

The Lovely Law Firm  
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**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



**National MS Education and Awareness Month.** Multiple sclerosis is a chronic neurological condition that affects more than a million people in the United States. Throughout March, organizations such as the Multiple Sclerosis Foundation will be raising awareness of the challenges faced by those diagnosed with MS, the treatments available, and what you can do help. Go to [MSFocus.org](http://MSFocus.org) to learn more.

**National Nutrition Month.** The Academy of Nutrition and Dietetics wants you to “Eat Right. Bite by Bite” in 2020. It works throughout the year to provide tools and resources that will allow you to make better food choices and lead healthier lives, with the month dedicated to a larger effort of awareness and education. Let’s get healthy. Visit <https://www.eatright.org/food/resources/national-nutrition-month> for more info.

**ZANTAC CANCER ALERT**

In September 2019, Valisure, an online pharmacy, let the FDA know that the company had found the carcinogen NDMA in some batches of the heartburn medication Zantac (ranitidine.) Shortly after the FDA issued an announcement, retailers pulled Zantac and generics from the shelves.

The study summary can be found on our website-  
<https://www.justiceislovely.com/zantac-ranitidine-cancer-lawsuits/>

If you or your family member has used Zantac and have been diagnosed with Stomach Cancer, Liver Cancer, Bladder Cancer, Small Intestine/Colorectal Cancer, Esophageal Cancer, Prostate Cancer, Pancreatic Cancer, Leukemia, Non-Hodgkin's Lymphoma, Multiple Myeloma, or Kidney (Renal) Cancer you may have a case.



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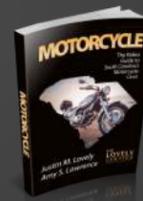
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WE LOVE REFERRALS!

# NO HEAD- PHONES IN CONSTRUCTION ZONES

OSHA, the Occupational Safety and Health Administration, has issued a warning on the use of headphones and earbuds at hazardous work areas like construction sites. The EHS website shares its statement:

“Listening to music may produce a safety hazard by masking environmental sounds that need to be heard, especially on active construction sites where attention to moving equipment, heavy machinery, vehicle traffic and safety warning signals may be compromised.”

OSHA hasn't issued a specific regulation on the use of headphones at construction sites or other areas, although it has set limits on permissible noise and requires employers to protect workers from hearing damage when those levels are exceeded. “A portable music player is not a substitute for hearing protection,” OSHA notes.



*A Special  
Thank  
You!*

Thanks to everyone who referred us a case in the month of February!

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

~Justin M. Lovely

## 10 CREATIVITY HACKS

Oh, no! You're stuck, blocked, in a slump. The distance grows between you and your goal with each passing minute. What can you do?

First of all, breathe. Center yourself, and then try one of the following tips to tap into your creative groove:

1. **Take a doodle break.** You don't have to draw well to take pen or pencil to paper and see what happens. Work in big bold strokes with dry erase markers and a whiteboard, or grab the chalk and draw something on the sidewalk. It doesn't have to be a masterpiece, just an original outpouring of creative expression.
2. **Change your work venue.** Unplug from your desk and move to a different workstation or workspace. Go off-site to a coffee shop or library. Sometimes a change of scenery can inspire fresh ideas.
3. **Play your theme song.** If playing “Eye of the Tiger” gets you fired up, then by all means, crank it up and dance around to tap into your energy.
4. **Daydream.** Take a few minutes to check out and think of something else or nothing at all. Let your mind wander and see where it leads you. Try working once you come back to yourself.
5. **Just walk away.** They say that when you find yourself in a hole you should stop digging, so if you feel stuck in a rut while seated at your desk, get up and walk away. Stay gone for several minutes to give yourself a chance to reset before returning to the task at hand.
6. **Let it go and let it flow.** Open the floodgates of ideas by allowing them to pour forth in a stream of consciousness. Go on until you feel as if you've purged. You can return to your project at that time or mine your idea dump for possibilities.
7. **Work toward an alternative goal.** Change the focus of your project so that you are working toward a different endgame, such as a smaller goal on the same path.
8. **Go with your gut.** Maybe you're approaching your project in a counterintuitive fashion. What would happen if you did things a different way and ignored the constraints that are preventing you from being productive?
9. **Take an exercise break.** Release pent-up energy as well as the endorphins that will make you feel groovy and inspired. Run or work out to a playlist of your favorite songs for an extra boost.
10. **Primal scream.** Sometimes all you need to do is make a big, loud noise before you can sit down and get down to business, so go ahead and let it out.

*NEW DRUGS WE ARE INVESTIGATING: BELVIQ, ZANTAC*

*NEW TORTS— FIRE FIGHTING FOAM*

*See our website for more information—[justiceislovely.com](http://justiceislovely.com)*

## EXERCISE LOWERS DEPRESSION RISK

If you or someone you know suffers from depression, this news could help. An article on the MedicineNet website reports that 35 minutes of exercise a day could help lower the risk of depression, even among people with a genetic predisposition for it.

Researchers at Massachusetts General Hospital in Boston analyzed two years' worth of medical records and genetic information from close to 8,000 people. They calculated a genetic risk score for each person that predicted the likelihood of depressive episodes. The data showed that people with a higher genetic risk were likely to be diagnosed with depression within two years, but physically active people with the same score—or even a higher one—were less likely to suffer from depression. For every four hours of exercise a week, the risk of depressive episodes decreased by 17%. Both intense, aerobic workouts and low-intensity practices like stretching and yoga showed the same effect.



Getting active may be the key to mental as well as physical well-being.

## TALK IT OUT!

One of the best things a parent can do with their child is establish a good habit of two-way communication. To create an environment that encourages them to share their thoughts and feelings, be prepared to:

- Listen without judgment.
- Answer their questions honestly and without bias.
- Help them find solutions to their problems and teachable moments in their mistakes.
- Respond mindfully during upsetting times.
- Respect their need for privacy, and recognize that talking things over with a counselor or licensed professional might be the best option at certain times.

Establishing this sort of rapport with your children from an early age will help to create a foundation of trust and understanding in your relationship. As the years progress, they will be more likely to seek your counsel instead of withholding secrets from you.