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Just 10 Minutes Make Time to Free Yourself From Stress

April is National Stress Awareness Month. That sounds like an oxymoron because I don't think anyone needs to be aware of stress. A 2019 Gallup poll found that 55% of Americans report feeling stressed every day. Few people need to be made aware of stress or the negative impact it can have on our lives. Instead, let's increase awareness for the ways to deal with stress.

A few years ago, when my family moved to Minnesota, life got really stressful. As an attorney, stress has always been a constant, but this got really rough. I could see my stress becoming a problem, so I started researching strategies to deal with it. Meditation kept popping up in articles, blog posts, and podcasts about stress relief, so I decided to give it a try. I downloaded a meditation app called Calm, and now I meditate for 10 minutes each day. It really helps start the day off calmly and in the right mindset.

Meditating daily seemed like a big commitment at first, but believe it or not, I was inspired by a Brian Regan joke about microwaving Pop-Tarts. As Regan points out, "If you need to zap-fry your Pop-Tarts before you head out the door, you might want to loosen up your schedule!" If I can't find 10 minutes in my day to meditate, then clearly I'm way overscheduled.

Another way I dealt with stress was by changing my nightly habits. Instead of watching TV all night, I have a time when I turn off all my screens and read for a while before bed. It's another calming activity that gives my brain a chance to relax after staring at screens all day. I try to bookend my day with calming activities to alleviate the stress as best as I can. During the day, I also make some time to exercise. I've found that a game of tennis with fellow attorneys is a great source of stress



relief. As soon as that yellow ball is up in the air, we're all too focused on the game to talk about work.

Promoting healthy forms of stress relief is important to me. I've been head of our local bar association's small firms section for a couple years. We try to create more initiatives to help fellow small-firm lawyers cope with the stress of practicing law and running a business. We encourage activities like meditation, yoga, and other ways to find time for yourself during the day.

I personally have worked to create recurring social hours, preferably away from the downtown area. These are great for attorneys to spend time in a more relaxed area, grab a drink, and talk to one another. It's really relaxing to talk to fellow attorneys about things outside of law. On a few occasions, we've just sat around and talked about the books we're reading!

It's important to find ways to inject stress relief into your daily life because there's enough stress in the world. There's so much focus on being hyperconnected, always on and running around all the time. There's never any "off time." You have to discover the best tactics to make time for yourself. If you're always eating lunch at your desk, pick one day a week where you eat lunch at a cafe with a book. If you're stressed out each night, leave your phone in another room an hour before bed and read, write, or catch up with the family.

There are so many different opportunities to seek stress relief. Just find 10 minutes for yourself each day. Leave your phone on your desk and take a walk. Being able to step away from whatever is stressing you and take time for yourself will make a huge difference every day.

-Andrew M. Ayers

SOMETHING IN THE WATER

WHY ROB BILOTT TOOK ON DUPONT

Rob Bilott never should have agreed to represent Wilbur Tennant's case.

The cattle farmer had presented evidence of the strange malady plaguing his cattle to lawyers, politicians, and veterinarians in Parkersburg, West Virginia, but no one took Tennant's case seriously.

But when Bilott saw the evidence for himself, it was clear that something was wrong.

The videos and photographs Tennant had collected showed cattle with patchy fur, growths and lesions, white slime coming from their mouths, and staggering gaits.

Tennant told Bilott that the abnormal behavior and physical deformities had started after his brother Jim sold his property to DuPont, a chemical company with a big presence in Parkersburg. Jim's property bordered on Wilbur's, and a stream running from Jim's

property provided water for all the cattle and wildlife in the area. Since the sale, the stream had become frothy and discolored, and the animals that drank from it were sick, malformed, or dead, including 153 of Tennant's 200 cows.

When Bilott stumbled upon a letter from DuPont to the Environmental Protection Agency (EPA), the real horror story began to emerge — one that went far beyond the boundaries of Tennant's farm and into the drinking water of every American.

The letter mentioned a mysterious chemical called PFOA, and Bilott requested documentation from DuPont to find out more about it. However, the company refused, so Bilott requested a court order. Soon, dozens of disorganized boxes filled with thousands of 50-year-old files arrived at Bilott's firm.

He was worried he wouldn't be able to find anything incriminating or even conclusive



in the mess of documents, but soon, his time as an environmental lawyer helped him see the bigger picture. It became clear that DuPont had orchestrated a massive cover-up regarding their use of PFOA. PFOA is used in the manufacturing of Teflon, and the company had knowingly exposed workers and the Parkersburg water supply to it.

Bilott filed a class-action suit as a medical monitoring claim on behalf of the people of Parkersburg, and, as of 2011, a probable link between PFOA and six health conditions, including two types of cancer, has been found. Because of the medical monitoring claim, plaintiffs can file personal injury lawsuits against DuPont. So far, 3,535 people have. If it weren't for Bilott and Tennant, the public might have never known the dangers of PFOA.

DO YOUR PART TO KEEP AMERICA BEAUTIFUL

And Maintain Green Living Spaces for Everyone

Have you ever walked through a park and seen a plastic bottle or wrapper lying on the ground? If so, did you pick it up and properly dispose of it? You might not have realized it, but in that moment, you took a small step toward keeping your community — and, by extension, America — beautiful!

April is Keep America Beautiful Month, and folks who celebrate aim to help each community in every state stay clean and green. Created by the nonprofit organization Keep America Beautiful, this holiday offers a perfect opportunity to roll up your sleeves and work



to better the place you live in. Here are three ways to show your appreciation for a green America this month.

VOLUNTEER FOR THE GREAT AMERICAN CLEANUP.

