



INSIDE THIS ISSUE

1 Living My Dreams

2 Is the iPod Dead?

Getting Clients What They Deserve

3 Is Chobani Greek Yogurt 'Greek' Enough?

Birthday Cake Baked Oatmeal

4 Give Yourself the Boost of Getting Outside

LET THAT FRESH AIR FUEL YOU

4 Tips to Make Getting Outside Easier

Hunkering down and waiting for the dark and chilly winter season to pass sounds pretty nice. But the reality is, if we deprive ourselves of time outside, we do ourselves a big disservice both mentally and physically. Staying indoors all day affects your energy and mood, which makes it hard to get anything done, so here are four easy tips to make it easier to get a little fresh air.

- 1. Make it a priority.** Getting outside means making the conscious effort to do so. If you want to reap its benefits, you have to decide to make it a priority in your day-to-day schedule. If you make the act important to you, you have more motivation to actually do it.
- 2. Use mornings effectively.** Waking up and getting the day started can be hard. But studies have shown that natural light helps optimize hormone production so that our internal clocks are in sync with a healthier circadian rhythm. Simply stated, once adapted, we should have better daytime energy and sleep better at night. So, set yourself a second alarm to head outside and take a quick walk around the block just after waking. Don't even wash your face or grab coffee. Just get out there.

3. Take your work outside.

If you're working from home, take some work outdoors. Phone and virtual meetings are a great outdoor option, especially if you'll just be an active listener and aren't required to do any work simultaneously. Attach a note to your meeting reminders to get yourself set up outside five minutes before you start.

- 4. Create a schedule.** It might feel strange to set reminders throughout the day to step outside, but if you easily get wrapped up in activities and overlook breaks, these reminders are exactly what you need. Start with 10-minute blocks three times a day. If you stick to them, soon you won't need a schedule to get outside anymore.

Winter weather may be cold, but when you're bundled up under a jacket and scarf, even just 5-10 minutes outside can do wonders for your mood and energy for hours.



Living My Dreams

My Work Reminds Me of My Dream to Be a Professor

During a new year, January is a great time to reflect on the goals ahead — but, this month, I've started to think about theoretical dreams, too. I don't regret anything about my choice to attend law school or start a law firm. Yet, as I wondered about what lies ahead, I couldn't help but wonder, just for fun: What would my path look like if I hadn't been a lawyer? What would have been my dream if it weren't in law?

My answer: a college professor.

I find myself thinking about many aspects of the college professor's job that I admire. You often work on a beautiful campus, teach 10 hours a week, meet inspiring young students almost every day, and have plenty of time off in the summer. This seems like an ideal job to me!

Of course, I know it's not all sunshine and rainbows. College professors likely don't romanticize the profession as much as I do, especially when dealing with administrators or bureaucracies, but, when I think of dreams — not unlike how people fantasize about being rock stars — I think of that job.

But, as I think about it, I need to count my blessings, too. Many aspects of my current work mirror a professional teaching job, both as a trial lawyer and law firm founder.

For one, I'm always learning. Many professors are always working on new papers or research while working. Starting a law firm isn't unlike starting any other business, whether an auto repair shop or restaurant. You're constantly learning new systems, processes, and structures to determine the best way to run your business.

Also, trial lawyers need to learn new skills, and sharpen or master the ones they have. Part of my job is learning (and mastering) medicine. In injury law, you want to know what you're talking about when it comes to the severity of the harm done to your clients, even if, initially, there are subtle aftereffects.

Also, it's important to build the culture of your business and interact with people regularly. If you want people to deliver excellence and Ritz Carlton-worthy service, you need to exemplify your message and be seen. You also need to be open to learning from contemporaries, even



if they're 20 years younger. A college professor who isn't willing to spend time with students or learn from them usually isn't known as a great professor.

The great professors are known by the way they teach and inspire students to care about the subject matter. That's not unlike my work as a trial attorney while in court or teaching a client about their case. Skills in persuasion and trial technique, which, when expressed with authenticity, are effective because they inspire. But they require constant honing — even your most subtle word choices can turn a jury toward your side. I imagine that's not unlike teaching a group of young students.

While I was a young student, I majored in sociology because the professors in that department opened my eyes to so many things. Who knows? Maybe one day, I'll have a job at a college campus somewhere. For now, there's plenty about my work every day that keeps me inspired.



-Roger Simon

IS THE IPOD DEAD?

How America’s Favorite MP3 Player
Fell Out of Favor — and Found a
New Audience



Media outlets have been declaring the iPod “over” for years. In 2017, a USA Today article blared, “Say goodbye to the iPod era,” and a 2018 Reddit thread asked, “Why are iPods still a thing?” But, despite that lack of consumer confidence, Apple continues to sell brand-new Apple iPod Touches on its website for \$199 and up, and it just updated them in 2019 — why?

As it turns out, the iPod is now a tool almost exclusively for kids. When the first iPod MP3 player was released in 2001, adults went nuts for it, but these days, we can listen to music on our versatile smartphones, which have supplanted the iPod for most people. Young children, however, don’t necessarily have the smartphone option — and many parents don’t want them to.

