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Get the Benefits of Gardening Without the Sweat

MOVE YOUR VEGGIES INDOORS!

Gardening is incredibly satisfying — but in the summer, you may wonder whether the fresh produce is worth suffering through the heat, the humidity, and a stiff back. If so, try moving your garden indoors! Inside, you can get the same mental and physical benefits without the sweat. Here are three creative ways to grow food indoors.

Grow your lettuce hydroponically.

Lettuce is one of the quickest and easiest crops to grow inside because it thrives in relatively low light. You can buy a lettuce-growing kit for less than \$100 at Walmart or off Amazon and either start the sprouts from seed in a moist growing medium (environmental journalist Katherine Gallagher recommends rockwool, lightweight clay aggregate, coconut fiber, or perlite) or purchase plant starts at your local nursery. Within a month, your lettuce leaves will be ready to eat!



Plant peas or carrots under grow lights.

Many people assume fruiting plants like peas and carrots are impossible to grow indoors. But with powerful grow lights, almost any plant can flourish! Try planting seeds or starts in pots and sunning them with fluorescent shop lights. The plants will take longer to mature than outdoors, but you'll get there in the end. Other fruiting plants, like peppers and tomatoes, require hand pollination to thrive inside.

Create a mushroom-growing compost bin.

You only need six things to grow mushrooms: a wooden tray, compost, mushroom spawn, a heating pad, a thermometer, and a spray bottle. Fill the tray with compost and a pinch of spawn, keep the compost at a toasty 70 degrees F with the heating pad for three weeks, and moisten it with sprays of water regularly until mushrooms appear. Go to Better Homes & Gardens for an online guide, or purchase a mushroom kit or terrarium.

The more time, patience, and creativity you put into your indoor garden, the more it will reward you. To dig deeper (pun intended), pick up a copy of "Indoor Kitchen Gardening: Turn Your Home Into a Year-Round Vegetable Garden" by Elizabeth Millard or check out The Provident Prepper's "Indoor Gardening" playlist on YouTube.



'KNOWLEDGE IS POWER'

A Conversation About New Jersey Divorce Law

Even attorneys need attorneys. I met Jeralyn Lawrence in late 2022 when looking for a matrimonial attorney to represent me during my divorce. At that time, she was the President of the NJ State Bar Association, with a reputation for tenacity. I knew she'd make it clear to my ex-husband that I wouldn't roll over to meet his demands.

Many clients ask me for referrals to attorneys in other practice areas. I would recommend Jeralyn to anyone going through a divorce, whether amicable or contentious. I sat down with her to discuss the basics of NJ divorce law for the benefit of clients who may be contemplating such a life-changing step. Please see the below highlights of our discussion.

-Lisa Pezzano Mickey

Lisa: What do you think makes you an effective matrimonial attorney?

Jeralyn: Personal experience is a part of it. I divorced 16 years ago when my daughter was only 8 weeks old. I had a restraining order, which helped me get divorced in only 10 days. It's not common, but it can happen with facts on your side. He wanted the domestic violence charge to disappear, and I wanted a divorce, so I had leverage to speed up the process.

Jeralyn Lawrence | Attorney at Law

Immediate Past President, New Jersey State Bar Association

Past Chair of the Family Law Section of the NJSBA

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Lisa: That still must have been an incredibly difficult situation. Were you already practicing matrimonial law at the time?

Jeralyn: I was, but I hired an attorney because you should never represent yourself.

Lisa: Of course, the old saying is true that a lawyer who represents himself has a fool for a client. It's my understanding that there are several grounds for divorce in New Jersey, but irreconcilable differences is now the most common. Is there any benefit to proving one of the other grounds for divorce, such as infidelity or extreme cruelty?

Jeralyn: No, fault doesn't matter in New Jersey. "Irreconcilable differences" was added to state law to reduce the number of couples filing for divorce on the basis of extreme cruelty. The legislature reasonably thought that requiring individuals to write down every single example of a spouse's unkindness was a terrible way for people to start a co-parenting relationship.

It's best emotionally and financially to stay out of court as much as possible. If you can reach an agreement, you may now file for divorce by mail. It's a much less traumatic process than going to court and being questioned.

Lisa: What steps should a person take if they're considering a divorce?

Jeralyn: Educate yourself. The first hour you spend with a matrimonial attorney is probably the most crucial hour you'll spend with them. They can give you an idea of the likely settlement from the initial conversation. People then decide whether to move forward. Every case is different; I've been doing this since 1997 and have never had the same case twice. But you need information to make the right choice and be at peace with that decision.

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Our Roads Are Becoming More Dangerous!

Protect Your Family From Road Rage Shootings

Imagine this: You're zooming down the interstate with your family, about halfway to your road trip destination. The windows are down, and you're singing along to one of your favorite songs on the radio. It's the perfect summer afternoon. Then, another car appears behind you and starts riding your bumper.

The vehicle won't stop tailgating, so you tap your brakes, hoping to startle them into leaving you be. It doesn't work. Instead, the car revs its engine, and a hand emerges from the driver's side window. BAM! Your back windshield shatters, and your family starts screaming.

This situation might sound dramatic, but it's happening more than ever on American roadways. In 2019, 225 people were shot in road rage incidents across the country, resulting in 67 deaths. In 2022, both of those numbers had

doubled, with over 550 people being shot and 141 killed. And the violence continues — in April 2023, two fathers in Florida opened fire on each other's cars, leaving a 5-year-old and 14-year-old wounded.

