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COZY UP WITH 'THE REPAIR SHOP' A SLOWER, KINDER TYPE OF TV

Reality television can be a great way to turn off your mind, but most options are full of petty drama and sarcastic remarks. For some of us, it can get a little tiring. One show out of the U.K. is taking a refreshingly gentler approach. "The Repair Shop" follows passionate craftspeople as they fix antiques, and every object they work on has a story behind it.

There are no high-stakes prizes or biting comments in "The Repair Shop." Instead, viewers peek inside a warm and inviting workshop filled with collaboration and sentimental stories. In each episode, you watch the experts perform amazing transformations and hear heartwarming tales about the connections people build with family heirlooms.

The main cast includes upholsterer Jay Blades, woodworker Will Kirk, clock

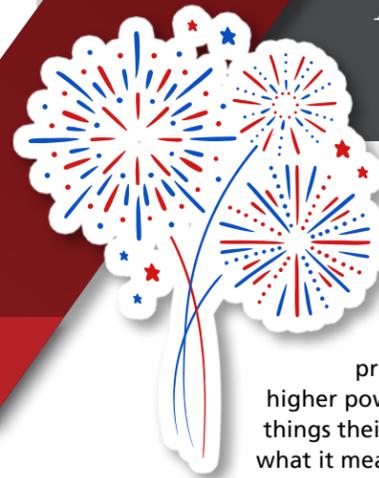
repairer Steve Fletcher, leatherworker Suzie Fletcher, ceramicist Kirsten Ramsay, and metalworker Dom China. They are joined by a painting restorationist, stuffed animal repairers, and experts in glass, jewelry, and musical instruments as needed. The eclectic mix means viewers are in for a new treat every episode. The cast may work on a grandfather clock and rocking horse in one episode, only to restore a beloved teddy bear and repair a pinball machine in another.

Some of the best moments happen when the craftspeople work together. When an old writing desk has a leather inlay or an antique clock needs a newly painted face, everyone in the shop is glad to pitch in and help restore any object. They do so with good humor, a collaborative spirit, and dedication to their craft.



But the show's real heroes are the guests who bring in their beloved keepsakes. From war mementos to antique furniture and favorite toys passed down from parents, each person who visits has a deep connection with the object that needs repairing. They tell their stories, and we see their emotional reactions to their items receiving new life.

U.S. viewers can catch "The Repair Shop" on BBC One or stream it on Discovery+. Cozy up with a cup of tea — plus a box of tissues, if you're the sentimental type — and prepare to be moved.



GOLDSTEIN & HANDWERKER, LLP

STEVEN T. GOLDSTEIN & MICHAEL HANDWERKER

BECOMING INDEPENDENT IS ALL ABOUT YOUR MINDSET

Independence Day is upon us, where we celebrate the day America gained independence. The country was now able to create its own laws, regulations, and principles. They didn't have a higher power to answer to — they could do things their way. I've been thinking about what it means to be independent and what it entails. Everyone has their own definition of what they think it means to be independent.

It could be when you don't rely on your parents anymore or when you determine what you want to do with your life.

To me, being independent is all about your mindset. You have the freedom to think for yourself and direct your life toward a path you want. The directions you take are solely up to you and no one else. This mindset took time to develop. It wasn't something I knew innately — I had to go through life experiences in order to understand what being independent meant for me.

I got a glimpse of what it meant when I opened up my law firm. I worked at another law firm for only two years when I decided to create my own. Some may say I should've gained more experience before having my own firm, but I knew my worth and what I wanted to do. I am grateful for the time I spent working for another law firm; it taught me what I wanted to do with my life. I decided it would be best to let my own efforts and abilities determine my success. I didn't want my worth and ability to be in someone else's hands; these are in my control.

Now, I run my firm my way, set my prices, hire who I want, and serve my clients to the best of my ability. But I understand not

everyone wants to create their own business. You don't have to be a business owner to be independent. It's all about your mindset, thinking the way you want, exploring different ideas, and pursuing your own goals.

Although, the first step to becoming independent is thinking for yourself. You want to learn new things, be curious about topics, and keep yourself open to new ideas and differing perspectives. But in today's world, social media can make it difficult to do this. A lot of what you see on social media is about conforming, making it challenging to think for yourself. My generation didn't have this platform when I was younger, but I can understand why today's generation may have difficulty due to social media in their lives.

To keep my mind open to different perspectives, I read news from other avenues that aren't social media. Anyone can do this. For example, I read newspapers, listen to podcasts, and find other news outlets worldwide to see their viewpoint on a topic. These allow me to understand different perspectives and develop my own opinion.

In the end, only you are in charge of your fate. You have the freedom to do anything you want in life — so stay curious! Don't be afraid to ask questions and do your own research. You are in control of your mindset and thinking. Never doubt your abilities or worth; you can achieve anything you set your mind to.

Happy Independence Day, everyone!



