

A Tribute to Peace, Love, and Understanding

Ed's Tribute to Dr. King's 'I Have a Dream' Speech

Hello! I am so happy to be sharing my thoughts with you all again. These past few months haven't been easy for us, have they? At the time that I am writing this, many tumultuous events surrounding the racial tensions in our country are taking place. In reflecting upon these events, it occurred to me that this month of August marks the anniversary of Dr. Martin Luther King Jr.'s "I Have a Dream" speech given on Aug. 28, 1963. It was 57 years ago that Dr. King delivered his optimistic message of a possible future that I hope we can all aspire to.

It took me time to understand the impact that Dr. King had, what his message meant, and what it offered. As a young boy, I grew up in Glen Cove, New York, an area that was, back during my childhood, and still is, ethnically and racially diverse. Interacting in school or on a sports team with someone of another race or a family background of another national origin was a given. I was naive and uninformed about racism and its terrible consequences.

In the evening of April 4, 1968, I was 8 years old and sat in the upstairs apartment right above my parents' newspaper and candy store. My older brother and sister were listening to trendy, peace-loving classic rock music and I believe I was watching "Bewitched," a show about a suburban mother and housewife with magical powers that would get her and her husband into and out of all sorts of comical situations. Those moments of innocent, fantasy humor were about to be shattered by a terrible, violent reality. The TV program was interrupted by a special news bulletin announcing that Dr. King had been shot and killed. So, I quickly went downstairs and asked my dad: "Who is Dr. Martin Luther King?" Even though I'd never

heard of him, I knew he had to be important to have been the subject of this special news bulletin.

In the years following that moment, I learned more about who Dr. King was. I learned about the civil rights movement and his approach to using nonviolence and nonviolent resistance as a means to build a more just society. I also learned about how Mahatma Gandhi's nonviolent methods in India influenced King. Then, I learned what else they had in common: Both great champions of nonviolent protest, they had been ultimately, violently killed.

It is heartbreaking that all these years later, issues over race and the violence those issues can spark still grip our country. While there are no easy answers, I do think there's wisdom that can guide us as we soldier onward, trying to build a better future.

Dr. Viktor Frankl, a psychiatrist who survived the Holocaust, wrote in his classic book, "Man's Search for Meaning" about how concentration camp prisoners had every single "thing" taken from them. Captors took clothing, jewelry, teeth fillings, and even shaved the hair from their bodies. But Dr. Frankl emphasized one thing they could not remove — the power to choose one's attitude. Dr. Frankl taught, "Everything can be taken from a man but one thing: the last of the human freedoms — to choose one's attitude in any given set of circumstances, to choose one's own way."

A modern self-help book called "7 Habits of Highly Effective People: Powerful Lessons in Personal Change" by Stephen Covey offers, among others, this kernel of wisdom: "Seek first to understand, then to be understood."



We are not able to control the circumstances of the world around us, but we need a positive way forward if there is any hope of Dr. King's dreams becoming reality. Some strategies that might help are: a commitment to nonviolence; a recognition of our innate power to choose our attitude and from that our actions, in any set of circumstances; and a promise, to ourselves and to those with whom we differ, that we will try to understand the other point of view before asserting our own.

Of the many lessons being a personal injury lawyer has taught me, one of the most powerful is that pain does not discriminate. It visits every race, age, gender, and religion. Fifty-seven summers after Dr. King's historic speech, we still have a great deal of work left to do. I hope we can all get to work to create the peace and healing we need.

-Ed Friedman



THE MOST FAMOUS ART HEIST YOU'VE NEVER HEARD OF



One hundred and nine years ago this month, one man — or was it three? — fled from the Louvre Museum in Paris, carrying what would quickly become the world's most famous painting: Leonardo da Vinci's "Mona Lisa."

