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OPENING



STATEMENTS

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FROM THE DESK OF *JOHN RAZUMICH*

Odd Holidays

- December 1 - Eat a Red Apple Day
- December 2 - National Fritters Day
- December 3 - National Roof Over Your Head Day
- December 4 - Santa's List Day
- December 5 - Repeal Day
- December 6 - St. Nicholas Day
- December 7 - Pearl Harbor Day
- December 8 - National Brownie Day
- December 9 - Christmas Card Day
- December 10 - Nobel Prize Day
- December 11 - National Noodle Ring Day
- December 12 - Poinsettia Day
- December 13 - Ice Cream Day
- December 14 - Roast Chestnuts Day
- December 15 - Bill of Rights Day
- December 16 - National Chocolate Covered Anything Day
- December 17 - National Maple Syrup Day
- December 18 - Bake Cookies Day
- December 19 - Look for an Evergreen Day
- December 20 - Go Caroling Day
- December 21 - Winter Solstice
- December 22 - National Date Nut Bread Day
- December 23 - Festivus
- December 24 - Christmas Eve
- December 25 - Christmas Day
- December 26 - National Candy Cane Day
- December 27 - Make Cut Out Snowflakes Day
- December 28 - Boxing Day
- December 29 - Pepper Pot Day
- December 30 - Bacon Day
- December 31 - New Year's Eve

- JOHN RAZUMICH



SUGAR AND SPICE AND EVERYTHING NICE

SPICING UP YOUR FALL COFFEE



If you're a true coffee lover, you're no stranger to the many ways you can spice up your morning brew. Fall is a fabulous time to toss in some seasonal flavors and get the holiday cheer flowing! Let's be honest — nothing is better than a hot cup of coffee on a chilly fall day.

While you may be comfortable with your daily coffee routine, there are countless ways to turn your usual cup of joe into a warm treat to enjoy during a great conversation in front of the fireplace. Keep in mind that if a hot drink makes you a tad too toasty where you live, you can always convert your coffee creation into an iced drink!

Pumpkin Spice Latte

Pumpkin spice everything is certainly the fall motto! It just wouldn't be Halloween and Thanksgiving without it! Whisk together milk, pumpkin purée, sugar, pumpkin spice, and vanilla and microwave your mixture, then add some of your favorite coffee. You'll have yourself a yummy pumpkin spice latte!

Mexican Mocha

Hot cocoa is a MUST over the holidays. Mix hot cocoa with coffee and a pinch of cinnamon, nutmeg, cream, and cayenne pepper, and you've got a Mexican mocha! The spices will have your throat tingling with warmth, and it's easy to make. All you have to do is mix the dry

Continued on Page 2 ...

ingredients together and combine them with all of the liquid ingredients, and you're done!

Salted Caramel Pumpkin Latte

Mixing caramel with pumpkin spice and cream or milk is truly delicious, and it is sure to get you in the fall spirit. These ingredients complement each other well, creating a delicious and creamy treat. Mix it with your coffee and top it off with whipped cream and caramel drizzle!

Autumn Spiced Toddy

Have you ever been told to drink a hot toddy when you're feeling under the weather? With a spin on this drink, you can jazz up any coffee with cinnamon, nutmeg, and cloves. The spices add depth to your coffee and will have you craving more. Caffeine overload, here we come!



Brown Sugar Maple Latte

This one sounds more like a dessert than coffee — and it is delicious! This latte combines coffee, milk, brown sugar, maple syrup, and your favorite autumn spices to send your taste buds right to heaven. It's a true cup of joy!

Hazelnut Macchiato

There is something mouthwatering about hazelnut! Combine milk with steamed hazelnut coffee creamer and espresso and top it off with some mocha drizzle. You'll have the perfect pick-me-up!

Grab your cozy socks, your favorite blanket, and pick one of these warm coffee treats to whip up — or just try them all!

How One Dog Saved His Owner

By Dialing 911

Dogs can be trained to obey a lot of commands: sit, stay, roll over, play dead. But how about "dial 911"? Well, that would probably be a foreign command for most dogs. Luckily, it wasn't for Buddy, an 18-month-old German shepherd who remembered his training and saved his owner's life.

Joe Stalnaker of Scottsdale, Arizona, sustained a head injury during a military training exercise 10 years prior to the incident. Because of that injury, he suffered from seizures. Normally, a condition like that would make it unwise for him to live alone, but Stalnaker valued his independence and wanted to find a way to lead as normal a life as possible.

Joe adopted Buddy from a Michigan-based organization called Paws With a Cause when the pup was just 8 weeks old. Paws with a Cause trains assistance dogs, and after adopting him, Joe trained Buddy to dial 911 until an operator was on the line in the event that he had a seizure.

A year and a half later, that training saved Joe's life. One day, Joe began seizing when he was home alone with Buddy. Buddy rushed to the phone and dialed 911, whimpering to the dispatcher. Even if they don't hear anyone on the line, dispatchers are required to send police. When police arrived at Joe's home, they found him and Buddy, who was barking loudly. They took Joe to the nearby hospital, where in a few days, he made a full recovery.



Some might say that Buddy was just following his training, but this heroic act goes far beyond just sitting and rolling over for treats. Even the veteran dispatchers hadn't heard of a dog dialing 911 before. Buddy knew it was his mission to keep his owner safe, and thankfully, he knew exactly what to do under pressure — because that's what heroes do.

WAS ALEXANDER THE GREAT BURIED ... ALIVE?!

