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THE BEST WAYS TO HELP LOCAL NONPROFITS IN CHALLENGING TIMES

Over the past several months, families, businesses, and nonprofits have had to navigate life in this challenging "new normal," and it can be hard to support your favorite nonprofits when times are tough. Here are a few ways you can help these important entities, even when you don't have resources to spare right now.

DONATE

While many people donate generously during the holiday season, remember that nonprofits need donations throughout the year, and different nonprofits need different things. A monetary donation can often go a long way, but never feel obligated to give money, especially when your budget may be tight. Instead, consider cleaning out your closet. What clothes, shoes, or other accessories can you part with? What about dishware or small appliances? When you clean out your home and donate unused items, you benefit those in the community who need them most.

VOLUNTEER

In a time of social distancing, volunteering may be discouraged, but nonprofits still need volunteers to operate. The good news is that many nonprofits need volunteers for positions that maintain social distance, such as driving. Food banks and kitchens need drivers

to pick up donations or ingredients from donors and to deliver food to people in need, such as the elderly or those with disabilities.

ADVOCATE

Even if you don't have time or resources to give, you can become an advocate for important causes around your community. While it might not seem like much, sharing information about local nonprofits on social media can make a genuine difference. Nonprofits need exposure, which is greatly boosted through community support. Sharing useful information about nonprofits — or sharing their posts — increases their visibility so more people will take action.



Celebrating the Good News About Fatherhood

Happy Father's Day!

Father's Day is different for millions of Americans this year — myself included. At the time of writing, the stay-at-home orders multiplied across the U.S. only two or three weeks ago. It hasn't been easy, but the good news is many families have brought their home and work lives closer together and are spending more time with their loved ones. It makes me realize my own dad's fatherhood skills were far ahead of his time.

Growing up, I would've told you that my parents worked hard. But, as a father today, I now understand they were excellent planners, too. While they operated two businesses at once (each ran their own), they did so from home. They built an office in our home because they didn't want to miss out on our lives while supporting their careers. Their priority was to put our family first and their businesses second, even though their careers were clearly important to them. My parents *never* missed a school event or parent-teacher conference — they both always attended.

I didn't realize how difficult balancing home and work could be. But, it's a no-brainer, it is worth the challenge.

“My kids don't stop me from doing my work. They actually give me a healthy break.”

Working remotely is forcing workplaces everywhere to accommodate a new work-life balance that keeps us near our families constantly. We've experienced tremendous destruction and loss as a nation due to COVID-19, and I feel grateful every day that I can still work in my field. But I have to admit: At first, I was hesitant about the transition to working from home. I was eager to get more time with my kids, but my daughters are 3 years old and 2 months old, so they need a lot of attention. I worried that the clash between work and home might be too chaotic. Then, as I started to work remotely, I realized my worries were unfounded.

My kids don't stop me from doing my work. They actually give me a healthy break. Normally, I'd spend a certain amount of time commuting to work. I still wake up at the same hour as before, but instead of driving, I spend that time with my kids. Usually, I'd miss out on a lot of time with my kids throughout the day; I would only see them before and after my work day. Now, when I step out of my home office for a cup of coffee, my two girls are in the living room with my wife. I see what they are up to, fill my coffee, and head back to work. I will cherish the memories of these coffee breaks.

Of course, my wife is a huge help to the new work-life balance, but working from home still takes planning. Before, I used to skip my lunch break. Now, I never miss it. I try to take my breaks so we can go on daily walks together around the neighborhood and get some sunshine.



My parents designed their businesses and livelihoods so they could work from home, but most jobs today are remote only because of technology. If this crisis had happened even five years ago, I'm not sure we could've done it. I'm even more impressed with what my parents accomplished; they knew how important those walks and daily activities with family were before I really knew myself. I think more parents are making the same realizations. The experts say we'll never work the same after this: I believe the same can be said about parenting.

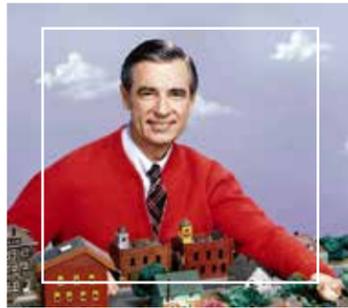
I mentioned in a past article that my father passed away when I was a teenager. Although he's gone now, I think he would be proud to know his parenting skills have stood the test of time.

Happy Father's Day everyone!

-Michael J Mills

PARENTING LESSONS FROM MR. ROGERS IN THE TIME OF COVID-19

Fred Rogers may have passed away in 2003, but the world he created remains with us. In 2018, "Won't You Be My Neighbor?" documented his life and outlook, and in 2019, "A Beautiful Day in the Neighborhood" depicted Rogers and the journalist whose life was changed by the star of "Mister Rogers' Neighborhood."



These movies demonstrate that we're still fascinated with the man behind Daniel Tiger and King Friday. Why? In part because the lessons Rogers so thoughtfully depicted are as relevant for today's generation as they were for those who grew up watching his show. In fact, given the worldwide events of the Covid-19 crisis, Mr. Rogers' lessons in how to support children just might be more important than ever.

IMAGINATIVE PLAY IS A FOUNDATION OF CHILDHOOD.

"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood," Rogers said. Rogers knew that play, which can seem inconsequential to grown-ups, is an important part of childhood development. Imaginative play allows children to step outside of their own perspective and experience another. In the process, they engage in abstract thinking and expand their universe. Mr. Rogers encouraged viewers to use their imaginations by creating a fantastical world called the Neighborhood of Make-Believe.

WE ALL DESERVE TO BE LOVED.