-Steven Goldstein, Esq.

READY TO SUCCEED

3 Important Life Skills to Teach Your Teen

Leaving the nest can be tough for young adults. There are so many things to remember, like making sure they have all the right supplies and remembering to keep important paperwork. So, before your child heads off to college, help them strengthen these three skills.

How to Ask for Help

Being capable starts with understanding what you need and asking for it. By having your child order their own food at a restaurant, make medical and dental appointments for themselves, and check out at the supermarket alone, you'll be helping your child develop independence while encouraging them to take the lead.

How to Seamlessly Get From Point A to Point B

When your teen leaves the house, they'll be traveling on their own on a bus, on a plane, by car, and by foot, so they'll need to understand how to navigate airports, subway stations, bus hubs,

and roads. Ask your child to give you directions when describing how to get to the mall or have them even drive you there if they are licensed. This will reduce stress during solo travels, and they're less likely to feel overwhelmed if plans unexpectedly change.

How to Handle Emergencies

When children are fairly young, they learn how to call 911 in the event of life-threatening and serious emergencies. But other emergencies tend to pop up in life that don't necessarily warrant a call to the police. Show your child how to put on a spare tire, turn off utilities, patch a hole in clothing, and other basic but necessary skills so they don't panic when something goes wrong in their dorm room or on the road.

As a parent, it's your job to teach your children the right skills to set them up for success and independence so they can take care of themselves when they finally go off on their own.



HOW DO INSURANCE COMPANIES VALUE A PERSONAL INJURY?

4 CATEGORIES THEY CONSIDER

When you are injured in a car accident, at work, or through visiting a business, insurance companies determine the value of your injury and the settlement you receive. They take several aspects into consideration when valuing a settlement. Here is everything you need to know about what insurance companies look for when dealing with a personal injury claim.

The Location and Size of the Injury

The more visible your injury is, the more valuable the claim will be. This is because when you're in public, more people notice the scar or injury. Likewise, the size of your injury matters. If your scar or wound is large, the value of your settlement will likely increase.

Candid Honesty

A lot of the time, insurance companies look at real emotions and experiences from those who received a personal injury. However, they operate under the suspicion that an injured person could exaggerate their injury and pain to get a higher settlement. So, to substantiate your pain and struggle after an injury, get medical proof such as X-rays, MRIs, and disability percentages. With these documents on file, you'll support the pain you're experiencing, which will most likely increase the value of the claim.



Your Age

The age when you received your injury plays a key role in your settlement. Insurance companies are likely to offer a higher payment to younger individuals rather than older ones. Younger people will live longer with their injuries and scars than older adults.

Jury Trial Potential

Insurance companies look at an injured person and decide whether or not they want a jury to evaluate the case. Not all personal injury claims go to trial, but if it does, a jury will determine the settlement you receive, and insurance companies would rather not take that risk. This is why it's vital you hire an experienced attorney to help you. Insurance companies rarely take the claim seriously if claimants represent themselves and will offer the lowest settlement possible.

Allow your friends at Goldstein & Handwerker to assist you during this time and get the most value out of your case. We will be happy to look at your claim and help you get the settlement you deserve.

WHAT OUR CLIENTS ARE SAYING



"Steven took my mother's case when she was hurt after being left alone in her bed and falling in a nursing home.

"No other lawyer wanted this case. Steven stuck with my mother and my family through a very difficult case and was able to resolve my mother's case with a recovery that my entire family never expected. We are so grateful that we were recommended to Steven, and I have already told everyone I know how wonderful it was to deal with Steven and his staff. He was willing to really listen to us and came through with a great result. We will always be grateful to him."

—Jacqueline Rogers, Bergenfield, NJ

HAVE A LAUGH!



Red, White, and Blue Tiramisu

Inspired by TasteOfHome.com

INGREDIENTS

- 3 cups raspberries
- 3 cups blackberries
- 2 cups blueberries
- 2 cups strawberries, sliced
- 1 1/3 cups sugar, divided
- 4 tsp orange zest
- 1 cup orange juice
- 1 cup heavy whipping cream
- 2 8-oz cartons mascarpone cheese
- 1 tsp vanilla extract
- 2 7-oz packages crisp ladyfinger cookies

DIRECTIONS

1. In a large bowl, gently mix all berries with 1/3 cup sugar, orange zest, and orange juice. Cover and refrigerate for 45 minutes.
2. In a medium bowl, beat the cream until soft peaks form.
3. In another medium bowl, mix mascarpone cheese, vanilla, and 1 cup sugar. Gradually fold in whipped cream.
4. Over a shallow bowl, drain the berries. Dip the ladyfingers in the leftover juice and allow the excess to drip off.
5. In a 13x9-inch dish, place half the ladyfingers in a single layer. Add a layer with half of the berries and then half the mascarpone mixture. Repeat layers, starting with ladyfingers.
6. Cover and refrigerate overnight before serving.