Healthy Life Hacks to Have an Awesome Morning
- 2 What Our Clients Are Saying
- 3 Do You Have a Case to File in the Zantac Lawsuit?
- 3 Cinnamon-Spiced Candied Sweet Potatoes
- 4 A Number of Importance



THE 11TH HOUR OF THE 11TH DAY OF THE 11TH MONTH

WHY VETERANS DAY AND THE NUMBER 11 GO HAND IN HAND

Veterans Day comes every Nov. 11. It's a national holiday that recognizes veterans who served in the United States Armed Forces and honors those both living and deceased. Historically, the day marks Armistice Day and the end of the Great War: World War I. But what is the significance of the number 11?

The armistice was signed at 5:45 a.m. in France, but it took effect at 11 a.m. that same morning — which happened to be Nov. 11, 1918. The armistice originally lasted 36 days but was extended month after month. This led to the signing of the Treaty of Versailles on June 28, 1919, when peace was officially declared.



Later that year, President Woodrow Wilson proclaimed that Nov. 11 would be known as Armistice Day to honor those who fought in the Great War. This lasted

until 1954, when President Dwight Eisenhower signed a proclamation turning Armistice Day into Veterans Day.

The change was made in order to recognize *all* veterans who had honorably served their country. By 1954, the U.S. had fought in more wars — specifically World War II and the Korean War — and hundreds of thousands more Americans had served.

Unsurprisingly, there was some political drama surrounding the day. In 1968, Congress made Veterans Day a federal holiday under the Uniform Holiday Bill. The idea was to increase the number of three-day weekends in the year. Veterans Day became a holiday that would fall on the fourth Monday of October, a far cry from Nov. 11.

However, in 1978, Veterans Day was restored to its original Nov. 11 date. But why?

The answer is simple. It's a number that sticks with you. When the clock strikes 11:11, you *always* take notice. By that same notion, we all remember the 11th hour of the 11th day of the 11th month. Because of this, we'll never forget the end of the Great War, nor will we forget those who served.

THE GIFT OF FINDING GRATITUDE

IT'S ALWAYS THERE — WE JUST HAVE TO RECOGNIZE IT

This is the time of year when we usually gather with our loved ones to celebrate having each other in our lives and look forward to another year together. 2020 had other plans in mind, though, making this year less than ideal for mustering feelings of gratitude. But the reality is, that doesn't have to be the case. It all depends on how you choose to look at things.

Even though this will be the first year in my entire life that I won't be traveling to Chicago to spend Thanksgiving with my family, I'm still so grateful to have them in my life. I won't be able to gather with my parents and siblings for our traditional get-together, but if staying put means each of them is more likely to stay healthy, I can't ask for more than that. Luckily, for several months now, my family has dedicated time every Sunday to having a Zoom call and catching up with one another, and we've created some truly great memories that way. If not for the pandemic, that's something we may have never done. So, I

may not be spending Thanksgiving with my family, but I'm still so grateful for this new connection I've found with them.

When COVID-19 first hit and businesses had to start making some difficult transitions, the Whisler Law Firm wasn't without its own problems to figure out. We're such a cohesive team here that sending people off to work remotely felt like breaking up an entirely different family. But I'm so grateful for the incredible determination each team member has shown in the face of the adversity we've experienced this year. Not a single member of our team ever put themselves ahead of others, and I have been beyond impressed with the ways they've worked even harder to continue supporting one another and our clients. Even with a million other things to worry about in their lives, they've stepped up in every way possible, and I couldn't be more grateful to them for it.

When shutdowns began and took many court processes with them, insurance

companies decided to take advantage of the situation and attempt to delay their own processes. Other firms and their clients might have given up at that point, but I am so thankful to our clients for having the faith in their case and our team to keep pushing forward. The bottom line is that without our clients, we wouldn't be here. Without their determination to seek the justice they deserve, we'd be an empty office. They give us humble purpose when they come to us for help, and this pandemic has only proven their resolve is unshakeable. I am so grateful to them for reigniting the passion our team has for what they do during a time when we needed it the most.

Even though it might seem that actively recognizing gratitude is reserved for when you're sitting around the Thanksgiving table, the reality is that we can create our own feelings of gratitude at any time. If we slow down to recognize those things in our life that are good, no matter how big or small, we give ourselves the tools we need to be happy and do better.

Whenever a new team member joins us here at the Whisler Law Firm, we like to gift them a gratitude journal. It's a place for them to write down the things they're grateful for, any goals accomplished, and milestones they want to achieve. Our team has found that if we stick with it, reading back through a journal like this gives us everything we need to either feel inspired or find gratitude at any time. So, this holiday season, think about those things in your own life you're grateful for and write them down. If you cherish them and act upon them, you might just make this the best Thanksgiving yet.

Josh Whisler



TOP 5 HEALTHY LIFE HACKS TO HAVE AN AWESOME MORNING

Getting your day started with coffee isn't always enough. Sometimes, you need to give yourself an extra boost, especially when you have little energy or trouble focusing. For an awesome start to your day, here are five tips to get you going right off the bat.

Wake up 5 minutes early.

What's the power of five minutes? It can be more than you think. Spend this time doing simple breathing exercises or a quick meditation so you can get focused for the rest of the day. If that's not your style, you can prepare a quick to-do list for your day ahead. Either way, it's always nice to have a little extra time for yourself without losing too much sleep.

