



Broken Bow: (308) 872-8327
Kearney: (308) 224-3325

Grand Island: (308) 675-1355
North Platte: (308) 221-6204

Lincoln: (402) 403-3025
Omaha: (402) 401-2864

March 2021

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The Meatball Shop Sued Snooki! (And Another 'Jersey Shore' Star, Too)

Reality TV stars Nicole "Snooki" Polizzi and Deena Cortese are gearing up for a court battle. But this isn't a showdown with another celebrity: It's a fight to the death over merchandise with ... a New York City-based meatball restaurant!

This case sounds laughable, but there's some real "meat" to dig into. The controversy started when the celebrity duo — known as "The Meatballs" since their time together on "Jersey Shore" — launched a clothing brand/online store called The Meatball Shop late last year.

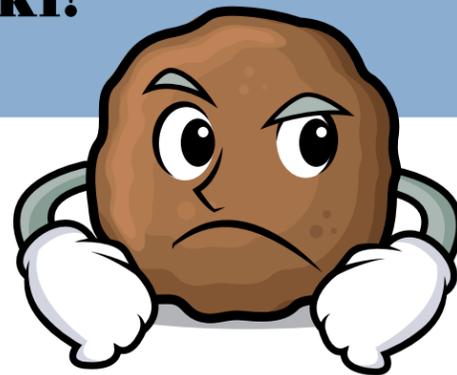
The brand sells meatball-themed T-shirts, sweatshirts, and hats with slogans like "Team Meatball Forever" and "Meatball Squad." Over the holidays, they even offered a sweater with a checklist reading, "Pour wine, wrap gifts, decorate, be a meatball." All of this merchandise plays off the pair's "Jersey Shore" nickname, which Polizzi and Cortese earned because, as Food & Wine puts it, "The party girls are both very tan, curvy, and short."

Even with this claim to the moniker, the legality of the celebrities' clothing line has some competition from, well, places that sell

actual meatballs. According to Page Six, the New York City-based restaurant The Meatball Shop sued Polizzi and Cortese in December of 2020, claiming their clothing infringes on its trademark. As of writing this, a judge is considering The Meatball Shop's request to shut Polizzi and Cortese's operation down.

To add even more meat to the argument, it was the owners of The Meatball Shop restaurant (Daniel Holzman and Michael Chernow) who first taught Polizzi and Cortese to make edible meatballs in 2017. The lesson was documented in a photo shoot with "In Touch." Does it get more ironic than that?

If you want to keep up with the drama, check PageSix.com, and if this article made you crave meatballs, don't worry — we've got you covered. Visit Epicurious.com and search "classic beef meatballs" for a recipe that will knock your socks off.



While doing some late winter cleaning, I came across another old, dusty box among the dozens. But as I opened it, I immediately recognized my old Boy Scout uniform along with badges and other memorabilia.

Marie Kondo would ask: Did it bring you joy? Yes, and so much more.

Boy Scouts wasn't just an important part of my growth and family life as a boy — it formed my identity as a young man. I find it unfortunate that the Boy Scouts have undergone so much criticism lately. I was lucky enough to have an incredible adventure with Boy Scouts, which gave me lasting memories with my father before he died at a young age.

My father and a few of his friends actually started the troop I was in. Their leadership was (and still is) such an inspiration to me. I grew lifelong friendships out of it, no doubt encouraged by our troop leaders' strong, respectful friendships and healthy competitive spirits. Besides my father being part of our troop, you could say our troop felt like family.

Even my mother was involved in my Boy Scouts experience. At that time, many Scouts never got their Eagle Scout rank because they had to memorize, read, and send Morse code. It was a tough skill to learn, but my mother — a teacher at the time — devised her own method for visualizing letters with the Morse code shorts and longs.

With her method, I learned how to do it with ease. I still remember most of what I learned! I can recall many other aspects of my Boy Scout experience without any concentration, like the Boy Scout Law: "A Boy Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent." I've never forgotten it. It's so ingrained in me that it's made a huge difference in how my character developed throughout my life.

