

What 'Together' Really Looks Like *A Reflection on the Fourth of July*

"America is a tune. It must be sung together."
— Gerald Stanley Lee

As kids, when it was Fourth of July, you knew school was officially over and Summer was just getting started. Fourth of July was often especially meaningful because, luckily enough for me, I have family from Greece, so the holiday was often a celebration of my last few days in America before spending the rest of the summer in Greece.

As much as I loved going to Greece for entire summers as a child, there was something special about celebrating America each summer, especially those years when I would be gone for the entire summer. I have fond memories, from childhood through now, of fireworks, barbecues, and the celebratory togetherness of the holiday. No matter who you are or where you come from, the Fourth of July is a time to come together, reflect, and celebrate.

Perhaps it gave me time to reflect on what it really means to be an American before I flew internationally. Fourth of July represents a milestone in our society and all the things Americans have to look forward to. It's not about America as a perfect nation — it's about reflecting on how far we've come, our freedoms, and most importantly, spending time with one another to celebrate our cultural optimism that freedom will lead to happiness, safety, and the continued pursuit of the American dream.

An American humorist writer, Erma Bombeck, might've put it best: "You have to love a nation that celebrates its independence every July Fourth, not with a parade of guns, tanks,

and soldiers who file by the White House in a show of strength and muscle but with family picnics ... You may think you have overeaten, but it is patriotism."

In a time where gathering has been discouraged, though, it can feel like we've lost something important about our national tradition. As of this writing, most fireworks celebrations have been canceled this year. With that said, hopefully our great nation has seen the worst of the current situation over the last few months, and we slowly find a new normal we can make the best of. Even if some of the bigger shows are rescheduled, I know families and friends in our nation will still come together to celebrate the day in their own way. Hopefully we'll be able to see places reopening by July. Though, even if they do, I know the Independence Day celebration will feel different.

Fireworks and COVID-19 aside, it can also feel challenging to have that kind of national optimism when we're going through something physically or emotionally traumatic. We've been on many journeys with our clients and through some of their most challenging moments while working their cases. And yet, although it can feel like a conclusion is far away, we never stop fighting for it.

No matter what you have been going through, and no matter how you are planning to celebrate July Fourth, know that our team has been working relentlessly for our clients, pressing insurance companies and defendants daily to try to ensure that the hardships of the past will be easier to deal with in the future. We might say that all



the time, but I've never seen my colleagues press harder than right now to ensure your insurance companies and tough summer months are a little bit easier to deal with.

Although my perspective is a very small slice of the American pie, I see a deep cut into that American spirit and work ethic we all have. It might have not been exposed as easily before. A legal team definitely doesn't operate on the front lines of a health care crisis, but it's simply my personal familiarity with a pattern I've seen in businesses throughout the United States. Working together through our hardest moments, with one another and with our clients, is what the spirit of Fourth of July is all about. I see a piece of that resilience in many more places outside our office, too.

This July, I am grateful for good health, hopeful for a positive future, and optimistic that we as a nation will find our own special way to come together and celebrate all that is good about being an American. I hope you have a fantastic Independence Day!

— John G. Papadopoulos

A MEAL FOR EVERY MEMBER OF THE FAMILY

Meals on Wheels Goes the Extra Mile



Meals on Wheels doesn't often get the credit it deserves. The international nonprofit ensures those who are unable to buy or make their own meals get the food they need to survive. Of course, for many recipients, the efforts of the organization go far beyond "survival." For those who receive food daily or weekly, those deliveries may be their only source of social interaction. And during times of social distancing, the program became more important than ever.

Meals on Wheels doesn't just serve meals to the elderly and people with disabilities — it also serves those people's pets. In 2019, Meals on Wheels Atlanta realized there was a huge need in their community to feed the pets of senior citizens. It stands to reason that if an elderly individual is unable to shop or cook for themselves, their pets may be in a similar predicament. And when someone's pet is their entire world, making sure the animal is fed and healthy means everything.

In response to this need, Meals on Wheels Atlanta began stocking up on cat and dog food, creating their own pantry to serve the local pet community. When volunteers made their rounds delivering meals to seniors, they made sure to bring cat and dog food along, too.

One volunteer with Meals on Wheels Atlanta, Larry Auberbach, had a unique experience delivering meals to Jeffery Jones and his dog, Grizzly. The volunteer told 11Alive News in Atlanta that Jeffery and Grizzly "have their own special relationship." Larry loved Grizzly long before Meals on Wheels Atlanta started the pet pantry because he saw how much Grizzly's companionship meant to Jeffery. Now, Larry enjoys his service that much more since he gets to provide for Jeffery's beloved pet as well.

On top of delivering food to seniors and their pets, Meals on Wheels Atlanta also delivers pet toys and pet beds, and they are happy to take in any pet-related food or items for donation. The organization says this endeavor was done out of love, not only for the people they serve but also for the *whole* family — wagging tails, fuzzy whiskers, and all.

Case Spotlight: \$2 Million Settlement for Delivery Negligence



Life-changing accidents sometimes occur in the places you least expect — like while going about our daily routines.

For one of our clients who worked as a condo concierge, it was very typical for a delivery service to load up packages onto their cart before taking them up to get logged. However, one day, the delivery service put a 50-pound kettlebell package on the top of the cart instead of the bottom, a position nowhere near secure enough to stay put. As the concierge was logging items from the cart, the 50 pound package fell directly onto his right foot, crushing it and breaking multiple bones.

