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BIRD-WATCHING FOR BEGINNERS
WHY MAY IS THE BEST MONTH TO START

Bird-watching is like a lifelong scavenger hunt that you can play anywhere on Earth. The activity provides a mixture of science, travel, and beauty, and it's a chance to get outside for feathered adventures and quiet reflection. The month of May is a great time of year to go birding because rising temperatures prompt spring migration. So if you're eager to begin bird-watching, there's no better time than now. Here are some tips to get started.

EDUCATE YOURSELF

Thousands of species of birds span all corners of the globe. That's why finding them is an exciting prospect — there's no end to the hunt! Start by researching birds that are native to your location. Purchase a field guide with pictures of each bird and maps of their range and use it to figure out where different birds live. From there, it's easy to pick your first spotting goal. You can even get yourself extra excited by watching a few bird documentaries.

GEAR UP

One of the best things about birding is that you don't need a lot of equipment to do it. As long as you've got your field guide and

comfortable walking shoes, the only other thing you'll need is a pair of binoculars. And they don't have to be fancy. As long as they can zoom in on faraway trees and perches, they'll work for now. You can always upgrade later.

GO EXPLORING

Your very first birding excursion is important because you don't want to be overwhelmed or underwhelmed. So use your field guide to home in on a single bird and go find it. It may be local, or you can plan a trip to a specific bird's natural habitat. Stay focused and don't get distracted by other species. The thrill that comes with spotting your first bird will keep you coming back to find the rest.

Bird-watching is a wonderful hobby because it's easy to get started and can last a lifetime. As long as you can walk, drive, or look out a window, you can be a birder. So what are you waiting for? Get out there and find some birds!



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TAKING CARE OF YOU IN THESE
UNPRECEDENTED TIMES
PERSONAL AND PROFESSIONAL STRATEGIES

We've all been affected by the coronavirus in some way, and more likely, in major ways. Let me share how I have been dealing with the virus personally, and then I will share how I have been dealing with it professionally. Finally, I will try and answer some basic questions clients may have about how our office is operating at this challenging time.

For those who aren't familiar, my daughter is a sophomore at Penn State University. We got word in March that school would be closing and she would have to come home for good. None of us were happy but, of course, everyone understood. It's been hard for her to be away from her friends at school, and she is continuing her classes remotely. My son's school also has been doing remote learning. I'm sure this story sounds familiar to almost all of you.

I have been following all the recommendations on how to stay sane and healthy during this time. I have been trying to make an extra effort to get the proper amount of sleep, the foundation for maintaining my health. I have also been eating a lot healthier as my wife has stepped up and been making fantastic homecooked meals. I never realized how much healthier it is to eat at home as opposed to eating out. Plus, I think I've even lost a few pounds. I have also been a lot more diligent in taking my vitamin supplements and, oh yeah, drinking lots of water, and I've stopped drinking soda.

And, of course, exercise. Thank goodness I invested in a very simple and inexpensive home workout system about a year ago that utilizes bands instead of weights. It has been a life saver. Obviously, since I can't go to the gym, I have been exercising in my house almost every day as part of my new morning routine. I had been playing basketball twice a week, but that's been a

no-go. However, I discovered how great it is just going for walks, especially with my family. I try to walk almost every day.

Finally, I've enrolled in a few online courses having nothing to do with law. I like to think I am a forever-learner, and I really do enjoy learning new things. I also play the piano, and since I have a little more time on my hands, I'm playing a lot more. I'm not sure how much my family appreciates the extra noise, but they are good sports about listening to my concerts once in a while.

The office has been running with all of the paralegals (Toni, July, Jeannie, Ana, Darlene, and Laura) working remotely. They have been doing so since the last week of March. It's a little different, but they are doing their best to get the necessary work done.

The biggest question clients have is, of course, how will all of this affect their case? Honestly, I don't know the answer to that yet. As of now, the courts are not running except for the most extreme emergencies. However, the insurance companies are working remotely, too, and I have been settling cases. Also, we have a company answering our phones remotely during the work week so our clients, defense lawyers, and the insurance companies can all reach us.

These times have been challenging for all of us. Most importantly, please take care of your health, eat well, exercise, and get plenty of rest. We are here to answer any of your questions now, and we'll be here when things return to normal. And rest assured, they will.

-Steven Goldstein, Esq.



EXERCISE CAN BE FUN?

THE ORIGIN AND BENEFITS OF ZUMBA

I find walking on a treadmill rather boring, even with a TV screen in front of me or music playing through my earphones. But I'd suffered through this form of exercise for years — until I discovered Zumba! What is Zumba? It's a low-impact exercise, dancing to upbeat, joyful Latin music. And it all started because a fitness instructor was forgetful!

The Zumba movement began in the 1990s when Alfredo "Beto" Perez forgot something very important for his exercise class — the music! But Beto had a tape of Latin music in his car, and he used it instead of his usual tunes. Well, his students loved it, and Zumba was born! Its popularity soared across the world when people realized that this was not only a great form of cardiac exercise and a way to lose weight, but pure fun, too! In fact, Zumba Fitness markets its classes as having the feel of a party rather than a work-out at the gym.

