



BULLETIN

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WORLD CHAMPIONS

After the Eagles beat the Minnesota Vikings on January 21st in the NFC championship game, we at the Bulldog Lawyers, were extremely hopeful and quite excited that the above words just might appear at the top of the front page of our March Bulldog Bulletin.

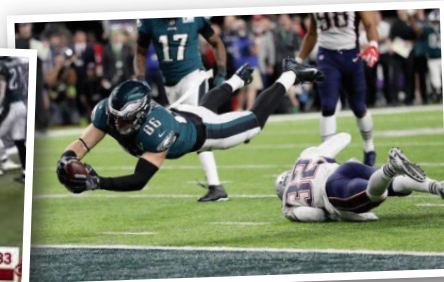
Obviously, we are ecstatic that they are. In an historic, thrilling and record breaking game, the underdog Philadelphia Eagles upset the New England Patriots, 41-33, to win their first Super Bowl and their second NFL title, their first coming in 1960 when they defeated the Green Bay Packers in the NFL Championship game, a mere 58 years ago. The Eagles blue-collar approach, their ability to overcome adversity and their embracing of their underdog status inspired and energized their title-thirsty fans and generated a level of excitement and enthusiasm the likes of which have not been seen around here ever.

With their attitude, their team-first mentality and their dogged determination, the Eagles developed a very special bond with their fans and forged a connection with people across the country.

Common people could identify with the Eagles because they were like them. Like an injured worker trying to win a



It's over. Eagles are World Champs



Zach Ertz scores the game winner



Foles raising the Lombardi Trophy

favorable decision against his employer, the Eagles had to overcome significant adversity and injuries and fight like bulldogs to defeat a more experienced and very formidable opponent.

However, like the injured worker, they demonstrated that with determination, hard work and a good game plan, the underdog can prevail.

There isn't really much more to be said about the game that hasn't been said already. We should congratulate the city and its team for its amazing Super Bowl celebration and the relatively orderly behavior of all. Perhaps we will do this again next year. ■

Note: As of today, February 26th, the 76ers are 7-1 and the Flyers are 10-0-1 since the Eagles won the Super Bowl. Maybe we can have a couple more parades in a few months. One can dream.



Celebration at the Art Museum



A typical Eagles fan



Parade down Broad Street



ST. PATRICK'S DAY is just around the corner and given that everyone is Irish on St. Patrick's Day, we are offering a few Irish inspired recipes that have some non-Irish ethnic influences.



St. Patty's Day recipe with an Hispanic twist:

Corned Beef Tacos with Creamy Spicy Mustard Sauce

INGREDIENTS:

2 cups grated carrots
 2 cups thinly sliced green cabbage
 1/4 cup thinly sliced red onion
 1/4 cup avocado mayonnaise
 3 tablespoons spicy brown mustard
 2 tablespoons apple cider vinegar
 2 teaspoons prepared horseradish
 salt & pepper
 12 ounces cooked, shredded corned beef
 Eight 6" flour or corn tortillas
 Microgreens and/or chopped green onion for topping

DIRECTIONS:

- 1 Combine the carrots, cabbage and red onion in a bowl.
- 2 Whisk together the avocado mayonnaise, mustard, apple cider vinegar and horseradish until smooth. Season to taste with salt and pepper.
- 3 Add half the sauce to the cabbage mixture and toss until fully coated. Toss half the remaining sauce with the shredded corned beef and reserve what's left for drizzling over top of the tacos.
- 4 Toast/char the tortillas on a grill or open flame.
- 5 Assemble the tacos by placing the slaw on the tortilla first, then the corned beef and topping with the microgreens, green onions and any additional desired mustard sauce.

Recipe Notes: If starting with uncooked corned beef, the easiest way to prepare is to place beef in a slow cooker, fatty side up with spice packet (most store bought corned beef come with this). Cover with water and cook on low for 10 hours. Remove corned beef, scrape off fat and shred.



St. Patty's Day recipe with an Asian twist:

Asian Corned Beef and Cabbage Egg Rolls

INGREDIENTS:

4 ounces chopped corned beef
 1 cup shredded steamed cabbage
 1 cup diced cooked potatoes
 1 cup diced cooked potatoes
 1/2 cup thinly sliced onion
 Salt and pepper, to taste

DIRECTIONS:

- 1 Heat oil in a deep-fryer to 375 degrees F (190 degrees C).
- 2 In a medium bowl, mix together the shredded corned beef, cabbage, potatoes, carrot, and onion. Season with salt and pepper to taste. Lay the egg roll wrappers out on a clean dry surface a few at a time. Place about 1/2 cup of the mixture into the center of each wrap. Roll up into logs according to the directions on the package. Wet the edge with water to seal.
- 3 Fry rolls a few at a time, turning if necessary, for about 5 minutes, or until golden. Remove from hot oil to drain on paper towels.