HISTORIANS DEBATE THE FATE OF ONE OF THE WORLD'S GREAT CONQUERORS

For centuries, the ancient Greeks ruled most of Europe and the world, and one man is credited with unifying this historically powerful mass of people under one rule for 13 years: Alexander the Great.

Alexander is most known for his hard-fought capture of land all across the globe after succeeding his father on the throne at just 20 years old. But Alexander's rise came crashing down when he died just 12 years later.

Today, the facts of his death are starting to piece together a curious puzzle for historians, because some now believe Alexander was buried alive.

Surprisingly (and terrifyingly), this wasn't uncommon. For centuries, doctors struggled to definitively prove someone was dead because many of the classic signs of death are similar to those of someone in a comatose state. This became such a common problem into the 20th century that people were buried in specialty coffins or with a bell tied around their hand to alert grave watchers. (As bodies decomposed, you can imagine how this created eerie occurrences.)

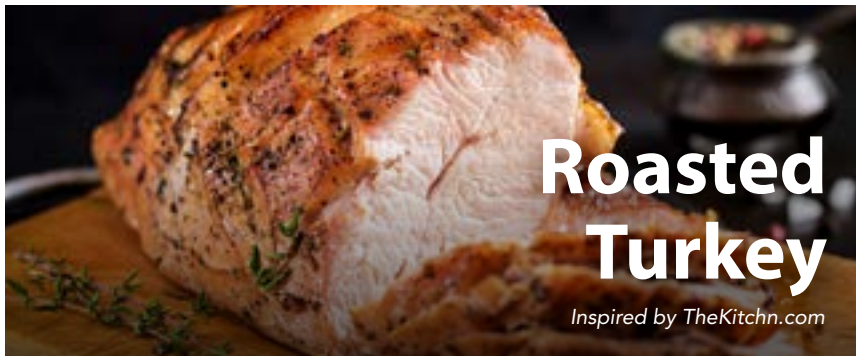
Experts believe Alexander the Great may be one of history's first recorded instances of such a death. After 12 days of abdominal pain that led to a fever and paralysis, ancient Greek doctors couldn't detect a breath from their great ruler, and he was declared dead. As the massive

empire mourned, Alexander's body was prepared for the afterlife, but he didn't show signs of decomposition for six days. This only fed the belief that Alexander — like other rulers of his time — was part god.

Dr. Katherine Hall of the University of Otago, New Zealand, believes this suggests that Alexander wasn't yet dead. In fact, he may have been suffering from a rare bacterial infection that attacks the nervous system and leads to paralysis, which could result in the lack of breath. As such, Dr. Hall believes he was entombed alive, making him one of the first to suffer a "false death."

However, other historians are quick to say Dr. Hall's theory is too speculative to be taken as fact. Among the common counter arguments, Dr. Hall's reliance on data and details collected centuries after his death can be troublesome.

We may not know exactly how Alexander died, but with Hall's theory, some of the final pieces of the puzzle may fall into (an eerie) place.



Ingredients

- 1 whole turkey, thawed
- 2 cups chicken or vegetable broth
- Salt and pepper to taste

Directions

1. Preheat the oven to 450 F.
2. Remove packaging and giblets from inside of the turkey.
3. Place the turkey in a broiling pan breast-side up and rub it with salt and pepper. Pour the broth around the turkey.
4. Place the pan in the oven and turn the temperature down to 350 F. Turkey should cook for 12–15 minutes per pound, typically 3–4 hours.
5. Remove the turkey from the oven every 45 minutes and baste it with the broth.
6. Once finished, let the turkey rest for 15–20 minutes before carving and serving.

TAKE A BREAK!





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Jelly Bean Deception

WHY JELLY BELLY GOT SUED FOR USING SUGAR

Before Bang and other creatine energy drinks became all the rage, many companies tried their hand at candy designed to energize. Not wanting to miss out on the action, Jelly Belly developed Sports Beans.

Like most other energy supplements, Sports Beans contained electrolytes, carbohydrates, and a plethora of B vitamins. They also included the phrase "evaporated cane juice" as one of the ingredients — but this got them into some legal trouble.

A woman named Jessica Gomez filed a case against Jelly Belly in 2017 over this ingredient. She claimed the company had falsely advertised their Sports Beans by stating they contained juice instead of sugar. Gomez believed the company portrayed that the beans were healthy by trying to appeal to athletes instead of stating that the product contained sugar.

Her complaint argued that the product's label was designed to mislead consumers, asserting that she would not have been willing to pay as much or at all for the product if she knew it contained sugar.

Jelly Belly responded, calling the lawsuit complete nonsense. They pointed out that evaporated cane

juice and sugar are interchangeable terms and also cited the product's nutritional chart which showed that each serving contained 17 grams of sugar.

Jelly Belly further picked apart the claim by stating that Gomez did not insist on expecting a sugar-free product, and she did not explain why anyone would be surprised to find sugar in a product described as jelly beans.

This is not the first lawsuit against a company for using an alternative term for sugar. Though the Food and Drug Administration does not have any legal requirements regarding "evaporated cane juice," it recommends calling the ingredient sugar to avoid these instances.

The courts ended up siding with Jelly Belly, as Gomez failed to show any facts specific to the purchase or the advertising of the product.

False advertising and deceptive practices do happen, but this case was not one of those instances. If Gomez had paid attention to the nutritional chart, this entire lawsuit could have been avoided.