After a very large, heavily advertised firm rejected his case, we stepped into the case and helped pursue it over several years for the client. Unfortunately, four surgeries were required, and the foot has never properly healed (more surgery may be required in the future). Walking with a permanent limp, the man could never work the same job again. After years of litigation, Roger Simon, John Papadopoulos, and the Friedman & Simon Injury Lawyers were recently able to come to a mediated \$2 million dollar settlement in advance of trial.

Although nobody ever wants to be in a position where their health cannot return to where it was pre-incident, it can be a huge relief to have the right legal assistance and some measure of recovery to hold the negligent party accountable. If you or your family has fallen victim to an injury because someone was negligent, our expert legal team is here for you. Just give us a call at (516) 800-8000.

HOW CONSTRUCTION SITES ARE USING TECHNOLOGY TO PREVENT INJURY

In the wake of the COVID-19 crisis, many businesses are responding to CDC recommendations by implementing more technology in their workplace. In particular, remote monitoring, online inspections, and video conferencing are becoming increasingly more common practices for construction workers. These were already regular parts of European and Australian construction sites, but the cost of labor in the U.S. has been significantly lower. The need for these technologies has helped American contractors catch up and may become the new standard.

How are these technologies helping prevent both injury and illness? Certainly, by stakeholders being able to monitor construction progress remotely, projects can speed up and respect social distancing. But Zoom calls aren't the only technological advancements keeping construction workers safe.

Large construction sites can make it challenging to find every worker, which is why more contractors are using wearable technology for construction workers. It will allow a supervisor to find out how many workers are on a site as well as their specific locations. It can include alerts when a construction worker trips, falls, or sustains an injury — workers can also self-activate an alarm if they're injured. This can be lifesaving while respecting social distancing.

"Lean techniques," or methods for eliminating waste, are also becoming more common. This waste can include standing inventory, spreading out workstations too far, or too many workers being



assigned to a limited task. Scheduling technology can ensure that work isn't spread too thin or too dense but is just right.

Hopefully, construction workers will see more continued assistance, such as exoskeletons. Exoskeletons have become more prevalent in manufacturing but can help workers doing repetitive tasks. An exoskeleton can be a full body suit or simple upper-body support, but it makes a big difference in preventing long-term sustained injuries from physically demanding work.

Workplaces across the U.S. can learn from these changes by evaluating their own waste, whether it's of their time, resources, or sacrifices to employee health. There's no better way to reform a business's long-term strategy for success than by protecting the health of its employees.

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SOLUTIONS

The Best Grilled Summer Vegetables



Inspired by DinnerAtTheZoo.com

Ingredients

- 1 tsp salt
- 1/4 tsp pepper
- 1 1/2 tsp dried Italian seasoning
- 1 1/2 tsp garlic, minced
- 2 lbs assorted vegetables, trimmed and halved (asparagus, mushrooms, red onion, red bell peppers, baby carrots, and yellow squash are great on the grill)
- 5 tbsp olive oil
- 2 tbsp lemon juice
- 1/4 cup parsley leaves, chopped

Directions

1. In a small bowl, combine salt, pepper, Italian seasoning, and garlic.
2. Brush vegetables with olive oil and place in a large bowl. Top with lemon juice and seasoning mixture. Toss to coat evenly. Cover and refrigerate for at least 20 minutes but no longer than 2 hours.
3. Prepare the grill at medium-high heat.
4. Grill vegetables in batches, cooking 3-5 minutes on each side until browned and tender. (Carrots will cook longer, 6-9 minutes per side.)
5. Remove from the grill, sprinkle with parsley, and serve hot.



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NURTURE YOUR CREATIVE PASSION With These 3 Online Art Courses

All forms of art, like painting, drawing, and even sculpting, can be relaxing hobbies, sources of extra income, or professional careers. And with today's technology, it's easier than ever to begin learning a new art form. If you have an eager student at home, or if you want to try your hand in the arts or perfect your craft, then look into online art courses. There are many different courses available, and you should do some research to see which course is best for you or your student, but here are three to get you started.

DRAWING AND SKETCHING FOR BEGINNERS BY ROBIN SLEE

This course is available through Udemy, and, at the reasonable price of \$29.99, is perfect for anyone wanting to test the waters. Slee takes students through the key fundamentals of drawing, such as how to hold a pencil correctly and how to make different kinds of marks. His calm voice and simple explanations in each course help students feel encouraged as they work. The course comes with three hours of video content segmented into 25 modules and a Q&A section where students can post questions, ask for feedback, and share their work. Find this course at [Udemy.com/course/sketching-for-beginners](https://www.udemy.com/course/sketching-for-beginners).

INK DRAWING TECHNIQUES WITH YUKO SHIMIZU

A student who prefers ink over pencil can learn drawing techniques through Yuko Shimizu's class on Skillshare. As a veteran instructor

at the School of Visual Arts, Shimizu is ready to help you on your journey to learn the essentials of inking. In the 90-minute course, Shimizu covers a lot of ground, which both novice and experienced ink artists will benefit from. Find this course by searching for ink drawing techniques on [Skillshare.com](https://www.skillshare.com).

NEW MASTERS ACADEMY

Known as one of the best art academies online, New Masters Academy (NMA) offers hundreds of hours of pre-recorded video lectures that students can watch and follow along with as they paint, draw, and sketch. The standard fee starts at \$35 a month, but with a premium membership at \$44 a month, students can access NMA's 3D reference library and over 20,000 reference images. To learn more and become familiar with the academy's instructors, visit their website at [NMA.art](https://www.nma.art).

