

**MARCH 2021**

# OPENING

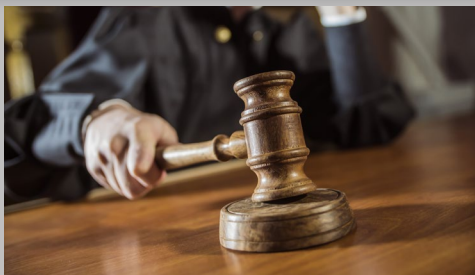


# STATEMENTS

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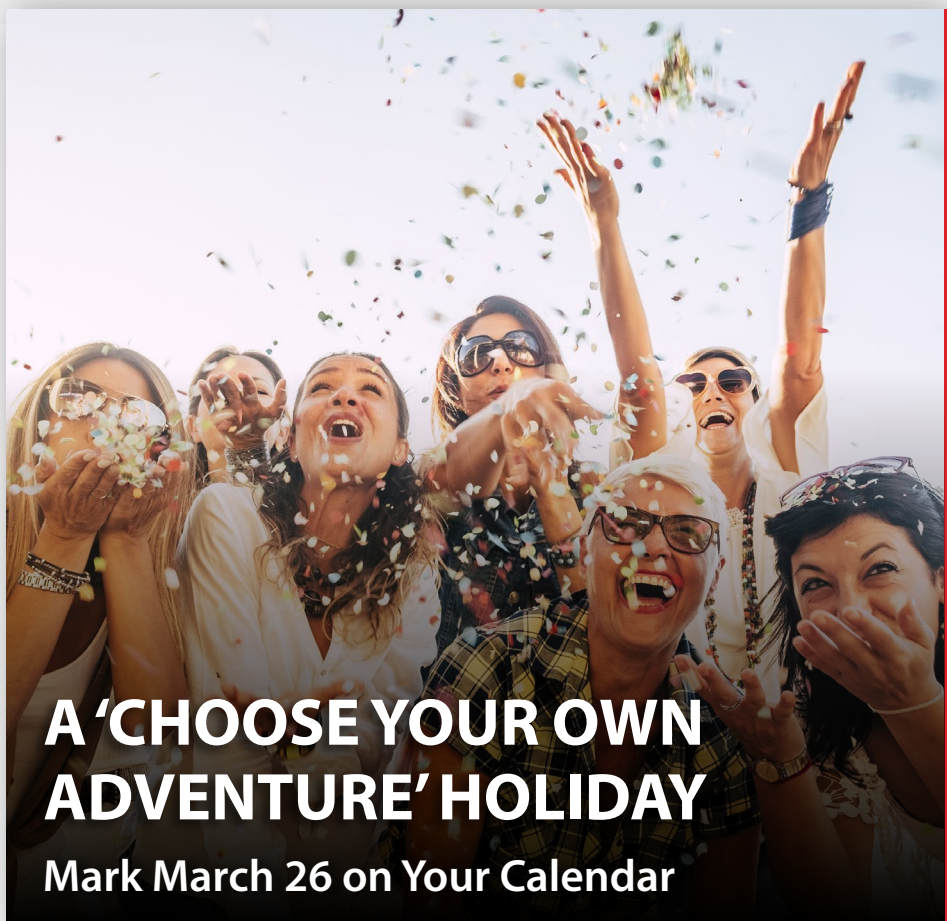
## FROM THE DESK OF *JOHN RAZUMICH*



As I am writing this in early February, many of us are waiting patiently to hear whether the Indiana Supreme Court will authorize jury trials to restart on March 1, as scheduled, or if they will be further continued. As you can imagine, everyone in the system right now is dealing with the same stress and uncertainty. Some of our clients have been waiting for their day in court for nearly two years, and everyone is wanting to get back to some form of normal soon.

One piece of normalcy that does seem to be coming back is the convention season. Indianapolis is slated to host the ENTIRE Men's NCAA Basketball Tournament, and several other conventions appear to be working their way through rescheduling events that were skipped last year. Baseball seems set to run their full season in 2021, tickets are starting to go on sale for rescheduled concerts, and people certainly seem to be more willing to test going back to life as it used to be.

It's hard to believe it's been a year since the first lockdown orders went into effect. We got through that, and we will continue to get through this. Stay positive!



You probably know and celebrate at least some of the major holidays throughout the year, but beyond those, there are lesser-known holidays to commemorate everything from inventors (National Inventors Day, Feb. 11) to doing something "just because" (Just Because Day, Aug. 27). There may be something you believe is worth celebrating for which there is no official or unofficial holiday — and that's why you should know about March 26.

March 26 is Make Up Your Own Holiday Day, meaning that if there's something you believe is worth celebrating but doesn't have a day to commemorate it, March 26 is the day you should remember.