Zumba became an almost instant world-wide sensation. The steps include merengue, salsa, cha-cha, reggaeton, samba, hip-hop, bhangra, and more. Soon after, Beto decided to reach out to even more people by giving them choices. There are many different types of Zumba classes besides the original one. In Zumba Toning, participants use light weights while doing the same types of Zumba moves. Zumba Gold is for older exercisers or those who prefer a slower pace. Aqua Zumba takes place in a pool, and Zumba Step is a combination of classic Zumba and step aerobics. There's even Zumba for kids as young as 4! They're never too young to be shown that exercise is important and that it can be fun.

I learned about Zumba in my gym. I heard the music and stopped by the room to watch. The music immediately drew me in, and I couldn't help but

start moving to the beat. So, I decided to try out the next class. Well, I was hooked. After class, I felt terrific. For the first time in my life, I was having FUN exercising! It's not only the cardio workout, but since many of the same participants come to the classes, you get to know other people. Most are friendly (although I highly recommend that you never stand in one of the regulars' spots! You may get angry looks. People get possessive over their spots!). It's wonderful for loosening up stiff muscles and joints, and you don't need to know how to dance to join in. Try a class! I bet you'll love it!



TIPS ON HOW NOT TO GO CRAZY DURING SOCIAL ISOLATION

PART 1

1. Go outside. Surround yourself with nature. It offers serenity — unless you have a groundhog that increases your blood pressure by eating your garden vegetables.
2. Take a walk, even if it's cold. So invigorating! Have someone join you, but make sure it's not the neighbor you've been feuding with for years.
3. Grow flowers from seed indoors. Seeing the sprouts come up is uplifting. Sunflowers sprout amazingly fast (for those who need almost-instant gratification!).
4. Return to old hobbies or create new ones. Draw or paint. It doesn't matter if it looks like a 5-year-old did it. Write a story. No one has to read it. Play an instrument, even if it's cringe-worthy. Make up song lyrics or a melody. Maybe you're rock star material.
5. Start a sewing or knitting project, or finish the one you started years ago but abandoned. (Maybe you were dissatisfied because the sleeves in the sweater are too long and would fit a gorilla?)
6. Iron. Since you haven't seen humans in a while, your clothes are probably a wrinkled mess. Mindless activities can recharge you and quiet your thoughts.
7. Improve your vocabulary through online sites. Here's a website with a list of possibilities, though I'm not thrilled about the demeaning name, Dumb Little Man. DumbLittleMan.com/16-websites-to-super-charge-your/.
8. Sign up online for a 30-day free trial of The Great Courses Plus. There are so many choices that you're bound to find many you'll like: TheGreatCoursesPlus.com.
9. If you have young children in your lives (even if they're not your own), make videos showing what you're doing or create educational videos, like how to start seeds indoors, sew curtains, cook their favorite



- meal, etc. Young kids can get distracted when you're talking with them through FaceTime, so this may be an additional option. I've found this to be the case with my 4-year-old granddaughter, who gives me about 10 seconds and then wanders off to do something more interesting than talk with her grandmother. And most kids love videos of any kind!
10. Read. Escape into another world where the coronavirus doesn't exist.

Inspired by Eating Well

TAKE A BREAK

SPRINGTIME CACIO E PEPE



TESTIMONIAL

"I was severely injured in a motorcycle accident after hitting a pothole on a highway. People told me the case was very difficult because I had to prove that New York State, which owned the roadway, knew that the roadway was defective and should have repaired it. Steven immediately had his investigator take photos of the accident scene, and he hired one of the top roadway experts in the country. Steven sued the state of New York and they refused to offer any money to settle, despite my devastating injuries. Steven was undeterred. He brought the case to trial and won. The state appealed. He won again. They finally relented and settled my case for the fair value of the pain and suffering I went through. I hold Steven in the highest regard and recommend him to my family, friends, and colleagues. He is willing to go the extra mile and to the extreme to get the results his clients deserve."

—Michael Rodriguez, retired NYC Police Detective



INGREDIENTS

- 6 oz multigrain spaghetti
- 8 oz fresh asparagus, cut into 1-inch pieces
- 1 tsp lemon zest
- 1/2 cup Parmesan cheese, grated
- 1/2 tsp black pepper
- 1 tbsp olive oil
- 1 cup baby arugula

DIRECTIONS

1. Heat oven to 425 F.
2. In a large pot, cook spaghetti until al dente. Reserve 1 cup of water before draining and put spaghetti in a covered pot to keep warm.
3. Line a 15x10-inch baking pan with foil and toss in asparagus and olive oil.
4. Cook asparagus for 5–7 minutes and sprinkle with lemon zest.
5. Add 3/4 cup of the reserved water, Parmesan cheese, and pepper to the spaghetti. Stir until creamy.
6. Toss in asparagus and arugula before serving.