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FROM THE DESK OF *JOHN RAZUMICH*

MAKE EVERY DAY A CELEBRATION WITH THESE ODD HOLIDAYS

- | | |
|--------------------------------------|---------------------------------------|
| Daylight Savings Time Ends at 2 a.m. | Take a Hike Day |
| Look for Circles Day | Homemade Bread Day |
| Sandwich Day | Have a Party With Your Bear Day |
| King Tut Day | World Hello Day |
| Men Make Dinner Day | Last Saturday Before Thanksgiving |
| National Nacho Day | Go for a Ride Day |
| Book Lovers Day | National Espresso Day |
| Cook Something Bold Day | National Cashew Day |
| World Freedom Day | Day Before Thanksgiving |
| Forget-Me-Not Day | Thanksgiving |
| Veterans Day | Black Friday |
| Chicken Soup for the Soul Day | French Toast Day |
| Friday the 13th | Square Dance Day |
| Operating Room Nurse Day | Stay at Home Because You Are Well Day |
| Clean Your Refrigerator Day | |
| National Fast-Food Day | |



-JOHN RAZUMICH



For decades, people have been watching television for entertainment, education, and news. World Television Day, celebrated on Nov. 21, aims to highlight the impact TV has had over the past 100 years. Technology has changed dramatically since the 1920s, and this holiday gives us a chance to take a look at just how far TV and video consumption has evolved. It all started with the Baird Model B.

The 1920s mark the era of the first televisions in the world, including the Baird Model B and the Octagon television. These looked similar to old-fashioned radios, but they had a small display screen on the front of the device. Though they were considered a huge leap at the time, their poor video and audio quality could make many who are living in 2020 wonder how anyone could see anything on those tiny screens.

As TVs developed, video and audio quality became better, and screens grew in size.

Many TVs in the 1940s used projectors to make the pictures bigger. Eventually, grayscale imaging began transitioning to color in the late 1960s. In the following decades, TV design, overall quality, and availability skyrocketed.

During the 2000s, TVs began to function as more than just TVs and could connect to a computer and the internet. Moving into the 2010s, 4K, LED, and 3D advancements far outpaced the TV's meager beginnings. Flatscreens and thinner TVs became the next big thing, leading to the release of the Wallpaper TV, which is only slightly thicker than a credit card.

Still, more changes are yet to come. In the 2020s, TVs will continue to evolve, bringing better quality and designs into homes and workplaces with the rollable TV and the double-sided TV. However, these advancements are only part of video media consumption. Phones, laptops, and tablets

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have also become TVs in their own right, allowing people to watch movies, shows, cartoons, and videos wherever they are in the world.

TV is more than a source of entertainment; it's a symbol of communication and globalization. With all the advancements that have been made, TVs enable access to news in a way people have never experienced before. People have never been as connected with the entire world as they are now. You can find out almost instantly what is happening in other parts of the world — a news report can be shared thousands of times within an hour after release.

When the United Nations held the first World Television Forum in 1996, it was to discuss the significant impact of TVs. With access to so much information, people were understanding the world far better, becoming more aware of social injustice as well as movements toward peace and security, and focusing more on economic and social problems. The United Nations



realized just how powerful TV is and dedicated Nov. 21 as a day to spread awareness and celebrate this impact.

In a way, whenever you turn on your TV, open your phone, or hop on your computers

to enjoy a movie or check the news, you're observing World Television Day — you just didn't know it. This month, be aware of exactly what the TV has done in the past century, and continue its celebration by sharing your favorite form of video media.

THE STORIES BEHIND 2 ICONIC ANIMAL HEROES IN VIDEO GAMES

Your family might have had the chance to play more video games lately and interact with some of the most famous animal heroes in video game history, like Yoshi or Sonic. But have you ever wondered about their real-world backstories?

YOSHI

Or should we say, T. Yoshisaur Munchakoopas? That's Yoshi's full name according to Nintendo's official character guide published in 1993. Ever since the first release of Super Mario Bros, Nintendo wanted Mario to have a dinosaur companion. However, the limitations of the Nintendo Entertainment System (NES) stalled that idea until Nintendo released Super Mario World for the Super NES. The inspiration for Yoshi traces back to the 1984 video game Devil World, which featured green lizards that hatch from eggs, eat enemies with large mouths, and emit the very same signature Yoshi giggle when they hatch.

Yoshi has received a positive reception since its introduction, making it Japan's third-favorite video game character in 2008. A few fun facts: Yoshi is often referred to as male, but its gender remains unconfirmed. Also, Yoshi and K.K. Slider (from Animal Crossing) have the same voice actor!

SONIC

You could say that random New Yorkers chose Sonic's ultimate design. When Sega sought to create a flagship series to rival Nintendo's Mario, Naoto Ohshima took character designs with him on a trip to New York. He asked random passersby in Central Park to choose a design, and the spiky blue hedgehog won.

