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YOUR GUIDE TO SPRING-GREENING

3 ECO-FRIENDLY HOME SWAPS TO MAKE WHEN YOU DECLUTTER

It takes a special kind of person to enjoy spring-cleaning. For most of us, the satisfaction of a clean house doesn't quite outweigh the hours of scrubbing, sorting, and slogging through heaps of unnecessary stuff. If you're struggling to find the motivation to start your spring-cleaning, try flipping the paradigm: Instead of spring-cleaning, think of what you're doing as spring-greening, and make some eco-friendly swaps along the way. Here are a few ideas to get you started.

- 1. **SWAP YOUR PLASTIC SPRAY BOTTLES FOR BULK OR DIY CLEANING PRODUCTS.** According to a Statista report, in 2019, the household cleaners market was worth more than \$31 billion, and it's continuously growing. You can save money on cleaning supplies by taking the green route. When your current stock runs out, try buying bulk cleaners or making your own. Both options will save plastic because you can reuse your bottles, and they can help you avoid the harmful chemicals found in most cleaners. Visit UnderATinRoof.com and read the blog post "Zero Waste Cleaning Supplies + Recipes" to get started.
- 2. **EXPLORE ALTERNATIVE LAUNDRY DETERGENTS.** If you're used to using a plastic jug of liquid laundry detergent, it's time to step out of your comfort zone. This spring, try

exploring greener alternatives like plant-based bulk laundry powder (Molly's Suds is an excellent source). Or, if you're feeling really adventurous, you can even try adding all-natural cleaners like soap nuts or English ivy to your laundry loads. For more on the former, search "soap nuts" on 1MillionWomen.com, and read up on ivy detergent at Permacrafters.com/English-Ivy-Laundry-Detergent.

- 3. **SAY GOODBYE TO PAPER TOWELS.** Paper towels are a mainstay in American homes, but do we really need them when a good old-fashioned rag can do the job? According to the Ocean Conservancy, 13 billion pounds of paper towels are tossed in the U.S. each year! This spring, quit paper towels and keep a stash of dish rags under the sink to do your dirty work. When you're cleaning out your closet, you can even cut up old T-shirts and add them to your rag stash! If you're brave, try giving up tissues, too — an old-school hanky does the trick.

If you've made all three of these swaps, don't stop there! To continue your green journey, visit any of the blogs mentioned above and start browsing.



GOLDSTEIN & HANDWERKER, LLP
STEVEN T. GOLDSTEIN & MICHAEL HANDWERKER

AN UNDERGRAD STUDYING ABROAD
RETRACING MY JOURNEY WITH MY FAMILY

"Who wants to go to London?" I asked my wife, Melissa, and my 20-year-old twins, Paige and Matthew.

"Do I have to go with you, or can I go with friends?" joked Paige.

I was excited about the trip since I'd studied in London for a semester while attending SUNY Albany. I was eager to retrace my steps and give my family a brief glimpse of my life as an undergrad studying abroad.

"Did you know that I was almost homeless in London?"

My kids' eyes opened wide at this news and were eager to hear the rest of my story.

SUNY didn't provide housing for its students, so when I arrived in London, I wondered what doorway I'd be spending my nights in. I then found out that Syracuse University arranges housing for its students rather than let them wander the streets. So, I went to its foreign exchange student department, intending to plead for a warm bed.

"You need a place?" asked a Syracuse student who was standing nearby.

We talked, and after he realized we had things in common and I wasn't an ax murderer, he invited me to share the three-room apartment where he was living with three female students. And that's how I avoided homelessness in London.

I also took my family to the local pub, where I'd hung out with my new London friends, drinking beer, eating stale pretzels at the bar, and watching sports on the overhead TV.

"How quaint!" said Paige, eyeing the small-screen, low-definition TV as if it were from caveman times.



Another highlight is that I arranged to meet a colleague in my former law firm who had relocated to London. I hadn't seen him in years. I proudly introduced him to my family, and then he and I spent hours reminiscing. My wife and kids hung on every word, envisioning the things I did and the places I went as a young man in London. They also thought I looked dashing in my friend's barrister's wig.

We all enjoyed the trip, which stirred warm memories for me. My kids even said that I was "cool," at least in those days. It made a special impact on Paige, who is in her sophomore year of college. She was able to see my old college haunting grounds at a time when she is establishing her own. It was a magical vacation.

-Steven Goldstein



SWEATING THE DANCE MOVES

AN EXPERIMENT WITH ZUMBA

There's nothing like attending a Zumba class for the first time to make you feel like a real spaz.

I was at the gym. The music drew me to the class like a moth to a porch light — I love music. Although I'm not the most graceful, I have enough rhythm to keep from looking like Elaine on that "Seinfeld" episode. But that's only when I'm dancing by myself, doing my own thing. It doesn't apply when I need to follow a partner or copy someone else's moves.

The music was upbeat and fast, but since I've worked out at the gym for years, I didn't think I'd have trouble keeping up.

The instructor stood in the front line and seven other sweaty women in rows behind her followed her every move. Obviously, they were regulars in the class, and I was the only first-timer. But I joined the second row seamlessly.