Historical accounts of the theft agree only on who was the ringleader: 30-year-old Louvre handyman Vincenzo Peruggia. He was a house painter, an immigrant, the bearer of a glorious Monopoly Man mustache, and a vehement Italian patriot. At some point on the morning of Aug. 21, 1911, Peruggia lifted the glass case he himself had constructed to house the "Mona Lisa" and smuggled the painting from the building.

Some versions of the story say Peruggia was assisted by two brothers, fellow Italian handymen Vincenzo and Michele Lancelotti. NPR reports the trio spent the night preceding the theft huddled in one of the Louvre's supply closets, lying in wait to steal the portrait. In his documentary about the theft, director Joe Medeiros claims Peruggia acted alone, driven by an obsession with the work and a dream of returning the painting to Italy.

Either way, we know that Peruggia successfully spirited the painting back to his one-bedroom apartment. There it lay concealed in a false-bottomed trunk for more than two years. This period of mysterious absence (during which police grilled and dismissed Peruggia as a suspect in favor of J.P. Morgan, Pablo Picasso, and playwright Guillaume Apollinaire) is what made the "Mona Lisa" world famous.

Peruggia was eventually caught attempting to sell the painting in Italy. He pleaded guilty and spent eight months in jail. After his release, he enlisted in the Italian army to fight in World War I, surviving the war only to die of a heart attack on his 44th birthday.

Though Peruggia married after the war, some suspect that the true love of his life was the "Mona Lisa" herself. In a CNN article, author and art history professor Noah Charney speculates that over his two years with her, Peruggia developed romantic feelings for the portrait. Perhaps he fell victim to a kind of "reverse Stockholm syndrome," Charney suggests, the captor falling in love with his hostage. "In this case," he says, "the hostage was a work of art."

PSA: 'Fender Benders' Can Have Devastating Consequences



Last December, we shared the story of a case that is unlikely to happen to most people, but some cases are so common that many people don't opt to get a lawyer. When it comes to your vehicle and your well-being, this can be a big mistake.

Among the most common accident cases we see are from people who have been rear-ended at a red light or while slowing down in traffic, usually by a distracted driver. Very often, this kind of accident involves a light impact or very little exterior damage to the vehicle hit. Some people may assume this means there are no real consequences to the accident, calling it a "fender bender." However, after decades of representing car accident injury victims, we've come to see the wisdom in a simple analogy: If you drop a carton of eggs, the carton itself may be fine, yet the eggs can be cracked or broken inside.

With a relatively low-speed impact, many of these accidents result in minor auto damage and injuries that resolve quickly, but not all the time. Some of our clients go through a course of treatment, such as physical therapy or chiropractic care, yet their pain and lack of function is not eliminated or even worsens. Some may then require pain management treatments — a series of injections that help block pain/nerve signals for example, and unfortunately, sometimes even pain management does not reduce the severity of the symptoms.

For example, in a recent case, a client needed a spinal surgery (anterior cervical discectomy and fusion,) after being in a "fender bender." Remarkably, everyone else in the client's car at the time of the accident was shaken up but healthy and fine.

Even in accidents with a light impact, the damages and costs can be tremendous. As people return to the road after many months of staying at home, we hope your and those you care about stay safe. If the unexpected ever happens, even in a light-impact case, you can trust our expert legal team at Friedman & Simon to take care of you.

NEW YORK'S MOST BIZARRE LAWS

Including One About Masks!

New York is home to plenty of bizarre facts, events, people ... and laws! With everything going on in the world today, we thought it'd be fun to revisit these forgotten proposed or actual laws and see how they hold up to modern times.

Flirting openly (while drunk or rude) can get you a \$25 fine. In the early 1900s, a strong anti-flirting movement (which continued up until the 1920s) led state assemblyman Francis G. Landon of Dutchess to introduce a bill in 1902 to criminalize people who drank too much or displayed "offensive or disorderly act(s) or language" while flirting with people in public places.

