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DON'T TURN YOUR FACE MASKS INTO PETRI DISHES

Tips for Proper Care and Cleaning

In the span of a few months, face masks went from being something Americans only saw in hospital settings to an item we can't leave home without. Since everyday use of face masks is still relatively new in the United States, here are some answers from Johns Hopkins Medicine to common questions regarding the proper care and cleaning of your face mask.

'HOW OFTEN SHOULD I CLEAN MY FACE MASK?'

Disposable, surgical face masks cannot be cleaned. Johns Hopkins recommends throwing surgical masks away when they are "visibly soiled or damaged." If you wear a reusable fabric face mask, then you should wash your mask after each day of use to help prevent bacterial growth.

'WHAT'S THE BEST WAY TO CLEAN MY FACE MASK?'

Earlier this year, a video circulated on social media claiming that you could use a rice cooker to sanitize disposable face masks. This claim is untrue. As stated previously, disposable face masks cannot be cleaned. However, fabric face masks, especially those made of cotton, can be washed with the rest of your laundry. Run them through the washing machine with hot water, then tumble dry on high heat. If you are sensitive to perfumes, use an unscented laundry detergent.

'IS IT SAFE TO HAND-WASH FACE MASKS?'

Since fabric face masks need to be washed after each use, running a wash cycle just to clean a couple of masks can feel pretty wasteful — like doing a load of laundry only to wash the socks you wore yesterday. The Johns Hopkins Medicine website states that you can hand-wash your face masks if needed. Use hot, soapy water to wash your masks, scrub the mask for at least 20 seconds, and dry on high heat in your dryer.

'WHERE SHOULD I STORE MY CLOTH FACE MASKS WHEN I'M NOT WEARING THEM?'

Put used cloth face masks directly into the laundry basket when you arrive home to ensure they get cleaned in a timely manner and to prevent you from accidentally spreading germs. Have a sanitized place designated to store clean face masks only. Avoid putting face masks in your pocket or purse.

Face masks are supposed to help keep us all healthy. Follow these tips to make sure your mask doesn't become a petri dish.



Pizza — The Nation's Great Unifier

A few worrying things may be in the news and on people's minds right now as we inch toward November. However, one thing certainly has remained as good, satisfying, and lovable as ever: pizza.

That's right. Pizza is our topic of the month.

It's not entirely because of the news, though. October also happens to be recognized as National Pizza Month, and I'll be honest: I could talk all day about pizza. Like many families, pizza was always a go-to order when I was a kid and we needed something quick and easy, especially on a Friday night. It's a great way to enjoy the start of your weekend — as simple as bread, sauce, and cheese.

With the recent return of sports after a few months off, pizza is also in the forefront. Nothing like a small get-together to watch a big game with a few pizza pies. Pizza unifies people of many palates, too, as there are pizzas for gluten-free diets, vegetarians, meat-lovers, and even for cheese lovers who'd rather do without the sauce!

Even though pizza is a great unifier, it can also be a hot topic for debate. Whether that is amongst New Yorkers (Long Island versus Westchester, or Queens versus Brooklyn, for example); or between New Yorkers and everyone else (NY versus Chicago, for example).

One thing is clear, even to those who don't want to admit it, other than maybe the Italians in Italy, nobody does it better than right here in New York (no offense, rest of the world). Even when people try to make New York-style pizza in other parts of the country,

it just doesn't come out right. Why is that?

A common theory for this is because the minerals in New York tap water contribute to the perfect crunch and chewiness of our pizza crust. New York City and the surrounding suburbs provide the most diversity and authenticity of any pizza you can find. Each borough in essence has its own "Little Italy" — and the suburban pizza shops just outside of the city are some of the highest rated in the country. Perhaps it's that variety, competition, creativity, and love for good pizza that makes our pies here so great. Our pizzerias are very aware that the smallest details matter, because if something isn't quite right, many other available options stand ready to feed a pizza hungry population.

In a lot of ways, I think finding the right attorney isn't much different than finding the right pizza. Ultimately, a good pizza is defined by the quality of its ingredients, and in legal cases, the details, or "ingredients," mean everything for a case outcome. Here at Friedman & Simon, every detail or ingredient helps to ultimately contribute to the case outcomes of our clients, and we certainly pride ourselves on how we handle the details and ingredients of our cases.

When a medical record, insurance letter, or other important document comes into a firm like Friedman & Simon, the attorneys and staff analyze that document to catch the smallest details other places may miss. When planning on how to allege negligence, how to list the injuries suffered by a client, or what tactics to take in negotiations with the insurance companies, our detail-oriented



approach reflects the creativity and love we show in fighting for the best outcome.

It's important to be vigilant in knowing about our clients' injuries and lives, which adds value to a case where insurance companies would rather it didn't. We take joy in informing insurance companies that they might have "overlooked this medical record here" or "this clause of the contract there" or "the weather report" or "the witness statement" or "this line in the accident report." At our firm, we don't overlook these details; we sift through them to find the ones that emphasize the injuries of our clients and the negligence of those who caused the injuries.

For similar reasons, that's why I love Long Island pizza. The local shops here put love, energy, and creativity into every detail. My go-to order is a margherita or grandma-style pizza with high-quality yet simple ingredients. What is your favorite pizza order? Next time I catch you on the phone, feel free to go on a pizza tangent!



-John G. Papadopoulos

IS STRESS HARMING YOUR MEMORY?



Stress can cause more than just a bad mood and low energy. Over time, mental exhaustion from stress can lead to forgetfulness and reduced cognition. This can hamper your ability to do your job and enjoy life. Though stress is unavoidable, there are steps you can take to mitigate some of the negative effects of mental exhaustion, including forgetfulness.

