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BEAM ME UP, LUCY How Lucille Ball Saved 'Star Trek' in the 1960s

Did you know that Lucille Ball — the iconic comedian best known for her 1950s show "I Love Lucy" — is the reason "Star Trek" exists today? Ball was a Hollywood force in the '50s and '60s, and she produced hit after hit with her production company.

In fact, Desilu, co-founded by Ball and her then-husband, Desi Arnaz, was responsible for hits like "The Andy Griffith Show" and "The Dick Van Dyke Show." The two were partners in the company until their divorce in 1960, and in 1962, Ball took over Arnaz's share.

In that moment, Ball became one of the most powerful women in Hollywood, and Desilu, one of the biggest independent production companies at the time, had a lot of pull in the industry. In 1963, one of Desilu's biggest hits was coming to an end. "The Untouchables" was a crime drama starring Robert Stack. Ball needed

a replacement, and two potential shows hit Ball's desk: "Star Trek" and "Mission: Impossible."

In 1965, Ball took the pitches to her longtime network collaborator, CBS. They said no to "Star Trek" (but yes to "Mission: Impossible"), but Ball wasn't about to give up on this new science fiction show, so she took it to NBC. The network was skeptical at first but ordered a pilot.

The pilot starred Jeffrey Hunter as Captain Pike and Leonard Nimoy as Mr. Spock. There was no James T. Kirk to be found — not yet, anyway. The pilot, titled "The Cage," was a disappointment. NBC executives weren't about to put it on air, but they decided to order a second pilot after Ball agreed to help finance it.

The second pilot starred William Shatner as Captain Kirk, and he was joined again by Leonard Nimoy as Spock. NBC



executives liked what they saw. The new pilot, titled "Where No Man Has Gone Before," was put on NBC's fall schedule, though it wasn't the first episode aired on NBC. That honor went to the episode titled "The Man Trap," which aired on Sept. 8, 1966.

While Gene Roddenberry's original "Star Trek" only lasted three seasons, it went on to become a major TV and film franchise. One of its recent iterations, "Star Trek: Discovery," is about to enter its third season on the streaming service CBS All Access — all because Lucille Ball saw potential in a little show back in 1965.



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PM Perspectives

WE MUST REJECT THE MOB MENTALITY A Response to Our Country's Turmoil

I struggled to choose a topic for this edition's cover letter. I could not bring myself to write about my latest case, recent legislation, or even the details regarding the formation of my new law firm. The significance of these topics pale in comparison to the disgraceful events which are unfolding in our country, on which I cannot be silent.

We were all horrified when we saw a police officer callously kneel on the neck of a man who clearly posed no danger to him this past Memorial Day. The overwhelming public response to the tragedy was to condemn the unnecessary cruelty exhibited by this officer. Legislation was also introduced by Senator Tim Scott to reform police practices.

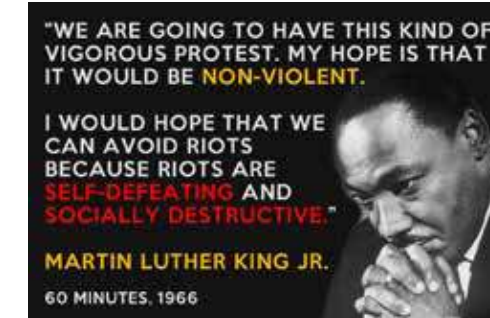
Unfortunately, instead of working together to find solutions to police malfeasance, some forces have sought to use the tragedy to push an untenable political agenda. These forces have encouraged the use of violence as a means to effect change. In response, we have witnessed rioting in multiple cities, resulting in numerous injuries, deaths, and the destruction of millions of dollars worth of property. News reports indicate that at least 17 people were killed during the rioting between May 25 and June 8 alone, and over 700 police officers were injured. Just in Minneapolis, total damages are estimated to be as much as \$500 million, according to the Minneapolis Star Tribune. The right to peacefully protest is a cornerstone of democracy and must be protected. However, protests that degenerate into violence do not constitute free speech and cannot continue.

