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January 2021

(978) 653-4092
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You Win Some, You Lose Some

Looking Back on Resolutions That I Kept and Others That I Failed — Miserably!

I have a confession to make. When 2020 began, I vowed to travel more with my family. We rang in the new year aboard a cruise ship with my mom, and we were so excited to recreate that trip again that we booked our next cruise right on the deck of that very ship. We had a baseball tournament in Italy for Mikey already slated for August, and I couldn't wait to add this cruise to our travel lineup.

We all know how that turned out. I traveled to Washington, D.C., this year for a conference, and I took Mikey to a baseball tournament in Florida in November. That's it. That's about as far as we'll go in 2020, and we aren't even traveling as a family. I hate to admit it, but I wonder if by making that very resolution whether I jinxed us all!

In all seriousness, I know I can chalk up this resolution as a failed attempt, even if that's not entirely my fault, but I also know that's okay. Sometimes we fail to meet our new year expectations, and sometimes we accomplish them. Sometimes they are completely obliterated from our plans for the year. (See the first two paragraphs of this cover letter.)

The truth is that New Year's resolutions can be powerful tools to set and attain your goals, but we can't be too hard on ourselves if our expectations for the

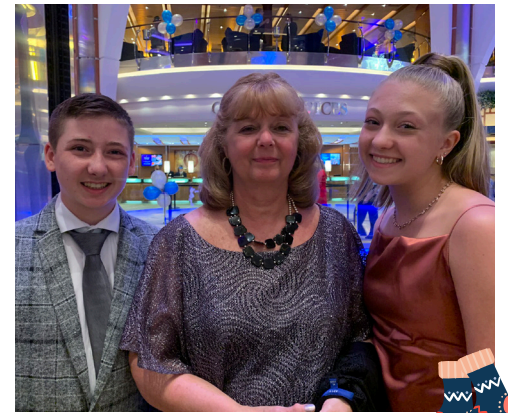
new year fail to come through. For example, every year, I promise myself that I'm going to eat healthier and get in better shape. I think we've all made this resolution at one point, and frankly, I don't really have a great excuse for why I didn't achieve it this year!

The gyms were closed for a good portion of 2020, but we have a lot of equipment at the house for Mikey's training, and Jill and I bought a Peloton bike this year. I have the fancy sneakers for the bike, too. I have no excuse! Jill has been crushing her goals on the bike, and Mikey continues to get stronger. I did tweak my knee while we were moving office spaces in August, but I know it's time to get back on the bike.



But I think the value of the new year is that it reminds us to look at the areas in our lives where we can improve and at least attempt to do so. I'm sure I'll get back on the bike or lift some weights in 2021, and maybe it will become a habit! After all, I haven't completely struck out with my New Year's resolutions.

This year, I've been able to meet the goals I set for Monteforte Law, P.C. In January, I set a goal to find us a new space, and it may have taken longer than I anticipated, but our new office is the perfect home for our team. I promoted two of my team members



to full time, and we've been able to grow in a year that's been plagued with uncertainty and fears. This is in no small part thanks to the dedication and hard work of my team. I'm really proud of all we have been able to accomplish this year.

If you're in the habit of setting goals for the new year, I may be able to help you guarantee that your resolutions don't become like my travel or weight loss aspirations of 2020. I often receive calls at the beginning of each year from families looking to start their late-in-life care and estate planning. This is the perfect time to begin this process! Not only are you going to have many of the documents we need handy because of tax preparation, but January is a great time to plan. Many people have just spoken with their loved ones at holiday celebrations and have a plan for or an idea of what they want in place.

So, if I can help you achieve your New Year's resolutions and plan for late-in-life care or your estate, give us a call. If you're worried about failing, don't. You have a team of experts supporting you on this journey.

As for the weight loss and traveling more, I guess I'll try again in 2021! Here's to hoping for a better outcome. Happy New Year!

—Mike Monteforte



Is the Hot Toddy Indian or Irish?