That wasn't the end of Sonic's design alterations, though. He had a rock band phase! Initially, Sonic had fangs, was in a band, and had a human girlfriend named Madonna. The team at Sega of America, led by Madeline Schroeder (who calls herself "Sonic's mother"), removed those elements

to "soften" the character for American audiences. While this led to heated internal debates, Sonic game designer Yuji Naka admitted it was for the best.

These famous characters make our video games more energetic and fun, and their origin stories are just as unique!



TOP 5 HEALTHY LIFE HACKS TO HAVE AN AWESOME MORNING

Getting your day started with coffee isn't always enough. Sometimes, you need to give yourself an extra boost, especially when you have little energy or trouble focusing. For an awesome start to your day, here are five tips to get you going right off the bat.

WAKE UP 5 MINUTES EARLY.

What's the power of five minutes? It can be more than you think. Spend this time doing simple breathing exercises or a quick meditation so you can get focused for the rest of the day. If that's not your style, you can prepare a quick to-do list for your day ahead. Either way, it's always nice to have a little extra time for yourself without losing too much sleep.

START WITH GREEN TEA, THEN COFFEE.

A cup of coffee at 7 a.m. can leave you burned out by 10 a.m. Try swapping it with green tea for a more gentle wake-up call. After that, you can brew your favorite coffee to keep you

going strong. This practice also might help you consume less caffeine overall!

TAKE A QUICK MORNING WALK — AND HAVE YOUR MEETINGS ON THE GO.

Morning meetings can make us want to fall asleep again. Don't spend all of them sitting down if you don't have to! Not only will morning walks help you wake up, but they can also add some extra physical activity to your day.

WRITE IN YOUR JOURNAL.

Who says you have to journal at the end of the day when you're tired and ready to sleep? You can journal in the morning about what happened yesterday and the things you're looking forward to that day. Journaling can remind you of your daily goals and motivate you to stick to your commitments.

PACK YOUR LUNCH (OR SNACKS!).

Staying on track with your goals starts with having the energy to do them. Plan a healthy

balance of fats, vegetables, carbohydrates, and proteins. This can be as simple as assembling dips, carrots, wraps, and salads each morning.

It's time to try these tactics to superboost your day!



TAKE A BREAK!

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

Cobbler
Cranberry
Election
Football

Novel
Sagittarius
Thanksgiving
Topaz

Turkey
Veterans
Voting
Windy

CINNAMON-SPICED CANDIED SWEET POTATOES

Inspired by FoodAndWine.com

These candied sweet potatoes will make your family beg for more!

Ingredients

- 4 lbs orange-fleshed sweet potatoes, peeled and cut crosswise into 2-inch pieces, then cut lengthwise into 1-inch wedges
- 1 cup light brown sugar, packed
- 1 tbsp kosher salt
- 1/4 tsp ground cloves
- 1/4 cup unsalted butter, cubed
- 4 (2-inch) cinnamon sticks

Directions

1. Preheat oven to 350 F.
2. Place sweet potato wedges in a 4-quart baking dish.
3. Sprinkle sugar, salt, and cloves over sweet potatoes.
4. Dot with butter and place cinnamon sticks around sweet potatoes.
5. Bake, turning every 15 minutes, until sweet potatoes are tender and the liquid is syrupy, about 1 hour and 15 minutes.
6. Remove from the oven and let stand for 10 minutes.
7. Discard cinnamon sticks and serve.



RAZUMICH & ASSOCIATES, P.C.

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ICE, ICE, LAWSUIT

WOMAN SUES STARBUCKS OVER 'TOO MUCH ICE'

Sometimes, there is such a thing as "too much ice." You're sipping your cold beverage when suddenly, it's gone far quicker than you expected. All you're left with is a cup full of ice. It's disappointing, for sure, but is it so disappointing that you would want to file a lawsuit against the company that supplied the beverage?

That's exactly what Stacy Pincus did in 2016. She ordered an iced coffee from Starbucks, only to find "too much ice" in her drink. The lawsuit, filed in Chicago, alleged that the drink was advertised as a 24-ounce beverage, but once the ice was factored in, Pincus and her lawyers claimed the drink was really only "14 fluid ounces."

"Starbucks' advertising practices are clearly meant to mislead consumers when combined with the standard practice of filling a cold

drink cup with far less liquid than the cup can hold," the suit claimed. NBC News reported that Pincus sought damages to the tune of \$5 million against the coffee chain.

"The plaintiff would not have paid as much," her lawyers stated in a court document, "if anything, for the cold drinks had she known that they contained less, and in many cases, nearly half as many, fluid ounces than claimed by Starbucks. As a result, the plaintiff suffered injury in fact and lost money or property."

Starbucks' response: "Our customers understand and expect that ice is an essential component of any 'iced' beverage. If a customer is not satisfied with their beverage preparation, we will gladly remake it." The company also reaffirmed that you can order any iced beverage with "light ice" and receive half the ice normally included.



Interestingly, a *second* lawsuit against Starbucks popped up in Los Angeles a few months later, but both cases were thrown out. Pincus never saw a cent of that \$5 million, nor did she recoup her attorneys' fees. The case went on to be called "one of the most frivolous lawsuits of 2016."