How did we get to this point at which fury over police actions have incited people to burn down their own cities? For more than 30 years now, our media has been consistently building the narrative that police departments are

systemically racist, no matter how many of our police departments are comprised of minorities and engage in community policing. Reporters are often quick to make assumptions and repeat debunked rumors which paint all civilians involved in a police confrontation as innocent victims who posed no threat whatsoever to the police. When evidence subsequently reveals that the citizen violently resisted arrest or the officer was legitimately concerned for his safety or the safety of others, corrections are rarely published by the press. In short, the media's irresponsible reporting fans the flames of fear and division. No wonder people explode when a video surfaces that depicts truly egregious police abuse. If citizens are told over and over that their government institutions are inherently immoral, why not burn them to the ground? That is exactly what is happening — but the entire premise is untrue.

The vast majority of police officers are honorable and brave — that is why they volunteered to serve their communities. Of course, there are some officers who never deserved to be given a badge. When officers abuse their authority, they must be stripped of the power granted to them by the state and be brought to justice. Rather than allowing unbridled emotion to be our guide, we must allow a jury to calmly evaluate the evidence through an unbiased lens, taking the viewpoint of all witnesses into consideration. We should evaluate reform proposals in the light of day and engage in open and honest debates on how to properly train police officers to enforce the law in an unbiased fashion, resorting to deadly force only when necessary.

No law-abiding American should ever fear the police. However, there is no perfection in this world. None. Not in me, not in you, not in any politician, and not in any police officer. As stated so eloquently by Alexander Solzhenitsyn:



"The line separating good and evil passes not through states, nor between classes, nor between political parties either — but right through every human heart ..."

Regrettably, evil will always be with us, and no amount of reform will completely prevent mistakes from being made by police officers in the heat of the moment. The forces behind the rioting seem to believe that burning down all of our institutions will stamp out the evil in every human heart and allow us to live in harmony without the need for police. This belief is either naive or purposely deceptive. Precisely because human beings are not angels, we need police to fairly enforce the law for all citizens, regardless of race, creed, or color. To do so, it is, at times, necessary for police to use physical force to uphold the law and protect citizens from one another. If violence breaks out every time a police officer uses force, we will no longer have a civil society.

Besides the lives lost and dreams shattered, what have the riots accomplished? Nothing except to tear us further apart as a nation. Have any proposals for reform come from the unrest? Of course not — because mob mentality is the antithesis of reason. Let us reject this mob mentality and work together to make sure that every person is treated with respect and dignity, so that we may live up to the ideals set forth in our Constitution.

-Lisa Pezzano Mickey

WHAT IS AGE BUT A NUMBER? A Dutch Man's Quest to Change His Legal Age

In 2018, Dutch native Emile Ratelband was 69 years old. The thing was that the motivational speaker and founder of the Ratelband Research Institute didn't want to be 69. So, he went to a Dutch court and petitioned for the right to change his legal age. His intention was to change the year of birth on his birth certificate — bumping it up by 20 years. As a result, all records would show him as 49.

Why did Ratelband want to change his age?

He told the court he didn't feel like a man who was going on 70. He said he felt good — he felt like a man 20 years younger. He even said his doctors agreed and that they'd told him he had the body of someone younger.

But there was another major reason Ratelband wanted to change his age. He said doing so would increase his overall happiness and would be helpful on dating apps. He would no longer have to deal with the ageism that came with being 69. Ratelband even went as far



as to say he would be willing to delay his pension benefits another 20 years if need be.

In an interview with Dutch newspaper Algemeen Dagblad, Ratelband said, "When I'm 69, I am limited. If I'm 49, then I can buy a new house, drive a different car. I can take up more work. When I'm on Tinder and it says I'm 69, I don't get an answer. When I'm 49, with the face I have, I will be in a luxurious position."

Interestingly enough, Ratelband's request wasn't dismissed outright by the court. The judge found merit in the argument and said that people desire to change things about themselves all the time, adding that maybe age was one of those things we should consider — "maybe" being the operative word.

The court ultimately decided that "Ratelband is at liberty to feel 20 years younger than his real age and to act accordingly." But the judge added that changing his legal documents would have "undesirable legal and societal implications." The court added "[T]here are a variety of rights and duties related to age, such as the right to vote and the duty to attend school. If Mr. Ratelband's request was allowed, those age requirements would become meaningless."

Today, Ratelband is 71 and continues his battle to change his age. While he may have lost in his initial quest to legally change his age, according to NPR, he intends to appeal the decision.