This'll be fun! I thought. I'll simultaneously dance and do my cardio instead of use boring machines!

But despite keeping my eyes glued to the instructor, I had trouble following her. How was I supposed to learn the steps if she was moving at lightning speed? I needed one-on-one instruction. Instead, I was on my own, breathless and floundering like I'd lost all muscle control. I felt completely out of shape. (It seems unfair that my hard-earned modicum of stamina from using the treadmill doesn't transfer to different exercises. Doesn't that defy the laws of exercise?)

The mirrors covering every inch of wall space didn't increase my confidence, either, since I saw how out-of-step I was with everyone else. And every few seconds, the instructor barked out commands that didn't seem descriptive of the moves.

"Grapes vines!" she shouted, and everyone scooted to the left, then did some weird movement with their arms. What that had to do with grape vines, I don't know.

"Wash hair!" I watched her caress the back of her head sexily, then gracefully swirl around. When I tried that, it wasn't sexy at all. I looked like I was having convulsions.

"Shimmy!" I stretched my arms out and tried it. The instructor shimmied with just her shoulders; my entire body vibrated as though I were being electrocuted.

After 20 minutes, I grabbed my water bottle, slunk out of class, and hopped onto the treadmill, comforted by the familiar movement. At least here I was free of the mirrors showing me just how much huffing, puffing, and sweating I was doing. Ignorance is bliss. Or at least less humiliating.

PENN STATE DANCE MARATHON

THE GIFT THAT KEEPS ON GIVING

As the holidays approach, many may be thinking about what they want this year. Perhaps a new pair of golf clubs, a Gucci bag, or a membership to that yoga studio you've been dying to try? While these gifts may make us happy, the joy is only temporary.

Instead of spending money on something you'll probably shove to the back of your closet in six months, why not give a gift that will last a lifetime? Although I'd love to receive many material things this year, participating in the Penn State Dance Marathon ("THON") has changed my priorities.

THON is the largest student-run philanthropic event in the world. Each year, over 16,000 student volunteers participate in a 46-hour, no-sleep, no-sit effort to end pediatric cancer. Last year, with the help of generous donors, the students raised \$10,621,683.76 for Penn State's Children's Hospital in Hershey, Pennsylvania. Besides providing research to find a cure, donations cover the medical bills of every child fighting pediatric cancer. The average cost

for hospital care is almost \$40,000 a day. The average cost for treatment is \$500,000. These families are already going through so much, and having their child's medical bills taken care of is one less thing to worry about.

This year, my organization, Alpha Delta Pi, had the privilege of working with four amazing THON families. It has been an incredible experience hearing their stories firsthand and learning how THON positively impacted their lives. I am the Family Relations Chair for the Rules and Regulations committee, which allowed me to connect with more THON beneficiaries on a deeper level. Recently, I spoke with a THON child who has been cancer-free for 15 years! As a result of THON's efforts, she now lives a cancer-free life with her family and cats in South Carolina and works at a preschool full time. Although it seems like we make only a small impact on the world, a little help goes a long way. For example, if you donate \$150 to THON, it covers one day of outpatient leukemia treatment.



Alpha Delta Pi and Theta Delta Chi kicking off the school year with their THON families



How your donations can make a difference

Be the change you want to see in the world and give a gift that will last a lifetime! To help fight and end pediatric cancer, visit: [Donate. Thon.org/participant/PaigeGoldstein](https://thon.org/participant/PaigeGoldstein).

-Paige Goldstein

Inspired by Bon Appétit

TAKE A BREAK

RATATOUILLE



INGREDIENTS

- 1 eggplant, peeled and chopped
- 1 large zucchini, sliced into 1/4-inch-thick rounds
- 2 tsp salt
- 3/4 cup olive oil, divided
- 5 sprigs thyme
- 1 large onion, halved and sliced 1/2-inch thick
- 1 red bell pepper, chopped
- 2 garlic cloves, sliced
- 2 pints cherry tomatoes

DIRECTIONS

1. Heat oven to 400 F.
2. In a colander, toss eggplant, zucchini, and salt. Let sit for 30 minutes and pat dry.
3. In an ovenproof pot, heat 1/2 cup olive oil. Add half of eggplant mixture, stirring constantly for 5 minutes. Remove vegetables from pot.
4. Tie thyme sprigs together with kitchen twine.
5. In the same pot, heat remaining 1/4 cup olive oil, and cook onion, pepper, garlic, and thyme for 8-10 minutes.
6. Add half the tomatoes and cook for 5 minutes.
7. Stir in original eggplant and zucchini mixture and top with remaining tomatoes. Do not stir.
8. Transfer pot to oven and bake mixture for 15-20 minutes.
9. Remove pot from oven and remove thyme bundle before serving.

TESTIMONIAL



"The girl who hit me wasn't even looking at the road. She was looking at her cell phone. I had extensive treatment, and Steven and his staff made sure all of it was paid. He then got the insurance company to offer its full policy. Steven never stopped fighting for me and always communicated with me whenever I needed to speak with him. I told all my family and friends if they ever need a lawyer, call Steven."

-Christine Zampacorta
Belleville, New Jersey

