

JANUARY 2021

# OPENING



# STATEMENTS

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## FROM THE DESK OF

**JOHN RAZUMICH**

### MAKE EVERY DAY A CELEBRATION WITH THESE HOLIDAYS

- |   |  |
|---|--|
| 1 New Year's Day                                    | 18 Martin Luther King Jr. Birthday, celebrated on the third Monday |
| 2 Run Up the Flagpole and See if Anyone Salutes Day | 19 National Popcorn Day  |
| 3 Fruitcake Toss Day                                | 20 National Cheese Lover Day                                       |
| 4 National Spaghetti Day                            | 21 National Hugging Day  |
| 5 National Bird Day                                 | 22 National Blonde Brownie Day                                     |
| 6 Cuddle Up Day                                     | 23 National Pie Day  |
| 7 Old Rock Day                                      | 24 Compliment Day  |
| 8 Bubble Bath Day                                   | 25 Opposite Day  |
| 9 Play God Day                                      | 26 Spouse's Day  |
| 10 Houseplant Appreciation Day                      | 27 Chocolate Cake Day  |
| 11 Learn Your Name in Morse Code Day                | 28 Fun at Work Day   |
| 12 National Hot Tea Day                             | 29 National Puzzle Day   |
| 13 Make Your Dream Come True Day                    | 30 National Inane Answering Message Day                            |
| 14 Dress Up Your Pet Day                            | 31 Inspire Your Heart With Art Day                                 |
| 15 National Hat Day                                 |  |
| 16 National Nothing Day                             |  |
| 17 Ditch New Years Resolutions Day                  |  |



**W**hen it comes to fulfilling our dreams, there's a lot that could distract us from those goals. Unfortunately, for hundreds of thousands of people, 2020 was one large distraction. Over the course of every hardship last year, many people may have lost sight of their dreams. Yet, even if you've lost sight of them, I want to encourage you to not give up on the dreams you have.

Jan. 13 celebrates Make Your Dreams Come True Day. I know that this holiday might seem like it's telling people to accomplish their dreams in a day, but that's not what it stands for. I believe this is a great holiday as it reminds us that our dreams are not only important to us but that we should keep trying to achieve them. It serves as a starting point. As we leave 2020 behind, and look

to the future, it's a perfect time to turn our thoughts to those dreams once again.

A dream is an idea — but it can't stop there. If you have a dream you want to achieve, it's time to get serious. Doing what you can to make sure your dream becomes a reality might be difficult. Often, it requires the right mindset, determination, and planning to get started, but once you do, you'll be on the right path to accomplish goals. Even the most difficult dreams can come true by taking these steps.

The most important step in accomplishing any dream is to plan. Planning not only gives your dream a more concrete feel but it also allows you to get an idea of how long it will take and what you might need to succeed. Whether that's taking a vacation to another country, starting up a business, or writing a

*Continued on Page 2 ...*

book, getting that first rough idea will help you in the long run. Even with the pandemic, you can still plan. If you want to travel, now might be the perfect time to start saving, so that when traveling restrictions are lifted, you don't have to worry about money.

To get started, set some time aside to think about what your dreams are and start on a plan. I know that's easier said than done. I have a hard time getting some free time in my own schedule, but what I've found that helps is to actually account for that planning. If you use a scheduling app, or even Google Calendar, to keep your day straight, open it up and find some time where you aren't so busy. That could be in a week, even two weeks — no matter when that gap in your schedule is, jot down some time so you can plan for your dreams. Even if you can only spend 5–10 minutes on it over several days, it's still better than no planning at all.

The thing about dreams is that they aren't overnight successes. Dreams like these can happen, but they are very rare. Usually, to accomplish things, it takes time and effort. All dreams can evolve from a figment of an idea and become a reality; all it takes is that first step.

As we enter into 2021, I want to encourage everyone to rekindle their dreams and make them shine.



## THE FIRST DOG TO WIN A NOBEL PEACE PRIZE

### FOXTROT'S HEROICS WITH THE WORLD FOOD PROGRAMME

Just this past October, the Nobel Peace Prize was awarded to what can only be described as one of the world's goodest boys — a dog named Foxtrot, known also to his Instagram followers (of which there are nearly 7,000) as humanitarian\_pup.

While Foxtrot wasn't responsible for improvements to auction theory (like Paul Milgrom and Robert Wilson, who won the Nobel Prize for economics) or for a standout career in writing poetry (like Louise Glück, who won the Nobel Prize for literature), this incredible canine shared the Nobel Peace Prize with the World Food Programme (WFP), for their work in combating world hunger. As the organization's official mascot, Foxtrot shared in the win with the thousands of other WFP workers worldwide.



Foxtrot lives in Bangladesh (one of the most densely populated countries in the world) at a WFP outpost that works to supply one of the world's largest refugee camps. According to an NPR article that spotlighted Foxtrot and the efforts made by his WFP humans, they worked not only to get food to refugees but also to flatten hillsides to make room for shelters for Rohingya refugees fleeing Myanmar.

Foxtrot himself became part of the effort to combat world hunger during a WFP beach cleanup in his home country. Workers found him as a 4-week-old pup, and after failing to locate his owners, took him in as one of their own. For the past two years, Foxtrot has helped however he can to further the WFP's efforts to end hunger in Bangladesh. This usually includes accompanying his humans while they work, wearing an adorable custom-made WFP cape, and taking to Instagram to raise awareness about how anyone can join in the WFP's mission.