TAKE A BREAK



DIY DOG-FRIENDLY DOUGHNUTS

Inspired by SunnyDayFamily.com

Want to show your dog that they're a very good boy or girl? Try this recipe for a tasty treat your dog will go nuts for!

Ingredients

For doughnuts

- 1 cup flour
- 1 cup oats
- 1/3 cup coconut oil
- 1/2 cup **xylitol-free** peanut butter

- 2 eggs

For topping

- Greek yogurt
- Bacon bits

Special equipment

- Doughnut pan

Directions

1. Preheat the oven to 375 F. Lightly spray doughnut pan with cooking spray and set aside.
2. In a large bowl, combine all doughnut ingredients and mix well.
3. Transfer dough to doughnut pan. Use your hands to tightly pack each mold.
4. Bake doughnuts for 14 minutes. Carefully remove from the oven and allow to cool completely.
5. To decorate your doughnut treats, place Greek yogurt in a small, wide bowl. Dip each doughnut in yogurt and sprinkle with bacon bits.
6. Place decorated doughnuts in the freezer for 10 minutes for the yogurt to harden. Serve straight from the freezer to your hungry dogs.

11 DAYS DELETED FROM HISTORY

How the British Changed Their Calendar System and Caused Chaos

For centuries, Europeans used the Julian calendar, created by Julius Caesar in 46 B.C. It was based on the solar calendar, so most of Europe thought it was the most accurate calendar. However, over the centuries, dates had "drifted," and many important days, like Easter and the spring equinox, were no longer falling on the dates they were supposed to.

To compensate, the new Gregorian calendar was developed and put to use by Pope Gregory XIII in 1582. It helped put things back in order and eliminated the extra day every 128 years.

However, not everyone adopted the Gregorian calendar right away, such as the British. That meant that Europeans were using two diverging calendars for over 200 years. Talk about confusing! People realized that as the world started to expand and as countries became more connected, having a single calendar system was critical.

Finally, the British chose the year 1752 to make the change. But, in order to make it work, they had to "jump" forward. For instance, 1751 could only be 10 months long — starting with March and ending with Dec. 31, 1751. But even that adjustment didn't quite bring the English up to speed in time to make the shift. They also had to cut 11 days from 1752. The unlucky dates that were cut were Sept. 2–14, 1752.

The people were not happy. English historians found research that British citizens chanted "Give us our 11 days!" in the streets. The phrase became so popular that some politicians even campaigned with that as their slogan. Several other historical accounts state that many people were worried that by cutting the calendar, their own lives would be cut 11 days shorter. There was a lot of confusion and chaos, but over time, dates fell where they were supposed to, and everyone lived their full lives, those 11 days included.



Is Stress Harming Your Memory? How to Cope With Daily Triggers

Stress can cause more than just a bad mood and low energy. Over time, mental exhaustion from stress can lead to forgetfulness and reduced cognition. This can hamper your ability to do your job and enjoy life. Though stress is unavoidable, there are steps you can take to mitigate some of the negative effects of mental exhaustion, including forgetfulness.

First, consider the source of your stress. These days, a common stressor is social media. If your feeds are full of bad news and negativity, shut them down. Many researchers suggest that spending less time on the internet leads to better health. Several studies have found that constant internet use, including time spent on social media, is negatively impacting our memories. Research from Harvard, Oxford, King's College London, and Western Sydney University all confirm this: Too much internet use is a bad thing.

Of course, it can be easier to delete a social media app than it is to eliminate other types of stressors. Coping with a stressful coworker, for example, can be difficult. You have to figure out why they're causing you stress and how the situation can be remedied. Dealing with a work-related confrontation can be hard, but having that difficult conversation and resolving the problem can ultimately lead to less long-term stress and improve your mental health.

Another thing you can do to reduce stress is avoid multitasking. Taking on multiple projects or doing too much in too little time can leave

you feeling overworked. Plus, studies have found that multitasking is not effective. You cannot deliver the same results when your attention is scattered as you can when you are focused on one thing. To make matters worse, multitasking takes a major toll on memory and cognition, according to a study from Proceedings of the National Academy of Sciences.

If stress is impairing your memory, judgment, or cognition, take the above steps to reduce it. If you find your memory and cognition aren't improving, consider speaking with a mental health professional to discuss your best next steps. Mental health and stress management are important, and the more we do to improve these areas of our lives, the healthier and happier we will be.