Start with green tea, then coffee.

A cup of coffee at 7 a.m. can leave you burned out by 10 a.m. Try swapping it with green tea for a more gentle wake-up call.

After that, you can brew your favorite coffee to keep you going strong. This practice also might help you consume less caffeine overall!

Take a quick morning walk — and have your meetings on the go.

Morning meetings can make us want to fall asleep again. Don't spend all of them sitting down if you don't have to! Not only will morning walks help you wake up, but they can also add some extra physical activity to your day.

Write in your journal.

Who says you have to journal at the end of the day when you're tired and ready to sleep? You can journal in the morning about what happened yesterday and the things you're looking forward to that day. Journaling can remind you of your daily goals and motivate you to stick to your commitments.



Pack your lunch (or snacks!).

Staying on track with your goals starts with having the energy to do them. Plan a healthy balance of fats, vegetables, carbohydrates, and proteins. This can be as simple as assembling dips, carrots, wraps, and salads each morning.

It's time to try these tactics to jump-start your day!

UNDERSTANDING THE ZANTAC MASS LAWSUIT IF IT AFFECTS YOU, GIVE US A CALL

Cases filed against corporations on behalf of individuals harmed by their products are called mass tort lawsuits. They're huge undertakings that can last years due to the number of plaintiffs they include, but they are necessary to hold these corporations accountable for their actions. The most recent one to make headlines is the Zantac lawsuit.

Zantac is the brand name of a heartburn medication called ranitidine. It's a drug used to decrease stomach acid, and Zantac and other generic forms of ranitidine have been used for years to treat peptic ulcers, gastroesophageal reflux, and other related conditions.

But in 2019, one laboratory discovered that ranitidine likely causes high levels of N-nitrosodimethylamine (NDMA) exposure in users. Researchers found that

the unstable molecules of the medication break down in the digestive tract to create harmful levels of NDMA, which is listed by the International Agency for Research on Cancer as carcinogenic. NDMA is even frequently used in research laboratories to induce cancer in rats.

The producers of Zantac and other forms of ranitidine were selling huge quantities of a drug that could be linked to cancer of the stomach, intestines, esophagus, and other areas of the body. And the strongest argument plaintiffs have is that Zantac didn't stop production and sales sooner, despite having knowledge of these potentially harmful effects. They didn't stop selling the product when NDMA was discovered in it or stop manufacturing it when the Food and Drug Administration issued a public warning. They pulled it from shelves, but it was still available. They had opportunities to protect consumers but ignored all of them.

Thousands of Zantac lawsuits will be filed over the next few years, and a Florida judge recently appointed a team of attorneys to begin proceedings. If you've used Zantac or ranitidine and believe health problems resulted from it, you may have a case to file. We can help you get in touch with the firms handling these lawsuits, so reach out to us with any questions you might have. If and when a settlement is reached, experts speculate it could be worth billions of dollars. The road might be long but, if successful, could bring justice to many, including you.



CLIENT TESTIMONIALS



"Outstanding Firm. Exceptional Service. Incredible Compassion. There are not enough words to express my gratitude to Jacob, Josh, and Ronnie. I am a survivor of Hurricane Michael and these guys are a blessing. I worked closely with Jacob, handling two claims for me, and I will be forever grateful for his intelligence, skill, and steadfastness. If you are trying to decide on a firm or seeking help and just don't know where to turn, Whisler Law Firm is that beacon of light in the storm. It will be the first and last call you need to make. Thank you from the bottom of my heart for helping me put my life back together."

-Lacy G.



"My attorney Josh Whisler handled my case in a very professional manner. His staff kept me updated every step of the way. I was never left in limbo not knowing what was going on in my case. I was able to receive a very fair settlement from my insurance company thanks to the hard work and diligence of the Whisler Law Firm. Best part of all was the attorney fees were paid by the insurance company, not from my settlement. I would definitely recommend Josh Whisler to anyone needing an attorney."

-Emilio G.



PLEASE JOIN US FOR OUR UPCOMING WEBINAR!

7 Steps to Keep Your Child Safe

The importance of appointing a Guardian

Tuesday, Nov. 10, at 1:00 p.m. EST

PLEASE REGISTER AT: WWW.WHISLERLAWFIRM.COM

You can also stream previous webinars at whislerlawfirm.com

CINNAMON-SPICED CANDIED SWEET POTATOES

INGREDIENTS

- 4 lbs orange-fleshed sweet potatoes, peeled and cut crosswise into 2-inch pieces, then cut lengthwise into 1-inch wedges
- 1 cup light brown sugar, packed
- 1 tbsp kosher salt
- 1/4 tsp ground cloves
- 1/4 cup unsalted butter, cubed
- 4 (2-inch) cinnamon sticks

DIRECTIONS

1. Preheat oven to 350 F.
2. Place sweet potato wedges in a 4-quart baking dish.
3. Sprinkle sugar, salt, and cloves over sweet potatoes.
4. Dot with butter and place cinnamon sticks around sweet potatoes.
5. Bake, turning every 15 minutes, until sweet potatoes are tender and the liquid is syrupy, about 1 hour and 15 minutes.
6. Remove from the oven and let stand for 10 minutes.
7. Discard cinnamon sticks and serve.

Inspired by FoodAndWine.com