A Closer Look at Our Favorite Winter Warmer

Jan. 11 is National Hot Toddy Day, but how much do you really know about this popular winter drink? Though the word “toddy” sounds British to American ears, it actually has a contested history split between two entirely different countries: India and Ireland.

The Indian Account: How the British Stole the ‘Taddy’

Today’s hot toddy is a steaming blend of whiskey, tea, honey, and lemon. But back in the early 1600s, it may have had different ingredients. According to VinePair.com, around that time, a popular drink called the “taddy” existed in British-controlled India. Originally, the Hindi word “taddy” described a beverage made with fermented palm sap, but a written account from 1786 revealed that the ingredients had evolved to include alcohol, hot water, sugar, and spices. The British swiped the idea of a “taddy” and brought it home to England. Legend has it that in northern England’s cozy pubs, the “taddy” became the “toddy.”

The Irish Account: Dr. Todd’s Boozy Cure-All

The Indians and the British aren’t the only ones who’ve claimed the toddy: The Irish have a stake, too. As the story goes, once upon a time in Ireland, there lived a doctor named Robert Bentley Todd. His signature cure-all was a combination of hot brandy, cinnamon, and sugar water, and it was so well-known (and tasty) that eventually, his patients named the drink in his honor.



How to Make a Modern Hot Toddy

We may never know the true origin story of the hot toddy, but VinePair.com speculates that it’s somewhere in the middle of the two accounts. Either

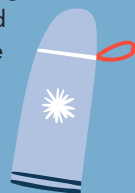
way, the results are delicious and easy to replicate in your own kitchen. If you could use a pick-me-up, try this recipe inspired by CookieAndKate.com.

Ingredients

- 3/4 cup water
- 1 1/2 oz whiskey
- 2 tsp honey (or agave nectar for a vegan version)
- 2 tsp lemon juice
- 1 lemon round
- 1 cinnamon stick

Directions

1. Heat the water in a teapot or the microwave. Pour it into a mug.
2. Add the whiskey, honey, and lemon juice and stir until the honey is dissolved.
3. Garnish with the lemon round and cinnamon stick and enjoy!