An iPod has become a gateway device: It’s the perfect way to give a kid the independence of listening to music on the go without exposing them to everything a smartphone has to offer. According to a Medium post by Yash Patel, the Apple iPod Touch has stuck around to serve this new audience because the pairing benefits both parents and Apple. There is a plethora of pluses for parents:

- iPods have music and games to keep kids busy.
- Kids can stay in touch with their families using FaceTime and iMessage on an iPod, but they can’t call or text (as there’s no service plan).
- A \$199 iPod isn’t as big of a loss as its more expensive counterpart, the iPhone, if your toddler drops it in the toilet.

For Apple, selling iPods brings in additional revenue, but there’s an even bigger perk. As Patel puts it, giving a kid an iPod “brings them into the Apple ecosystem, thus making them more likely to buy an iPhone when they are ready for an upgrade.” With a net worth of more than \$2 trillion, Apple can afford to play the long game.

If you’re interested in buying an iPod for your child but you’re not sold on the \$199 price tag, we can’t blame you. Luckily, there are plenty of secondhand and refurbished iPods floating around the internet at deeply discounted prices. BackMarket.com sells refurbished Nanos, Classics, and Touches with a 12-month warranty for as low as \$40. Whether you’re shopping for your kids or just want to kick it old school, that’s a great place to start.

Winter Settlements Getting Clients What They Deserve



On a cold morning in January 2018, our client Jackie (a school bus matron for special education students) was walking to the bus stop to get to work. At approximately 5:30 a.m. that day, she slipped and fell on snow and ice in front of a commercial building in Astoria, New York. As a result, 40-year-old Jackie broke her ankle, required surgery, and missed three months of work.

A few days before Jackie fell, the owner of the commercial building had hired a company to remove the snow; the company argued that they acted reasonably under the circumstances. However, after the snow removal — and before the fall — the temperature had fluctuated above and below the freezing mark. This resulted in ice melting and re-freezing on the sidewalk.

One of the ground-floor tenants of this building had vacated the premises before the end of their lease. Despite leaving the building, the tenant was still responsible for snow and ice removal from the sidewalk at the time of the accident. We were able to establish that in the few days between the snowstorm and the accident, the tenant had not attended to the thawing and re-freezing of the ice on the sidewalk, thereby allowing for a dangerous condition to exist as Jackie went to work. Jackie received a \$260,000 settlement.

IS CHOBANI GREEK YOGURT ‘GREEK’ ENOUGH?

Chobani was founded by Turkish immigrant Hamdi Ulukaya. The multibillion-dollar company receives a lot of recognition for its support of refugees and has revived the economy in rural communities like Twin Falls, Idaho. However, its labeling has received people’s attention numerous times — and one time, for a rather unusual reason.

While there are many weird legal cases related to food, in the spirit of New Year’s resolutions and healthier eating, we thought we’d share a strange legal case from Chobani’s history.

In 2014, two men from New York filed a class-action lawsuit against Chobani for false advertising, including the fact that Chobani wasn’t nearly “Greek” enough. In the 48-page suit, they claimed, “There is nothing ‘Greek’ about the products. None of the products sold in the U.S. are made in Greece or made by Greek nationals.” They also pointed out the founder’s Turkish nationality and that the company’s name originates from the Turkish word for “shepherd.”

In response to these claims, Chobani released a statement: “Much like English muffins and French fries, our fans understand Greek yogurt to be a product description about how we authentically make our yogurt and not about where we make our yogurt in upstate New York and Idaho.”



As unusual as the claim is, the suit also included claims about whether Chobani was actually a health food. Chobani products often contain up to 16 grams of sugar, which is the same sweetness of a Nestlé fudge ice cream bar. Although the ingredients didn’t include sugar directly, they did include “evaporated cane juice.”

The packaging was also misleading at the time, the suit claimed. It included a “0%” on its label without providing any context to what the 0% represented, which, the suit alleges, could mislead consumers to think it included zero calories or sugars when it truly meant nonfat.

Whether these claims were viable or not, by November 2016, the claims were dismissed for undisclosed reasons. Our only regret is that we’ll never find out if the courts thought Chobani is “Greek” enough.

SUDOKU

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

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

SOLUTION

Birthday Cake Baked Oatmeal for One (Yes, Really)



Inspired by ItsTaylerMarie.org

Did you know that January is National Oatmeal Month? If you tend to think of oatmeal as boring, this fun dessert-themed recipe just might change your mind. To go all out, top with a candle and a dollop of whipped cream.

Ingredients

- 1/2 cup old-fashioned rolled oats
- 1 browning banana, mashed
- 1/2 cup milk
- 1/2 tsp cinnamon
- 1 tsp baking powder
- Splash of vanilla extract
- 1 tsp brown sugar, honey, or maple syrup
- 2 tsp sprinkles

Directions

1. Preheat your oven to 350 F and prepare a small oven-safe dish.
2. In a small bowl, combine all of the ingredients except the sprinkles.
3. Pour the oatmeal mixture into the prepared baking dish.
4. Bake for 25 minutes or until the oatmeal is golden brown.
5. Let the oatmeal cool slightly, top with sprinkles, and dig in!