After learning that he and his humans had won the Nobel Peace Prize, Foxtrot didn't waste the opportunity to share his excitement with his followers. "Woweee," the pup said. "I ... think it would be even more amazing if we didn't need any peace prizes because peace was the status quo in our world."

If Foxtrot and his humans keep up the good work that won them the Nobel Peace Prize, it seems like that status quo could be within reach.



# OUT WITH THE NEW, IN WITH THE OLD!

January is National Hobby Month — and for good reason! As people set goals for 2021, they're also thinking about trying new hobbies. But with so many out there, picking just one can be a hobby in itself. Thanks in part to COVID-19, many people have rediscovered old-school hobbies. Some of these have been around for decades or even longer, and others have established communities that can rely on one another for support, sharing information, and more. Here are four great examples.

## MAKING BREAD

Over the last year, interest in this ancient hobby has skyrocketed. Homemade bread is tastier and more nutritious



than store-bought, and it's so satisfying to watch it come together. Not to mention it's a great skill to have! With so many types of bread to try, you're not going to run out of ideas any time soon.

## COLLECTING CARDS

No matter what people were into during the '70s, '80s, and '90s, there was a trading card game for it. And even going into 2021, that tradition has been kept alive. When many people were stuck at home last year, they rediscovered their card collections and remembered how much fun they were. As a result, card sales went through the roof, and online card communities lit up with activity from all over the world.

## RESTORING CARS

Car restoration is a hobby that lets you get your hands dirty, and it's one that you can do with your kids or grandkids. It can be not only educational for them but also fun! Together, you can track down parts, talk to folks who are also interested in restoration, and learn about the history of your car. Though car restoration can be a bit costly and time consuming, it's certainly a journey worth taking.

## EMBROIDERING

Embroidery has taken off because it's both inexpensive and fairly easy to get into. Plus, many people have fallen in love with its meditative quality. One of the great things about embroidery is that you can use it to make amazing personalized gifts, like pillows, wall hangings, and kitchen towels

## TAKE A BREAK!

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3	8		5		4		6	9



## KOREAN BEEF RICE BOWLS

Inspired by [SkinnyTaste.com](https://www.skinnytaste.com)

### Ingredients

- 1/4 cup low-sodium soy sauce
- 2 tsp light brown sugar
- 1 tsp sesame oil
- 1/2 tsp red pepper flakes
- 1 lb lean ground beef
- 1/4 cup yellow onion, chopped
- 2 garlic cloves, crushed
- 1 tsp fresh ginger, grated
- 2 tbsp gochujang sauce, or more if desired
- 3 cups cooked brown rice
- 1 small cucumber, sliced
- 1/2 tbsp sesame seeds, plus more for topping
- 2 scallions, thinly sliced

### Directions

1. In a small bowl, combine soy sauce, 2 tbsp water, brown sugar, sesame oil, and red pepper flakes.
2. Spray a deep, nonstick skillet with cooking oil and place over high heat. Add the ground beef and cook until browned. Break up the meat with a wooden spoon as it cooks.
3. Add the onion, garlic, and ginger to the meat and cook for 1 minute.
4. Pour sauce over the beef, then cover and simmer on low heat for 10 minutes.
5. Divide rice evenly into four serving bowls. Top each with scant 2/3 cup beef, cucumber slices, sesame seeds, scallions, and more gochujang, to taste.



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### SOLUTION

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

## 'THE BACHELORETTE' CONTESTANTS GO TO COURT

The reality TV show "The Bachelorette" is known for being packed with drama, but last year there was just as much scandal among its contestants off-screen as there was while the cameras were rolling. Late in 2020, not one but two past "Bachelorette" contestants ended up in court.

One of them was Chad Johnson, hailing from the group of hunks who competed for Bachelorette JoJo Fletcher's attention in season 12. That season aired in 2016, but it wasn't until two years later that Johnson sued Sunset Studios Entertainment and one of its executives, Cristina Cimino, for sexual harassment, failure to prevent harassment, intentional infliction of emotional distress, fraud by intentional misrepresentation, and wrongful failure to hire in violation of public policy.

According to Deadline, Cimino told Johnson she would help him get movie roles with her studio, but that never happened. Instead, she allegedly lured him into in-person meetings and bombarded him with inappropriate calls and text messages. After years of back-and-forth, the case is finally moving forward. In July 2020, a judge ruled that all of Johnson's accusations were proven except failure to hire. Upping the drama, Deadline reported that "no attorneys for Cimino or the studio participated in the hearing."

Meanwhile, another "Bachelorette" contestant, Luke Parker, has been ordered by the court to pay \$100,000 for breach of contract. Parker, who vied for the affection of Hannah Brown in the 2019 season, has allegedly been making media appearances without the consent of the show's production company, NZK Productions Inc.



Each appearance was a breach of contract, and now he owes the company a pretty penny: \$25,000 per appearance. According to Page Six, Parker might also be on the hook for bad-mouthing the show and/or sharing information about what happened on set — both things his contract forbids.

Hopefully, the 2021 season of "The Bachelorette," which should air later this year following the postponed 2020 season, will feature less drama than these real-life legal battles.