Of course, I learned many other skills I might not have learned otherwise, like tying professional knots. But some memories and experiences are priceless to me from Boy Scouts, like time with my father. He was a busy working professional, and looking back, if I didn't have Boy Scouts with him, it would've been difficult to get time with him at all.

Always an Eagle Scout

How Boy Scouts Gave Me Amazing Memories of My Family



We did a lot of hunting and other trips together. When I got my Eagle Scout rank along with three other members, my dad and another troop leader took our patrol on a 10-day outfitted canoe trip in Canada. It was the time of my life!

One of my favorite memories with my father was when our patrol was preparing spaghetti and meatballs with biscuits for a Scout campfire cooking competition. We had a Dutch oven sitting over a fire baking our biscuits ... but "someone" had left it too long and they were completely blackened. Dark smoke just rolled out of the oven. I was horrified! And the judges were expected soon! My dad just calmly looked at me and said, "How about we pitch these, and start over?" I quickly went to work and somehow prepared new biscuits in time. No one ever knew the difference, but it took a while for my breathing to return to normal.

Although my dad passed by the time I was 18 years old, I still love all our memories in the Boy Scouts and spending time outdoors. Yet, along with the Boy Scouts controversy, my friends in the Nebraska Game and Parks Commission tell me that fewer and fewer people buy fishing and hunting licenses or state park passes.

I think that's a real shame. I hope these types of outdoor adventures don't completely disappear for the upcoming generations — they'll always be some of my favorites.

-Bill Steffens

An Easy Way to Drink More Water AND AVOID DEHYDRATION



Dehydration is a big problem. Many people don't drink enough water each day — some reports show that 75% of adults in the United States don't drink enough water, and over a quarter are dehydrated. Though those statistics aren't widely agreed upon, it's obvious that most people need more fluids.

Even if it feels like you're drinking a lot of water, remember that water leaves your body every time you sweat, go to the bathroom, and even breathe. Not keeping up with proper water intake can lead to dehydration. Even mild dehydration can cause health problems and impact your brain, heart, skin, and other organs, which can lead to headaches, confusion, fatigue, and gastrointestinal distress.

We all know the solution to dehydration is to drink more water, but exactly how much water do we need each day? The amount will differ depending on the person, but one simple way to approximate your necessary daily intake is by dividing your body weight in half and drinking that much water (in fluid ounces) each day. For example, if you weigh 175 pounds, you'd need to drink 87.5 fluid ounces — over half a gallon — of water per day.

That might seem like a lot of liquid, but you can easily drink it without trying too hard. All you have to do is be proactive: Start keeping water any place you frequent during the day. Keep a bottle in your car, at your desk, by your favorite chair, near your workout equipment, etc. Having water easily available in the places you spend the most time each day helps increase your chances of actually drinking it.

An alternative approach is to purchase a giant jug that can hold all the water you need to drink in a day. Seeing it all in one place might be intimidating at first, but this method makes things very simple. Keep the jug close, and your water intake will likely increase without too much additional effort. And if you're just not motivated to drink plain water, you can always add sugar-free flavoring or lemon to make it more enticing.

TAKE A BREAK



A LITTLE DISTRACTION THIS ONE SMALL THING IS KILLING YOUR PRODUCTIVITY

Distractions in your workplace destroy your productivity, regardless of where you actually work. But here's the kicker: Some distractions don't always register as distractions because they're often minor, like a knock at the door or a conversation you can hear from two cubicles over. However, even when a distraction doesn't feel like a distraction, it still kills your productivity.

But one distraction in particular can absolutely ruin productivity. It isn't as obvious as an unexpected phone call or a meeting that could have been an email. It's a small, normal part of our everyday lives: the notification.

We get notifications on our phones, tablets, laptops, desktops, and even our smartwatches. Notifications are everywhere, and we're conditioned to accept them.

Take email, for example. You're likely in the habit of checking email periodically — or whenever you get a notification. It can feel natural to quickly check your email and then get back to what you were doing. Except that never happens.