St. Patty's Day recipe with a Jewish twist:

Green Latkes

INGREDIENTS:

2 eggs
 1/2 teaspoon salt or soy sauce
 1 teaspoon baking powder
 3 Tablespoons matzah meal or flour
 1 small onion
 1 large potato
 1/2 teaspoon pepper
 2 medium zucchini
 Peanut oil

DIRECTIONS:

- 1 Grate zucchini and potato. Remove excess water (can put in dish towel or cheesecloth and squeeze out moisture).
- 2 Beat eggs and add one at a time, mixing well.
- 3 Add matzoh meal or flour and baking powder. Add spices and mix well.
- 4 Heat oil until hot and put large spoonful for each pancake. Cook until brown and flip.



Surgical Mesh is Causing Problems for People All Over the United States. Are You Eligible For A Lawsuit?



The concept of using a mesh to reinforce weak tissue has been around for decades. Surgeons use mesh to repair hernias, pelvic organ prolapse, and urinary stress incontinence. As the popularity of these surgical procedures grew, so did the development of new mesh products.

Currently, there is a wide variety of mesh products. Products can be made of synthetic or biomaterial. They can be light-weight or heavy-weight, and have small pores or large pores. Different mesh products vary in their construction, elasticity, and the degree to which they shrink post-surgery.

But what they all have in common is that they are a foreign body and likely will cause your body to react. Most of the time, reactions may be minor and tolerable.

- *Fibrosis (thickening and scarring of connective tissue)*
- *Blood clotting*
- *Serious infection*
- *Mesh migration*
- *Erosion*
- *Organ perforation*

The prevalence of these serious reactions and injuries has caught the eye of the FDA. The FDA recognized that complications from mesh products can be painful and life-altering, even after mesh is removed.

In 2016, the FDA reclassified some mesh products as “high risk” and increased regulations based on thousands of reported complications. More than 100,000 surgical mesh lawsuits have been filed against manufactures. It appears that manufacturers knew about serious risks of using certain mesh products before their devices hit the market, but withheld this information from the public.

To date, manufacturers have collectively paid more than \$2 billion to settle

existing mesh claims, and continue to have multi-million dollar verdicts rendered against them.

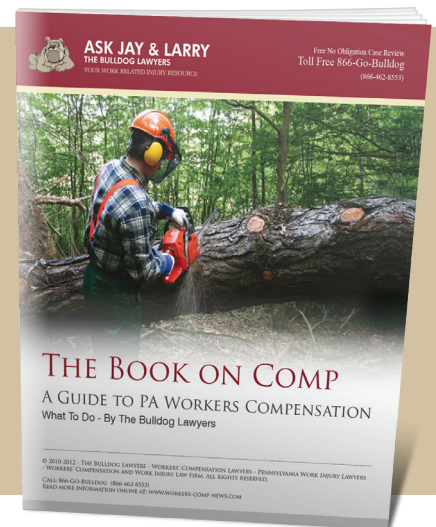
Who may have a lawsuit? Anyone who has had surgical mesh implanted in their body and is now experiencing health problems.

How do I know it it's the mesh that is causing my problems? Sometimes it can be hard for doctors to pinpoint what is wrong, which is why it is important to have experts familiar with the mesh litigation review your records with the help of our medical professionals trained to spot problems. The Bulldog Lawyers can do this on your behalf. Please call our office at (800) 681-7000 or confidentially provide your information by visiting www.BulldogLawyers.com. ■

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“ QUOTABLE



“I think winning games starts inside your head first before you can go out and accomplish it. I know it sounds cliché, but for the mentality of successful athletes, that is where the battle is won first. You believe in yourself and your teammates.”

– **Eagles Tackle Lane Johnson**



“Don't be afraid to fail. Failure is a part of life. It's a part of building character and growing. Without failure, who would you be? I wouldn't be up here if I hadn't fallen thousands of times, made mistakes.”

– **Eagles Quarterback Nick Foles**

DID YOU KNOW?



Dozens of records were either set or tied in Super Bowl LII. Here is a list of some of them:

- Most combined total yards - 1,151
- Most passing yards in a postseason game - 505, Tom Brady
- Most points scored by a losing team - 33, Patriots
- Most total passing yards in a Super Bowl - 874
- Most Super Bowl appearances by a quarterback - 8, Tom Brady
- Most career touchdown passes in Super Bowls - 18, Tom Brady
- Most passing attempts in a Super Bowl without an interception - 48, Tom Brady (ties his own record from 2008)
- Playoff touchdowns for a QB/receiver duo - 12, Tom Brady and Rob Gronkowski (ties Joe Montana and Jerry Rice)
- First player to throw and catch a touchdown in the same Super Bowl - Nick Foles
- First quarterback to catch a touchdown pass in the Super Bowl - Nick Foles
- Most postseason passing yards in history - 10,226, Tom Brady
- Longest field goal kicked by a rookie in a Super Bowl - 46 yards, Jake Elliott
- Most Super Bowl appearances by a franchise - 10, Patriots
- Most Super Bowl losses by a single franchise - 5, Patriots