



BULLETIN

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THE TRIBUTE TO MOTHERS ISSUE

We at the Bulldog Lawyers are dedicating this issue of the Bulldog Bulletin to our very favorite group of people— MOTHERS. Sure, it's the May issue and Mother's Day is just around the corner, so deciding

to focus on and pay homage to Mothers may be a no-brainer, you may say, but the Bulldog Lawyers have always demonstrated a particular admiration and affinity towards women, especially mothers. No offense guys, but for the most part, it's usually the women that make things happen, especially when it comes to the journey to justice.

Based upon our experience, if it weren't for women, there would be a lot of men that were injured at work, or in an accident, sitting at home, slowly recovering, not collecting a dime, not receiving necessary medical treatment, just waiting to feel better enough to eventually go back to work. Sure, this is somewhat of an exaggeration, but you get the point. If you were to grab a random stack of our client intakes, many

of them would say something like:

- *Caller: Mary calling for her son*
- *Caller: Joan calling for her husband*
- *Caller: Sue calling for her boyfriend*
- *Caller: Betty calling for her dad*
- *Caller: Janet calling for her brother*

We call these awesome ladies "Women Warriors." Sure, they are caring and loving and nurturing, but they are also fighters. They know their rights, and their significant others' rights, and they

are relentless, like bulldogs, in fighting for and obtaining the compensation and benefits that they and their loved ones deserve.

So, on behalf of everyone, we would like to express our utmost and sincere gratitude to the women, and especially the mothers, that do such a great job loving, caring for, and looking out for us. Enjoy our tribute issue and we wish you a very Happy Mother's Day. ■

“ QUOTABLE in honor of Mother's Day:

"It's not easy being a mother. If it were easy, fathers would do it."

– The Golden Girls

"Of all the gifts that life has to offer, a loving mother is the greatest of them all."

– Unknown

"Successful mothers are not the ones that have never struggled. They are the ones that never give up."

– Sharon Jaynes

"If at first you don't succeed, try doing it the way mom told you to in the beginning."

– Unknown

"All that I am or ever hope to be, I owe to my angel mother."

– Abraham Lincoln

Smoked Salmon and Mustard Seed Frittata

Here's a simple yet delicious brunch recipe that will be sure to get Mom's day off to a good start.



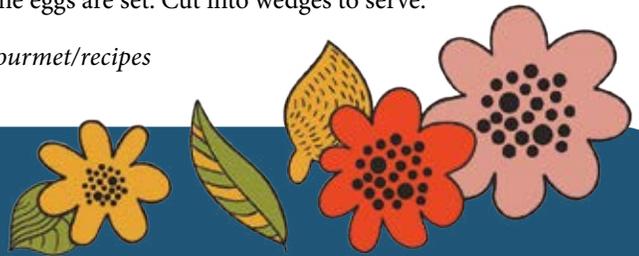
INGREDIENTS (SERVES 6):

- 1 tablespoon yellow mustard seed
- 1/2 teaspoon fennel seed
- 2 tablespoons hot water
- 6 eggs
- 2 tablespoons milk
- 1/4 teaspoon ground black pepper
- 2 tablespoons canola oil
- 1 cup refrigerated potato cubes, cut in 1/2 inch cubes
- 4 ounces smoked salmon, coarsely chopped
- 1/4 cup green onions

DIRECTIONS:

- 1 Preheat oven to 375°F. Heat small skillet on medium heat. Add mustard and fennel seeds; cook and stir about 2 minutes or until fragrant. Immediately pour out of hot pan to avoid over-toasting. Finely crush seeds using a rolling pin or a mortar and pestle. Pour into small bowl. Stir in hot water. Let stand 5 minutes
- 2 Beat eggs, milk, pepper and seed mixture in medium bowl with wire whisk until well blended
- 3 Heat oil in large nonstick ovenproof skillet on medium heat. Add potatoes; cook and stir 5 minutes or until lightly browned. Slowly pour in egg mixture. Sprinkle salmon and green onions evenly over eggs. Cook 5 minutes without stirring or until eggs are just set on bottom
- 4 Bake 5 to 7 minutes or just until the eggs are set. Cut into wedges to serve.

From <https://www.mccormick.com/gourmet/recipes>



WHAT MOTHERS WANT

According to Parenting.com, these are the top ten things that mothers would like on Mother's Day.