As a kind of goofy example, maybe you really love chicken enchiladas. I mean, who doesn't? They're delicious! Unfortunately, there's no day to celebrate them like there is for hamburgers (National Hamburger Day, May 28), steak (National Steak Day, April 25), or a multitude of other delicious foods. If you'd really like to give chicken enchiladas the commemorative day you believe they deserve, then you can mark your calendar to celebrate them on March 26.

*Continued on Page 2 ...*

The thing you want to commemorate doesn't have to be goofy or food-related, though. You can use that day to honor something very special to you, whether it's an activity you enjoy with friends, a great life event, or just a day you mark on your calendar to remember to spend time with family and friends. That's the beauty of this day: It can be whatever you want it to be!



Ultimately, though, while you can celebrate whatever you want on Make Up Your Own Holiday Day, I think it serves more as a reminder of a timeless truth than it does as an actual holiday: Every day contains something worth celebrating. There's not anything inherently special about March 26. More likely than not, I bet that was just a free day on the calendar, so someone decided to turn it into Make Up Your Own Holiday Day.

At the same time, I think the inspiration for this day came from the fact that there are so many different little holidays throughout the year the holiday creators just decided to have a day set aside to celebrate whatever everyone else forgot (like chicken enchiladas). People have been making up holidays and celebrations for decades. We love to celebrate the things that are important to us, and we don't have to confine our celebration of certain things to just one day.

Every holiday functions as a reminder of the things we should value every day of the year. Thanksgiving is a reminder to be thankful, not the only day when we should express gratitude. Valentine's Day is a day to remember how special our loved ones are to us, not the only day we should express love. Make Up Your Own Holiday Day might be a day to celebrate something else entirely, but let it function as a reminder of that special thing, and then celebrate it all year round!

## 3 IRISH TRAVEL DESTINATIONS FOR YOUR BUCKET LIST

### DON'T MISS THESE HISTORIC SPOTS!

Traveling to Ireland might not be an option for you right now, but like a leprechaun hoarding gold, you can still fill up your bucket list with all of the pubs, rolling hills, and lucky sites you'd love to see. This month when you're planning your trip to Dublin, Galway, or Cork, add these spots to your itinerary.

#### **The Oldest Bar in the World – Athlone, County Westmeath**

When Sean's Bar closed because of the COVID-19 pandemic, the entire country of Ireland groaned. The pub is famous for its Irish whiskey, music, and history, which stretches back to 900 A.D., far enough to earn it the title of "Oldest Bar in the World." As of this writing, Sean's is slated to reopen when it's safe again, and considering it has already survived the bubonic plague and the Spanish flu, odds are good that it will make it through this, too! Soon, you'll be able to raise a glass in the same rooms where the noblemen of nearby Athlone Castle shared drinks in the 12th century. Find more historical tidbits at [SeansBar.ie](http://SeansBar.ie).

#### **Ireland's Spookiest Castle – Coolderry, County Offaly**

If you're a fan of thrillers and true crime podcasts, you won't want to leave Ireland without visiting Leap Castle. This 16th-century haunt was built by the fierce O'Bannon clan, who famously ordered two brothers to throw themselves off a rocky cliff as a test of strength. The survivor was named clan chief, and later Leap Castle was built on that very site — beginning its long and bloody history. Read more about its haunted



priest's house, murder hole room, and bloody chapel at [LeapCastle.net](http://LeapCastle.net) and meet the many ghosts that haunt its halls.

#### **A Famous Smugglers' Shortcut – Newcastle, County Down**

Get ready to tie up your hiking boots! This roughly 2-mile hike, called Hare's Gap, is one of the most famous and beautiful routes in Ireland. When you climb through this pass in the Mourne Mountains, you'll be rewarded with views of glacial cliffs, boulder fields, and ancient-looking stone walls. Legend has it that the pass was part of the Brandy Pad smuggling route, used to ferry goods like soap, leather, spices, and coffee.

Safe travels, and *ádh mór* (good luck)!

# IMPROVE PATIENCE AND REDUCE STRESS

## WITH THESE 4 TIPS

In this fast-paced world, it can be easy to grow impatient. Things as small as waiting for a slow website to load or waiting in a long line for coffee can sometimes leave people feeling frustrated and anxious. Practicing patience helps reduce stress and helps you realize it's okay if something takes a few extra minutes. If you find yourself feeling impatient, here are a few helpful tips.

### Breathe Deeply

When you feel stressed, your breathing gets shallow, which amplifies anxiety. Practicing deep breathing can help reduce stress and frustration by relaxing your body and mind. This is as simple as taking a few quiet moments to inhale through the



nose, drawing your breath into the belly and lungs. Count to four to help you focus as you inhale. Then exhale slowly through your mouth. After a few repetitions, you will find that your mind and body feel calmer.