Rogers knew that not everyone has someone at home who tells them that they are special and loved. So he took it upon himself to tell viewers, ending each episode of "Mister Rogers' Neighborhood" by saying, "You've made this day a special day by just your being you."

FEELINGS ARE MENTIONABLE AND MANAGEABLE.

Rogers helped viewers understand that it's okay to feel mad, sad, and scared, and he helped countless children learn healthy ways to cope with tough emotions. This was a mission dear to his heart. Margaret McFarland, a child psychologist at the University of Pittsburgh who became the chief psychological consultant for "Mister Rogers' Neighborhood," shared with Rogers the concept he turned to again and again on the show: "Anything that's human is mentionable, and whatever is mentionable can be more manageable."

Of especially great value during the coronavirus pandemic, are Mr. Rogers' approaches to helping children cope with world-shattering events. He used the principles outlined above, to help children feel safe and loved and to instill in them a confidence that they have the inner strength to go forward. From the Challenger shuttle disaster to 9/11 and through numerous other times of great upheaval, Mr. Rogers returned to his rock solid ideals for emotionally nurturing children. Actually, the "child within each of us," would do well to consider and take to heart Fred Rogers' views.

You can explore more of Mr. Rogers' enduring messages at MisterRogers.org. Share "Mister Rogers' Neighborhood" with your children and show them a world where they can grow, learn, and play.

Injured in a Ride-Share Accident?



Ride-sharing has changed how we New Yorkers go from point A to point B. Before 2010, it was not a "thing" to hail a cab, or pay the fare, for that matter, through a smartphone app. These days, ride-sharing companies such as Uber, Lyft, and Via have become the preferred method of travel for many. The increase in popularity of ride-sharing also has led to an increase in accidents involving ride-share drivers.

Passengers in ride-sharing vehicles, pedestrians, bicyclists, and the drivers and passengers of other vehicles — including trucks, busses, or motorcycles — can all be injured by ride-share drivers and pursue monetary compensation.

Generally, if the driver is logged into the ride-share app and is headed to or transporting a passenger, they are "on the clock." This may trigger liability for the ride-share company for an accident the ride-share driver was involved in. By contrast, a ride-share driver who has just dropped for a passenger, has logged out of the app and is on their way home when the accident happens is off the clock and the ride-share company may not be financially responsible.

Aside from no-fault claims, those injured in New York state car accidents typically make claims under the bodily injury (BI) liability policy of the other vehicle(s) in the accident or under the supplemental underinsured motorist (SUM) coverage of the vehicle they were in.

Unfortunately, New York state mandates a minimum of only \$25,000 each for BI and SUM, and tragically, this is often insufficient to compensate the injured victim.

In some cases, however, ride-share coverage for liability and SUM can be as much as \$1,250,000 each. Therefore, if it can be shown that the driver was "on the clock," an injured person has hope that his or her claim will have a more just financial outcome.

We at Friedman & Simon L.L.P. know all the intricacies of ride-share accident cases. We invite you to call us today for a free, no-obligation case review.

MAKE PEOPLE SMILE FROM AFAR

In March, we released an article about helping loved ones who have been hospitalized. For June, we wanted to revisit the topic but with a new focus: bringing laughter to *anyone* who needs it. Hopefully, the world will be far more normal in June! Even if you simply have loved ones far away, here are some creative ways to make all our friends smile.

NO. 1: ORDER FOOD FOR THEM WITH A SILLY NOTE.

Do you know what's better than getting free food? We have no idea. So, if you have the monetary capability, ordering a meal for your loved one is a very heartwarming way to show you care. Not only do they get to feed themselves or their family, but you could request the restaurant or delivery service include a short and sweet note. The note could include an inside joke, or you could do your worst with a food-related pun. For example, if they've been feeling sick or down lately, include a note that says, "We hope you feel 'butter'!" with a meal that includes buttered breadsticks.

NO. 2: SEND LETTERS OR A CARE PACKAGE.

This is a great time to send care packages and written letters. While we can't see each other in person, sending notes is still meaningful. Of course, the hardest part of a letter or care package is knowing where to start. The secret? Don't be overly critical of yourself. In a letter, share things about your day, what you miss about your recipient, and how you still enjoy their texts and calls. For gift-giving, share snacks, board



or card games, puzzles, bright decor, or other thoughtful memorabilia to show you care.

NO. 3: WATCH A SHOW OR READ A BOOK TOGETHER.

It requires some coordination, but starting your own little book club or TV show club with your friends and family can be a great way to bond. Not only can you enjoy a shared experience, but you can also grow closer through discussion about some great pieces of art or research.

We hope these tips help you, and don't forget to take care of yourself, too! Stay safe and healthy out there!

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SOLUTION

Watermelon and Tomato Salad With Turmeric Oil



This light summer salad is packed with flavor and color!

Ingredients

- 1/4 cup virgin coconut oil
- 1 tsp peppercorns, coarsely crushed
- 1 tsp coriander seeds, coarsely crushed
- 1/2 tsp cumin seeds
- 1/2 tsp ground turmeric
- 4 cups seedless watermelon, diced into 1/2-inch pieces
- 2 medium heirloom tomatoes, diced into 1/2-inch pieces
- 8 oz mild feta, diced into 1/2-inch pieces
- Flaked sea salt

Directions

1. In a small saucepan, heat coconut oil, peppercorns, coriander seeds, cumin seeds, and turmeric for about 3 minutes or until fragrant. Let cool slightly but do not let coconut oil solidify.
2. In a large bowl, place diced watermelon, tomatoes, and feta. Drizzle with oil mixture and finish with a dash or two of salt.