

The Lovely Law Firm
1053 London Street
Myrtle Beach, SC 29577

- CRIMINAL DEFENSE
- DUI-TRAFFIC
- DRUG CRIMES
- ASSAULT CRIMES
- PROPERTY CRIMES
- PERSONAL INJURY
- AUTOMOBILE ACCIDENTS
- DOG BITES
- MASS TORTS/BAD DRUGS
- WORKERS COMPENSATION
- WRONGFUL DEATH
- POLICE MISCONDUCT
- SEXUAL ASSAULT VICTIMS

When Life Gets Ugly Justice is Lovely



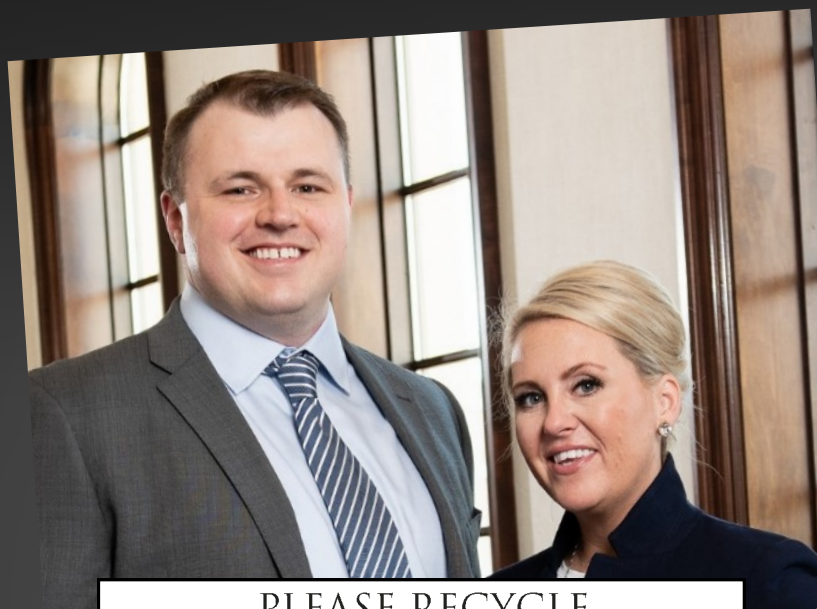
AUGUST 2019

Children's Eye Health and Safety Month. It's time to schedule eye exams for your children as you make plans for the coming school year. Find information and resources on vision care at the American Academy of Ophthalmology website: <https://www.aaopt.org/eye-health/resources/articles>

Immunization Awareness Month. This is a topic sure to bring about spirited debates. No matter what side of the issue you are on, take the time to get information from credible sources and speak with your physician regarding any concerns you might have.

Little League World Series, Aug. 15–25. There are no underdogs, upsets, or losers—just kids with a lot of heart, playing their favorite sport. Let's root for all of them.

**WE HAVE MOVED OFFICE LOCATIONS TO
1053 LONDON ST. MYRTLE BEACH, SC 29577 !**



THE LOVELY LAW FIRM

JUSTICE IS LOVELY

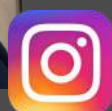
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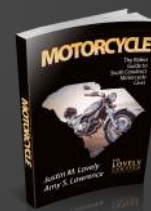
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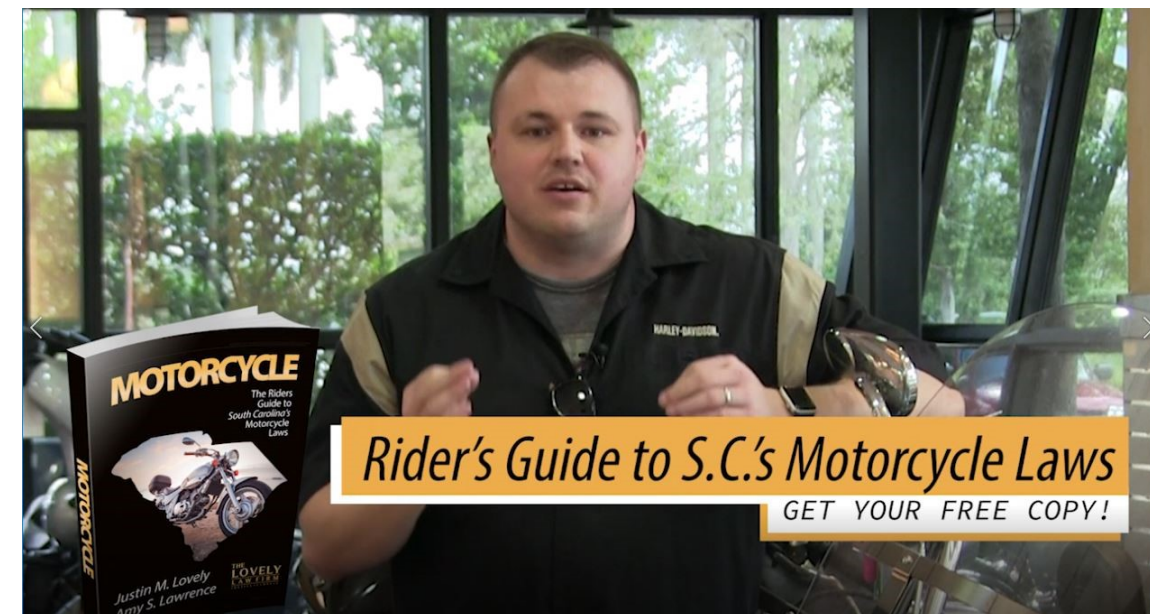