When an email, text, or other random notification distracts you, it completely diverts attention away from what you were doing. If it's spam, you may delete the email. Or, if you need to respond, it might take a few minutes or more. You may spend anywhere between 20 seconds to 20 minutes on any given email.

However, this isn't where time is lost. If you're responding to a customer email, for instance, that is part of your productivity. The time is lost when you attempt to get back to what you were doing before checking your notifications.

A University of California, Irvine study found that it takes an average of 23 minutes to get back to your task after every distraction, not just email. Over the course of a day, that adds up to a significant amount of wasted time.

How do you overcome this? Your best bet is to turn off notifications. Most devices let you customize your notifications so you can turn them off during working hours. Here's another quick tip: Set aside time during the day to check emails, texts, and other messages. You will significantly reduce the amount of time spent trying to refocus on the important tasks at hand.



3 Ways to Help Your Legal Case Move Faster (And 3 Ways to Mess It Up)

Every legal case proceeds at its own pace. The Myra Clark Gaines litigation — a fight over an inheritance that began in 1834 — famously lasted 55 years. Even simple car accident cases often take more than a year to resolve. Frustration during the legal process is normal, but if you're feeling it, there are a few things you can do to help your lawyers move things along:

- Respond to communication quickly.
- Share all of the details about your case.
- Keep your emotions in check.

This might seem like common sense, but you'd be surprised by how quickly ignoring these three items can send your case off the rails.

Be Quick to Click

When your attorney emails or calls you, it's vital to answer as soon as you can. Some steps of the legal process are time-

sensitive, and if you ignore your attorney or wait hours or days before responding to them, you could miss a crucial window. Your lawyer might even walk away from your case, like the attorney in the 2002 *Garden v. Garden* case who withdrew when his client stopped responding. That said, it's vital not to overcommunicate with your lawyer either. Always respond when they reach out, but don't flood their inbox with emails or load their voicemail with messages. Clogging their information channels will just slow down their work, and it might end up costing you. Your attorney's billable hours may include time taken to respond to emails.

Don't Hide the Details

Some facts of your case could be embarrassing or hard to talk about, but the best way to keep things moving is to share everything with your lawyer upfront. This will save time because your lawyer won't have

to continue prodding you for information, and it could also save your case! Your lawyer won't be able to defend you well unless they have all of the relevant information. Plus, if opposing counsel discovers something you've been hiding, your case may fall apart.

Tamp Down Your Temper

Court cases can get emotional, especially if something like child custody is at stake. Even so, if you have to appear in court it's vital you keep your emotions in check and listen to your attorney's advice about what to say and do. If you lose your temper or disrupt the court process, the judge could hold you in contempt of court — potentially triggering a fine or even jail time. This will certainly derail your case's timeline. For proof, consider a defendant in a burglary case, Manson Bryant, who was sentenced to 22 years in prison. When he heard the verdict, Bryant started shouting at the judge — who added six more years to his sentence on the spot.



ASPARAGUS AND SMOKED MOZZARELLA PIZZETTES

Inspired by EatingWell.com

Ingredients

- 1 lb prepared whole-wheat pizza dough, divided into 6 equal portions
- 12 oz asparagus spears, trimmed and cut into 1-inch pieces
- 1 tbsp extra-virgin olive oil
- 1/4 tsp salt
- 1 cup shredded smoked mozzarella cheese
- 1/3 cup scallions, thinly sliced
- 2 tbsp walnuts, toasted and chopped
- 1 sprig of fresh mint leaves, torn
- Zest of 1 orange

Directions

1. Preheat oven to 500 F and ensure there are two racks in your oven.
2. Line a large baking sheet with parchment paper, stretch each piece of dough into a 7-by-3-inch oval and arrange evenly on the pan.
3. On a second baking sheet, toss asparagus with oil and 1/4 tsp salt.
4. Place dough on top rack and asparagus on bottom and bake for 3 minutes.
5. Remove both trays from the oven, sprinkle cheese over the dough, then top with asparagus and scallions.
6. Return pizzettes to oven and bake until the crusts' edges are golden, about 8–10 minutes.
7. Remove from the oven and sprinkle with walnuts, mint, and orange zest before serving.