First, consider the source of your stress. These days, a common stressor is social media. If your feeds are full of bad news and negativity, shut them down. Many researchers suggest that spending less time on the internet leads to better health. Several studies have found that constant internet use, including time spent on social media, is negatively impacting our memories. Research from Harvard, Oxford, King's College London, and Western Sydney University all confirm this: Too much internet use is a bad thing.

Of course, it can be easier to delete a social media app than it is to eliminate other types of stressors. Coping with a stressful coworker, for example, can be difficult. You have to figure out why they're causing you stress and how the situation can be remedied. Dealing with a work-related confrontation can be hard, but having that difficult conversation and resolving the problem can ultimately lead to less long-term stress and improve your mental health.

Another thing you can do to reduce stress is avoid multitasking. Taking on multiple projects or doing too much in too little time can leave you feeling overworked. Plus, studies have found that multitasking is not effective. You cannot deliver the same results when your attention is scattered as you can when you are focused on one thing. To make matters worse, multitasking takes a major toll on memory and cognition, according to a study from Proceedings of the National Academy of Sciences.

If stress is impairing your memory, judgment, or cognition, take the above steps to reduce it. If you find your memory and cognition aren't improving, consider speaking with a mental health professional to discuss your best next steps. Mental health and stress management are important, and the more we do to improve these areas of our lives, the healthier and happier we will be.

How 1 Picture Can Win Your Case

And the Importance of Getting Legal Help Right Away



A picture is worth a thousand words — and it can also help win or increase the value of your legal case.

John here again. Recently, I settled a case for over \$460,000 for a woman who broke her hip. What's particularly interesting about her case is that, between the emergency room records, ambulance records, and our client's own story, there were three or four different versions of how the accident happened.

One report mentioned her losing her balance and falling because kids were playing in the area, and another report mentioned falling after going to pick up a ball that some kids threw. Ultimately, what actually caused our client to fall was a difference in elevation between two sidewalk flags. With the defense and insurance company trying to focus on the playing kids nearby in defense of the claim, photographs taken shortly after the accident confirming the exact area where our client fell, and the difference in elevation from one part of the sidewalk to the next, are what the case came down to. The woman's story of how she tripped, the photos, and the records confirming her injuries ended up winning the day, leading to a settlement after a mediation.

Even if the hospital record fails to mention the sidewalk difference and instead mentions an additional factor like a kid throwing a ball, ultimately, it's just a distraction. If the client hadn't taken a picture, or had not told us that detail about her case, we may not have succeeded.

If you or a loved one find yourself injured out in public, you should always ask: What caused the accident? Do I have photo evidence of it? Whether that is an icy or slippery condition, or a difference in sidewalk elevation, photo evidence is key. In the case of something like ice or a spill, a picture should be taken immediately if possible before the area is cleaned. In the case of a broken or mis-leveled sidewalk, a picture should still be taken as soon as possible — because sidewalks are often repaired.

We know it may be hard or impossible to take a picture right after an accident, especially after you've just broken your hip. At Friedman & Simon, we'll do absolutely everything to help your case, including take pictures at the accident site for you if you can't go back yourself. Call us as soon as possible after your accident so we can help gather evidence that might be the difference between winning and losing your case!

-John G. Papadopoulos

5 STEPS TO TAKE FOLLOWING AN AUTO ACCIDENT

The immediate aftermath of an auto accident is chaos. When something so nerve-wracking happens so suddenly, it can be hard to find your footing and assess the situation. Nevertheless, if you want to ensure you leave the accident with as many ducks in a row as you can muster, make sure you follow these key steps.

CALL 911

If you're awake and lucid following an auto accident, check yourself and your passengers for injuries. Even if injuries are minimal or nonexistent, you'll still want to have the police on the scene. That way, you'll have an official report of everything that happened.

MOVE TO A SAFER AREA

If the accident happened in the middle of the road and you're able to still drive your vehicle, move it to where you and your passengers will be safe until the police arrive. You don't want to impede traffic and potentially cause another accident.

EXCHANGE INFORMATION

Talk to anyone else involved in the accident. Get the other drivers' insurance information and their contact information. You could try and clear up some of the hazy details of the crash, but it's best to limit



your interactions with the other drivers. You don't want to accidentally admit guilt or blame the other driver.

DOCUMENT EVERYTHING

Use your smartphone to take pictures of the accident site. If you don't have a smartphone handy, get a pen and paper to take some notes and maybe draw a diagram of the crash. You want to have as clear a record as possible of the events that caused the accident.

TALK TO AN EXPERIENCED LEGAL TEAM

In the wake of an auto accident, you'll have to deal with your own insurance company or that of the other driver. Insurance providers are usually more interested in their own bottom line than in getting you the coverage you need. That's why it's best to get Friedman & Simon early on. Call (516) 271-1762 for a free consultation.

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SOLUTION

Roasted Rosemary Brussels Sprouts and Potatoes



Inspired by 'The Oh She Glows Cookbook'

If you're having trouble getting the kids to eat Brussels sprouts, try this delicious vegan recipe as a side dish. Every vegetable tastes better roasted!

Ingredients

- 1 3/4 lbs fingerling potatoes, halved lengthwise
- 2 tbsp fresh rosemary, minced
- 3 cups Brussels sprouts, trimmed and halved
- 4 tsp olive oil
- 3 cloves garlic, minced
- 1 1/2 tsp sugar
- 1 tsp sea salt
- 1/4 tsp pepper

Directions

1. Preheat the oven to 400 F and line a baking sheet with parchment paper.
2. In a large bowl, combine all ingredients. Toss until the Brussels sprouts and fingerlings are evenly coated with oil and seasonings.
3. Spread the mixture on the baking sheet, then bake 35-38 minutes, stirring halfway through. Add more salt and pepper as desired, then serve!