### Switch Focus

When agitated, it's common for our thoughts to center on the irritant. Though it may feel difficult to do when you're stressed out, switching your focus will help you calm down and be more patient. For instance, if you find yourself growing more and more frustrated by hitting red lights as you drive, try focusing on green instead. Looking for passing cars, signs, trees, or anything that is green will help break that hyper-focus and shift it from negative to positive. Soon, those red lights will be less bothersome.

### Meditate

A great way to increase your patience is by meditating, a combination of the first two tips — focus and breathing. Meditation helps people constructively manage thoughts by allowing them to practice observing their thoughts from a neutral perspective. Regular meditation can reduce stress and improve patience throughout the day. Even just 5–10 minutes of daily practice can have a tremendous impact over time.

### Practice Acceptance

While the above tips can help you improve your patience, sometimes you must simply accept that some things can't be rushed. There will be times when we cannot control the outcome: A red light will change to green when it changes and no sooner. Learning to accept that can help people let go of their frustration, become more understanding of their situation, and greatly improve their patience.

## TAKE A BREAK!

L	T	N	H	D	Y	Z	A	W	C	E	Y	M	T	T
A	L	U	K	P	A	S	C	L	T	L	Z	A	S	L
Y	Z	A	F	N	E	F	O	E	F	E	F	D	A	C
C	H	H	B	D	N	V	F	R	Z	S	X	N	K	I
Z	O	C	I	T	E	I	E	O	A	U	V	E	T	N
H	Q	E	N	R	E	T	S	L	D	E	E	S	A	I
N	L	R	L	E	T	K	N	S	S	I	K	S	Q	P
R	U	P	X	U	E	Z	S	G	X	Z	L	I	K	A
D	S	E	B	H	U	R	E	A	G	N	I	R	P	S
Z	O	L	A	N	H	F	G	G	B	A	Q	O	I	P
T	A	N	G	E	R	I	N	E	K	Z	X	B	P	U
B	Y	C	J	M	E	N	I	R	A	M	A	U	Q	A
L	V	L	I	O	V	G	V	K	A	N	W	C	S	H
B	E	Q	K	W	N	S	R	V	W	B	Q	Y	M	L
B	D	X	M	E	J	R	B	I	L	A	N	P	B	J

Aquamarine	Daffodil	Madness
Basketball	Green	Spring
Butterfly	Ides	Tangerine
Clover	Leprechaun	Women

## GREEN GODDESS SMOOTHIE

Inspired by [AmbitiousKitchen.com](https://ambitiouskitchen.com)

If you're looking to get your green on, why not try this light smoothie?

### Ingredients

- 1 1/4 cup unsweetened vanilla almond milk
- 1 organic apple, peeled and chopped
- 1 medium frozen banana
- 1 1/2 cups fresh organic spinach
- 1 tbsp chia seeds
- 1/2 medium avocado

### Directions

1. In a large, high-powered blender, add all ingredients.
2. Blend on high for 1–2 minutes, or until all ingredients are well combined.
3. If necessary, add more almond milk to thin the smoothie.
4. Serve immediately and enjoy!





# RAZUMICH & ASSOCIATES, P.C.

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## THE MEATBALL SHOP SUED SNOOKI! (AND ANOTHER 'JERSEY SHORE' STAR, TOO)

Reality TV stars Nicole "Snooki" Polizzi and Deena Cortese are gearing up for a court battle. But this isn't a showdown with another celebrity: It's a fight to the death over merchandise with ... a New York City-based meatball restaurant!

This case sounds laughable, but there's some real "meat" to dig into. The controversy started when the celebrity duo — known as "The Meatballs" since their time together on "Jersey Shore" — launched a clothing brand/online store called The Meatball Shop late last year.

The brand sells meatball-themed T-shirts, sweatshirts, and hats with slogans like "Team Meatball Forever" and "Meatball Squad." Over the holidays, they even offered a sweater with a checklist reading, "Pour wine, wrap gifts, decorate, be a meatball." All of this merchandise plays off the pair's "Jersey Shore" nickname, which Polizzi and Cortese earned because, as Food & Wine puts it, "The party girls are both very tan, curvy, and short."

Even with this claim to the moniker, the legality of the celebrities' clothing line has some competition from, well, places that sell *actual* meatballs. According to Page Six, the New York City-based restaurant

The Meatball Shop sued Polizzi and Cortese in December of 2020, claiming their clothing infringes on its trademark. As of writing this, a judge is considering The Meatball Shop's request to shut Polizzi and Cortese's operation down.

To add even more meat to the argument, it was the owners of The Meatball Shop restaurant (Daniel Holzman and Michael Chernow) who first taught Polizzi and Cortese to make edible meatballs in 2017. The lesson was documented in a photoshoot with "In Touch." Does it get more ironic than that?

If you want to keep up with the drama, check PageSix.com, and if this article made you crave meatballs, don't worry — we've got you covered. Visit Epicurious.com and search "classic beef meatballs" for a recipe that will knock your socks off.