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Rider's Guide to S.C.'s Motorcycle Laws

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Do you have your copy of our **Motorcycle Book**? Amy and Justin published this book a couple of years ago. It has all the tips and safety data every rider needs. If you want a copy, simply visit our website for a PDF download or call and ask for a hard copy to be mailed directly to you **at no cost**. We want you and your friends to be safe on the roads!

AUGUST QUOTES

A fit, healthy body—that is the best fashion statement.
—Jess C. Scott

I believe that the greatest gift you can give your family and the world is a healthy you.
—Joyce Meyer



A Special Thank You!

Thanks to everyone who re-

ferred us a case in the month of July.

We are glad to help you and honored to be your trusted legal advisor.

~Justin M. Lovely

IS YOUR DIET HEALTHY?

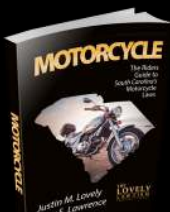
Most of us strive to maintain a healthy diet, but all the fads and trends that come and go can make it tricky. Here's some advice from the Newsmax website for staying on the right path:

- **Fat.** Saturated fats can be unhealthy, but unsaturated fats, like those found in avocados, almonds, and fish, are good for you in moderation.
- **Eggs.** Egg yolks were once thought to contribute to dietary cholesterol, but that's been proven false. Again, enjoy in moderation.
- **“Healthy” food.** Processed foods touted as “healthy” may have high levels of sugar and salt to enhance flavor, along with preservatives. Make sure you're eating foods that haven't replaced fat with some other unhealthy ingredient.
- **Gluten.** Some people are allergic to gluten, so avoiding it makes sense. If you're not, however there's no need to stay away from healthy foods containing wheat, rye, and barley.
- **Sports drinks.** Most sports drinks contain high levels of carbohydrates, sugars, and calories. Unless you're training for a marathon or some other extreme activity, don't consume them regularly.
- **Raw food.** A diet of raw food isn't particularly healthy, and it can be difficult to maintain outside of your own home. Cooked vegetables are easier to digest, and most foods are safer to eat when cooked.

Be on the Lookout for our upcoming Podcast and Videocasts ~ Live on Facebook!



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TAKE CONTROL OF YOUR CAREER

Winning the lottery is one way to get rich, but it's not one you can count on. The New.com website, based in Australia, has some advice on taking control of your life and career no matter what business you're in:

- **Seize your opportunities.** Be on the lookout for something new and different, and don't be afraid to take reasonable chances. You never know when an opportunity will expand into a successful endeavor.
- **Develop your confidence.** You won't be perfect at everything, but you'll never get ahead if you're plagued by self-doubt. Identify what you're good at so you can concentrate your efforts and boost your self-confidence. Fill in the gaps with assistance and advice from people who complement your skills.
- **Specialize.** Don't try to cover the waterfront. Figure out your niche—the one thing you can be best at. Focus on developing the expertise you need to position yourself as an authority.
- **Be on the lookout.** The business world is rapidly changing, and the job you're suited for today may not be a good fit tomorrow. Keep an eye on your industry so you can make a change when the opportunity to move forward presents itself.
- **Have a fallback position.** You'll probably experience setbacks in your career. Save some money for emergencies, and be ready to take on a secondary position when necessary in order to stay afloat while looking for your next opportunity.

LOOKOUT FOR THESE INJURY TYPES AT WORK!

Disabling workplace injuries are a big problem—and a costly one. The 2018 Liberty Mutual Workplace Safety Index puts the overall cost at \$58.5 billion. Here's how the top 10 add up:

Overexertion	23.4%	\$13.7 million
Falls on same level	19.2%	\$11.2 million
Falls to lower level	10.0%	\$5.9 million
Struck by object/equipment	9.1%	\$5.3 million
Other exertions	7.2%	\$4.2 million
Roadway incidents	5.5%	\$3.2 million
Slip/trip (no fall)	3.9%	\$2.3 million
Caught in equipment/objects	3.6%	\$2.1 million
Struck by object/equipment	3.5%	\$2.0 million
Repetitive motion	2.6%	\$1.5 million