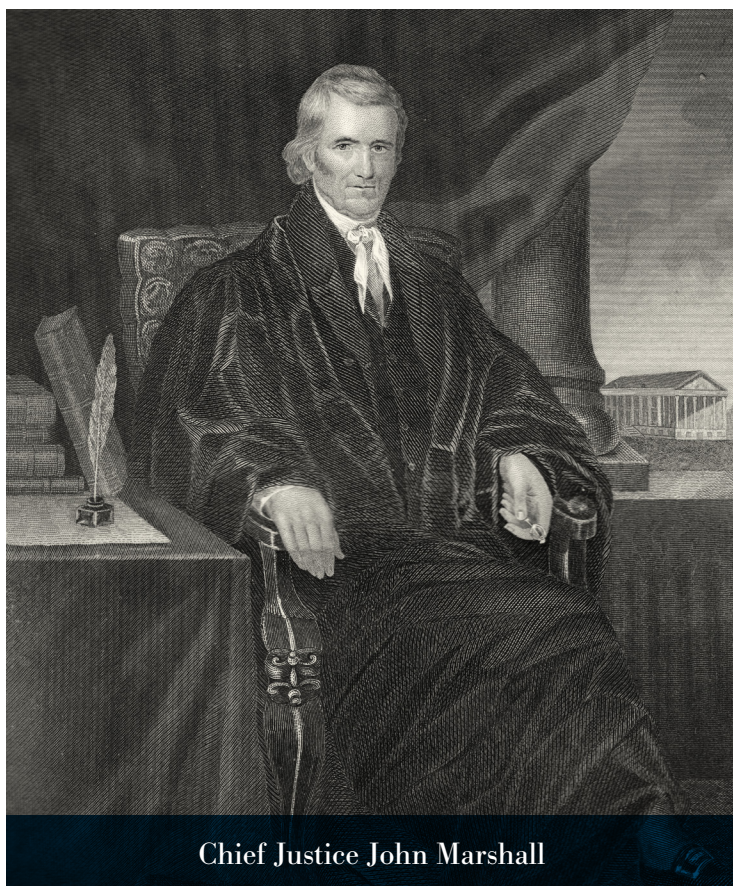


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This judge-to-be was named William Marbury, and he took his case straight to the U.S. Supreme Court. After hearing the case, Marshall had two options. He could side with Jefferson, even though he believed he was legally wrong, or he could side with Marbury and risk the wrath of the president, who he feared would dissolve the court. In a historic twist, he chose door No. 3.

Digging through the Constitution, Marshall discovered a line that required cases to go through a lower court before coming to the Supreme Court. That made *Marbury v. Madison*, which had come to the Supreme Court directly, out of Marshall’s jurisdiction. It also made the law Marbury had operated under unconstitutional. When Marshall pointed this out, it was the first time the Supreme Court had ever ruled on constitutionality, which set the precedent for its power today. If Marshall hadn’t cared so much about opposing his second cousin in 1803, it’s possible that Judge Barrett’s nomination in 2020 would have been much less contentious.

To learn more about this crazy piece of history, check out “Kitten Kick the Giggly Blue Robot All Summer,” an episode of the podcast “Radiolab.”



Chief Justice John Marshall

TAKE A BREAK



The reality TV show “The Bachelorette” is known for being packed with drama, but last year there was just as much scandal among its contestants off-screen as there was while the cameras were rolling. Late in 2020, not one but two past “Bachelorette” contestants ended up in court.

One of them was Chad Johnson, hailing from the group of hunks who competed for Bachelorette JoJo Fletcher’s attention in season 12. That season aired in 2016, but it wasn’t until two years later that Johnson sued Sunset Studios Entertainment and one of its executives, Cristina Cimino, for sexual harassment, failure to prevent harassment, intentional infliction of emotional distress, fraud by intentional misrepresentation, and wrongful failure to hire in violation of public policy.

According to Deadline, Cimino told Johnson she would help him get movie roles with her studio, but that never happened. Instead, she allegedly lured him into in-person meetings and bombarded him with inappropriate calls and text messages. After years of back-and-forth, the case is finally moving forward. In July 2020, a judge ruled that all of Johnson’s accusations were proven except failure to hire. Upping the drama, Deadline reported that “no attorneys for Cimino or the studio participated in the hearing.”

Meanwhile, another “Bachelorette” contestant, Luke Parker, has been ordered by the court to pay \$100,000 for breach of contract. Parker, who vied for the affection of Hannah Brown in the 2019 season, has allegedly been making media appearances without the consent of the show’s production company, NZK Productions Inc.

Each appearance was a breach of contract, and now he owes the company a pretty penny: \$25,000 per appearance. According to Page Six, Parker might also be on the hook for bad-mouthing the show and/or sharing information about what happened on set — both things his contract forbids.

Hopefully, the 2021 season of “The Bachelorette,” which should air later this year following the postponed 2020 season, will feature less drama than these real-life legal battles.



SLOW COOKER CHICKEN CASSEROLE

Inspired by GoodHousekeeping.com

Ingredients

- 8 chicken thighs or drumsticks, lightly salted
- 14 oz chicken stock
- 1 tbsp olive oil
- 1 sprig rosemary
- 1 tbsp all-purpose flour
- Finely grated zest and juice of 1/2 lemon
- 1 onion, finely sliced
- 1/4 cup fresh parsley, finely chopped
- 2 celery sticks, thickly sliced
- 2 carrots, thickly sliced
- 1 leek, thickly sliced
- 1 lb potatoes, peeled and cut in large chunks



Directions

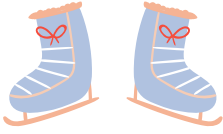
1. In a large frying pan, heat oil and fry salted chicken on high until brown.
2. Transfer chicken to the slow cooker. Add flour and stir.
3. In the frying pan on high heat, fry the onion, celery, carrots, leeks, and potatoes until lightly browned. Add garlic and fry for 30 seconds.
4. Transfer vegetables to the slow cooker and add the stock, rosemary, and lemon zest.
5. Cook on high for 2.5–3 hours or until chicken is tender.
6. Check seasoning and add lemon juice to taste. Top with parsley before serving.