This event is one of America's largest community improvement programs, with hundreds of thousands of people participating each year. In 2019, over 550,000 volunteers participated in the GAC to bring natural beauty back into their communities. 2020 marks this event's 22nd year, and you can be a part of it this month! Volunteer your time with a local Keep America Beautiful affiliate or another community improvement program close to home. Do your part to clean up your parks and spread awareness today.

START PLOGGING.

If you're passionate about staying active and cleaning up your neighborhood, then this is the perfect activity for you! Plogging combines

jogging and picking up litter, which takes care of your health and keeps your community clean. Anybody can do it: Just throw on your running shoes, grab a bag, head out the door, and pick up any stray bits of trash you see on your morning jog or evening walk.

IMPROVE RECYCLING THROUGH EDUCATION.

An important goal during Keep America Beautiful Month is to spread awareness about recycling. There are various ways to educate those around you about recycling and encourage them to do their part. At work, for example, you can volunteer to lead a recycling initiative by printing off guides and fostering discussions on why recycling is so essential. At home, you can make a commitment with your family to fulfill the three R's of recycling: reduce, reuse, recycle.

To discover more ways to participate in Keep America Beautiful month, visit their website at KAB.org today!

TAKE A BREAK

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8	2	6	5	9	3	7	1	4
9	6	8	1	2	7	4	5	3
6	8	4	1	2	7	3	1	2
7	1	2	3	9	4	8	6	5



EASY DEVILED EGGS

While the kids hunt for Easter eggs in the yard, whip up this easy deviled egg recipe for a hearty snack that's sure to satisfy any craving.

Ingredients

- 1/2 cup mayonnaise
- 2 tbsp milk
- 1 tsp dried parsley flakes
- 1/2 tsp dill weed
- 1/2 tsp fresh chives, minced
- 1/2 tsp ground mustard
- Salt, paprika, garlic powder, and pepper, to taste
- 12 large eggs, hard-boiled
- Fresh parsley, minced, and paprika for garnish

Directions

1. In a large bowl, combine mayonnaise, milk, parsley flakes, dill, chives, mustard, salt, paprika, garlic powder, and pepper. Mix well and set aside.
2. Cut eggs lengthwise and remove yolks carefully to preserve egg whites.
3. In a small bowl, mash yolks.
4. Mix mashed yolks with mayonnaise mixture.
5. Spoon or pipe the mixture back into the egg whites.
6. Garnish with fresh parsley and paprika. Refrigerate before serving.

Inspired by TasteOfHome.com

SO, WHAT IS 5G?

A New Horizon in Wireless Technology

Few things change faster than the internet, and how we connect with the internet is constantly evolving. When it comes to wireless capabilities, fourth-generation (4G) networks have been the norm for 10 years. But 4G couldn't meet demands forever, and there's already talk of a fifth-generation (5G) network taking center stage. So, what makes 5G different from 4G, and how will it affect consumers and their internet-enabled devices?

WHAT ARE THE BASICS?

Simply put, 5G is the fifth generation of wireless technology that enables mobile devices like cellphones and stationary devices like desktop computers to send and receive data without being physically connected to a network via cables. As technology improves and more connection points are established around the globe, new network generations are "released" to represent significant advancements in speed and reach.

HOW POWERFUL WILL IT BE?

Consumers will notice the rise of 5G mostly with their smartphones. Apps and services that function using the internet will have fewer delays, faster loading times, more reliable internet access in remote locations, and more stable downloading and uploading capabilities. Experts predict that 5G will provide download speeds of up to 10,000 megabits per second, which is roughly 100 times faster than 4G. While it can take a 4G network upward of 15 seconds to download a simple 5-megabyte music file, a 5G network will be able to download an entire movie in less than two seconds.

WHAT'S NEXT?

These network updates are all about speed, but that doesn't mean you should rush to switch your cellphone over to 5G. Many providers are still testing the service with select markets, and a full rollout of 5G isn't expected until later this year. Check with your network provider about the options they currently offer and get ready to connect with the world like never before.





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THE OLDEST LIBRARIES IN AMERICA A STORY OF MANY FIRSTS

What’s the oldest library in America? It’s an easy question to ask, but it has an unexpectedly complicated answer. Before the Industrial Revolution generated greater interest in public services, a library’s function and purpose varied widely. Several libraries in the United States claim to be the country’s “first,” but for different reasons.

COLLEGES AND THE CLERGY

Some believe Harvard University hosted the first library in the United States. Harvard was the first university in the United States, founded in 1636, and clergyman John Harvard seeded the library with a 400-book collection. Soon after, however, Thomas Bray, another clergyman, began establishing the first free lending libraries throughout the colonies to encourage the spread of the Anglican Church. Not surprisingly, most of the libraries’ holdings were theological.

A FEW MORE FIRSTS

During the 1700s, a few more “first” libraries were established. In 1731, Ben Franklin and a few others started the first subscription library in the United States. Members of subscription libraries could pay to buy books or borrow them for free. In 1757, 60 men founded the Library Company of Burlington in New Jersey, and Thomas Rodman received a charter from King George II to operate the business in 1758. The library still operates under that charter today. The Library of Burlington was the first library to operate out of its own building after a prominent resident donated the land in 1789.

BY THE PEOPLE, FOR THE PEOPLE

In 1833, just as the Industrial Revolution was picking up steam, the Peterborough Town Library was founded in Peterborough, New



Hampshire, at a town meeting. It was the first tax-supported free public library in the United States and in the world. Not long after that, the Boston Public Library, known as the “palace for the people,” became the first municipal public library in the country. The Boston Public Library was also the first library to have a space specifically for children.

Out of all the “first” libraries in the country, these are the most probable progenitors of most libraries today — even if they weren’t exactly “first.”