It's illegal to throw a ball at someone's head for fun. This law was meant to protect people who worked in carnivals, and it also includes provisions against throwing knives at people or forcing someone to dance or ride a bike for eight hours straight.

Congregating in public with two or more people while wearing masks (or anything to cover their face or disguise their identity) is illegal. In 1845, farmers dressed up as Native Americans and obscured their faces before attacking policemen. This led to the creation of a law to prevent people from obscuring their identities in gatherings. Legal exceptions are made for Halloween, masquerades, and, just this year, the pandemic.



Lastly, just in case any of you are thinking about it, **it's illegal to put on a puppet show through your window or any open space in the house in New York City.** You can get up to a \$25 fine and 30 days in jail! From everyone at Friedman & Simon, we hope you have a wonderful, law-abiding August.

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SOLUTIONS

Peach and Arugula Pasta Salad



Inspired by AmbitiousKitchen.com

Ingredients

- 8 oz penne or fusilli pasta
- 2 tbsp olive oil
- 1/4 tsp red pepper flakes
- 1/2 tsp sea salt
- Pepper, to taste
- 2 tbsp lemon juice
- 3/4 cup crumbled feta cheese
- 2 large fresh peaches, diced or sliced
- 1/2 medium red onion, thinly sliced
- 1 pint heirloom cherry tomatoes, halved
- 1 cup corn
- 6 cups arugula, packed

Directions

1. In a large pot of boiling water, cook pasta for approximately 9 minutes or until al dente. Drain pasta and place in a separate bowl.
2. In a small bowl, whisk together olive oil, red pepper flakes, salt, pepper, and lemon juice. Drizzle the dressing over the pasta and toss with the feta cheese.
3. Add peaches, red onions, tomatoes, corn, and arugula to the pasta mixture. Lightly toss to mix well. Add more olive oil, lemon juice, salt, and pepper to taste.



INSIDE THIS ISSUE



- 1** A Tribute to Peace, Love, and Understanding
- 2** Meet the Man Who Stole the 'Mona Lisa'

PSA: 'Fender Benders' Can Have Devastating Consequences
- 3** New York's Most Bizarre Laws

Peach and Arugula Pasta Salad
- 4** An Essential Writing Resource for Students

AN ESSENTIAL RESOURCE

To Help Students Improve Their Writing

As school starts up again, some students may need guidance to get their writing up to par. For those who struggle in English class, this help is crucial, especially if these students weren't able to get the support they needed in the spring due to digital schooling. While there are many online writing tools, most simply point out grammar and spelling mistakes without supplying in-depth feedback. However, ProWritingAid.com is different. This platform gives students live feedback on their writing and addresses several common problems that novice writers face.

STYLE ISSUES

Style is something many students and even some copywriters, authors, and professors struggle with. Even if a paper is grammatically correct, the writer's word choices may create clunky or awkward sentences. When this happens, the paper's main idea can get lost in a sea of words. ProWritingAid gives feedback on a writer's work after searching for repetitiveness and passive voice and evaluating general sentence construction. With this feedback, students can perfect their style and make their writing clear and concise.

BAD HABITS

By utilizing ProWritingAid's 20 available writing reports and checks, writers can identify common problems and fix tendencies before they

become ingrained habits. The Repeats Check, for example, shows when words or phrases are used many times in the same paragraph. The Contextual Thesaurus can help writers who are struggling with word choice by suggesting synonyms that work in the context of the

sentence. The House Style Check allows writers to input specific style guide criteria to ensure their writing follows the proper guidelines. Additionally, The Overused Words Report highlights words like "very" that are overused by many writers and actually weaken the writing. This tool will help writers to create stronger sentences and convey their message in a compelling way.

ProWritingAid's reports and features make it the perfect resource for students as well as professional writers. This resource enables writers to deep dive into their specific challenges and to solve fundamental issues in their writing. For more information about how this program can help the students and writers in your life, visit ProWritingAid.com.