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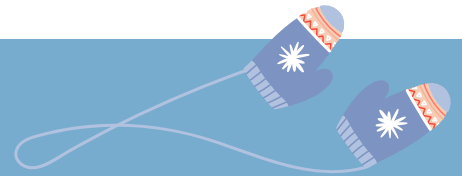
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A COUSIN RIVALRY GAVE THE SUPREME COURT ITS POWER (YES, REALLY)

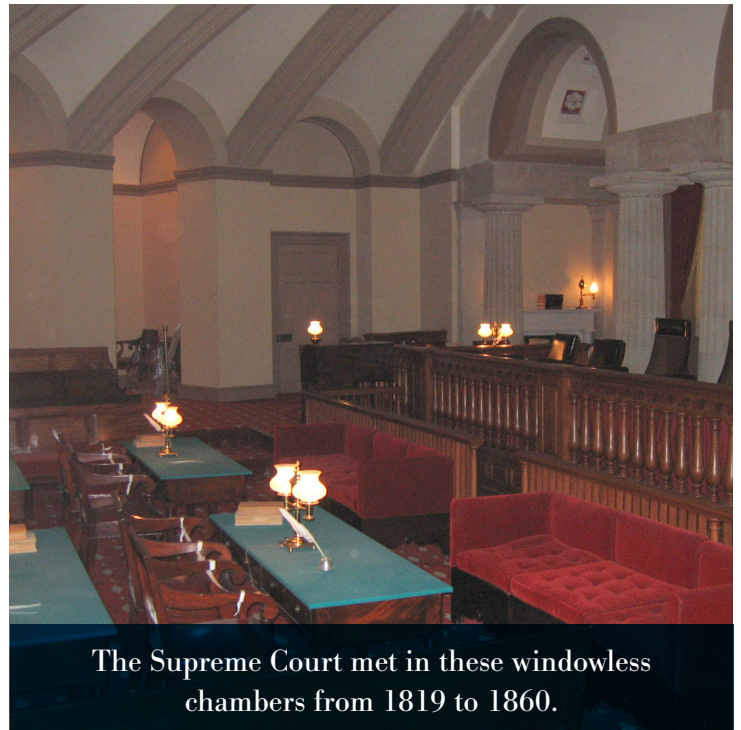


When Justice Ruth Bader Ginsburg passed away and Judge Amy Coney Barrett was nominated to take her place, the eyes of the country turned to the U.S. Supreme Court. It's no secret that the court has a lot of power. Its decisions, like *Loving v. Virginia*, *Brown v. Board of Education*, and *Roe v. Wade*, have reshaped America. But how did just nine people come to hold so much sway? Well, the answer lies with two rival second cousins: Thomas Jefferson and John Marshall.

Back in 1803, the Supreme Court was the laughingstock of Washington. It was a collection of misfits (including a man nicknamed "Red Old Bacon Face") and met in Congress' basement. When Marshall was chief justice of the court and Jefferson was president, the cousin controversy reared its head.

Marshall and Jefferson were in rival political parties and, to add insult to injury, Marshall's mother-in-law had once spurned Jefferson's romantic advances, according to Washington legend. In 1803, Jefferson (a Republican) was upset because a judge whom his predecessor, President John Adams (a Federalist), had tried to appoint was suing Jefferson's secretary of state over failing to actually appoint him.

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The Supreme Court met in these windowless chambers from 1819 to 1860.