- 1 **Clean house** - Being a mom is stressful, and coming home to a clean house, even if it only lasts ten minutes, is like a little slice of heaven for us.
- 2 **Sleep** - When you're a mom, getting a full night's rest and not waking up to an alarm clock or a hungry child is like a slice of heaven. **Extra credit** - Bring mom her coffee, her favorite book and breakfast in bed.
- 3 **A really good workout** - Offer to take the kids for a while and give mom the opportunity to go for a run, take a Zumba class or go to the gym. It's healthy, invigorating and a great mood booster.
- 4 **Spa Day** - A massage, mani/pedi or facial are all wonderful gifts to show us how much we're appreciated.
- 5 **A day free from the "Mom Routine"** - We love being mamas; we really do. But we would also love a day free from the "Mom Routine." That means no dishes, laundry, chauffeur duty, dressing little ones.
- 6 **Car Wash** - A vehicle free from crumbs and clutter is like a commuting oasis. Take a few minutes to clean up the stray chicken nuggets and the sippy cup that rolled under the seat. If you're going for Partner of the Year award, vacuum up the carpets and wipe down the seats.
- 7 **Subscription Box** - A subscription box is a box of various goodies that you can personally tailor to the special mom(s) in your life and have them delivered to your door every month. There are many websites that offer subscription boxes - the gift that keeps on giving.
- 8 **Turn the Honey-Do into the Honey-Done list** - Every time mom walks by that broken _____ (fill in the blank), it drives her crazy. If you complete the Honey-Do list of lingering projects, you'll be one happy man on Father's Day - trust us.
- 9 **What's for dinner?** - Between meal planning, grocery shopping and actually making dinner, there's a lot of time that goes into making sure your family is fed every night. Take that chore off her plate for a night (or a week) and allow mom to take some extra time with the kids.
- 10 **The best things in life are free** - The gifts that moms will treasure the most are the homemade cards, handprints and photo frames from our children that remind us what a blessing it is to be a mom.

The History of Mother's Day

Contrary to popular belief, Mother's Day is not a holiday created by Hallmark just to sell Mother's Day cards. The history of Mother's Day is centuries old and the earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the Gods. During the 1600's, the early Christians in England celebrated a day to honor Mary, the mother of Christ.

Mother's Day became a major tradition in the United Kingdom and other parts of Europe. The holiday was celebrated on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church" - the main church in the vicinity of their home - for a special service. Over time the "Mothering Sunday" tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Anna Jarvis had originally conceived of Mother's Day as a day of personal celebration between mothers and families. Her version of the day involved wearing a white carnation as a badge and visiting

one's mother or attending church services. But once Mother's Day became a national holiday, it was not long before florists, card companies and other merchants capitalized on its popularity.

In the United States, Mother's Day continues to be celebrated by presenting mothers and other women with gifts and flowers, and it has become one of the biggest holidays for consumer spending. Families also celebrate by giving mothers a day off from activities like cooking or other household chores.

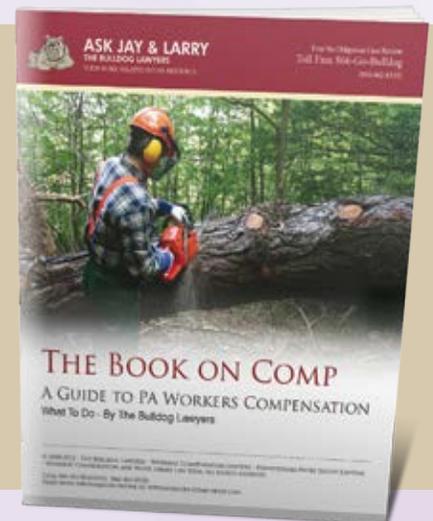
Did you know: More phone calls are made on Mother's Day than any other day of the year. These holiday chats with Mom often cause phone traffic to spike by as much as 37 percent. ■



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Shor & Levin | The Bulldog Lawyers
 261 Old York Road, Suite 200
 Jenkintown, PA 19046

Toll Free 866-Go-Bulldog (866-462-8553)
 www.BulldogLawyers.com



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HAPPY MOTHER'S DAY



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Be sure to visit our website at www.BulldogLawyers.com where you can view more articles, videos and all of the past Bulldog Bulletin editions and also be sure to check out The Bulldog Lawyers on Facebook.

COMING SOON – THE ANNUAL BULLDOG LAWYERS SUMMER EXTRAVAGANZA AT KNOEBELS

This year, Shor and Levin will be honoring Bulldog Nation – our clients, family and friends – on August 10, 2018 from 11:30 till 4:00 at Knoebels Amusement Resort in Elysburg, PA (www.Knoebels.com).

Every year, the Bulldog Lawyers express their sincere appreciation and gratitude to their wonderful and amazing clients by having a big party at Knoebels. If you have ever attended one in the past, you know what a special day it is, and this year promises to be even bigger and better. In addition to the usual tons of food and beverages, rides, games, prizes, face painting, giveaways and more, we intend to include a “dog rescue”. What could be more exciting for your kids than after treating them to a day of food, rides and games, leaving with a beautiful puppy in need of a home?

It should be very exciting and we look forward to seeing all of you there. **It is not too early to RSVP. Just call Michele at (800) 681-7000 and let her know how many adults and children will be attending and she will reserve your place.** You'll be receiving more info and details in the near future. Be sure to keep August 10th open for a great day at Knoebels. ■