The Gas Fueling the Road Rage Fire

Why are road rage shootings rising? Experts blame lingering anxiety from the COVID-19 pandemic, stress over the economy, political division, increased gun sales, and the fact that many Americans keep guns in their cars.

Legal Recourse for Road Rage Victims

If you or someone you know falls victim to a road rage incident, you can seek justice in court. After you get medical attention, call a personal injury attorney. They'll tell you whether you have a case, what type of case it is (civil, criminal, or both), and what



steps to take to win and get compensation for your injuries.

Protect Yourself From Angry Drivers

First and foremost, don't be an angry driver yourself! Avoid driving when you're upset, keep your car comfortable to prevent yourself from feeling irritable, and pick a strategy to calm yourself down (like a mantra or breathing exercise). If an angry driver targets you, stay calm, move away from them, and don't respond to their behavior. The second you feel scared or unsafe, call 911.

... continued from Cover

Lisa: That sounds like good advice. How much money should a couples set aside for this process?

Jeralyn: That is almost impossible for me to say. The two people getting divorced are the only ones who determine how long it will take and how much it will cost. If you quickly reach an agreement, your divorce might cost \$3,000 or \$5,000. When there are a lot of issues that need negotiation, it could be \$20,000 to \$50,000. A case that goes to trial could cost \$100,000. That's why compromise is so necessary.

Lisa: Is there anything else you'd like people to know?

Jeralyn: Knowledge is power. If there's any indication you might be headed toward a divorce, gather documents like tax returns, pay stubs, benefits statements, and retirement assets. It saves time and money when your attorney doesn't have to go on a fishing expedition. And when the time comes, hire an attorney you trust.



SAZON GRILLED CHICKEN THIGHS

Inspired by [AmbitiousKitchen.com](https://www.ambitiouskitchen.com)

This versatile summer chicken recipe is packed with warm flavors to keep your tastebuds on alert. It's perfect for family BBQ nights or as a protein for meal prepping!

Ingredients

- 1 1/2 lbs boneless skinless chicken thighs
- 2 tbsp olive oil
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- 1/2 tsp garlic powder
- 1/2 tsp oregano
- 1/4 tsp cayenne pepper (optional)
- 1/2 tsp salt
- Freshly ground black pepper

Directions

1. In a large bowl, add chicken, olive oil, cumin, coriander, turmeric, garlic powder, oregano, cayenne pepper (if desired), salt, and pepper. Toss together to coat chicken; let it marinate for 30 minutes to 1 hour.
2. Preheat grill to 400 F. Grill chicken thighs for 6–8 minutes per side or until fully cooked and an internal thermometer reads 165 F.
3. Transfer cooked chicken to a plate and cover with foil to keep warm, then chop into bite-size pieces to use in salads, tacos, bowls, and more!

Should You Quit?

When to Walk Away From a Friendship or Commitment

It's time to reframe quitting. Most of us think of leaving a commitment as a shameful, weak thing to do — but if you're stressed and overwhelmed, it can actually be a mental health boost! That doesn't just apply to walking out on a job. You should also consider quitting other things that weigh your life down. Maybe you're in a book club that bores you or a friendship that feels like a chore. Quitting could reduce your stress and free up your personal time.

The Right Time to Quit

Consider these questions if you're staring down the barrel of a commitment and aren't sure whether this is the moment to walk away.

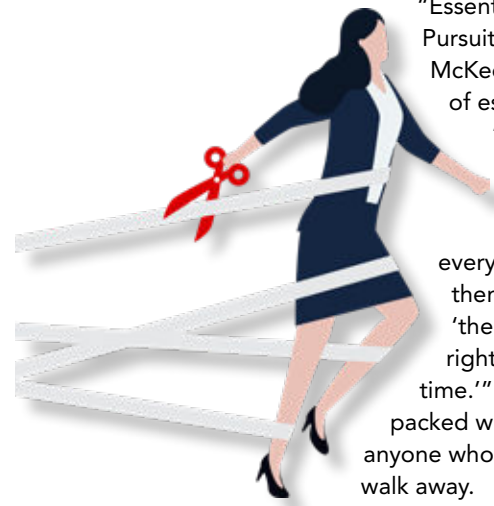
1. Do you dread spending time on this thing/with this person?
2. Does the commitment cause you stress or leave you in a bad mood?
3. Could you spend your time more happily and productively on something else?
4. Could someone else easily take over your role if you leave?

If you answered "yes" to any of our questions, it may be time to quit — as long as doing so doesn't put you or anyone else in physical, mental, or financial danger.

Not convinced? Consider the philosophy of organizer Marie Kondo. Does this friendship, volunteer opportunity, or club spark joy? If not, thank it for its service and move on.

More Guidance on Quitting

To learn more about paring down your life, check out the podcast "The Real Question." As we write this, it's in the middle of a season called "Should I Quit?" In each episode, host Vanessa Zoltan meets with a different guest and talks through whether they should quit a specific thing in their life — whether it's a yoga subscription, a city, a choir, or the habit of telling a white lie — and how to do it gracefully.



You can also pick up a copy of "Essentialism: The Disciplined Pursuit of Less" by Greg McKeown. The philosophy of essentialism is about "challenging the core assumptions of 'we can have it all' and 'I have to do everything' and replacing them with the pursuit of 'the right thing, in the right way, at the right time.'" McKeown's book is packed with valuable lessons for anyone who struggles to say no or walk away.

The Inspiring Story of Constance Baker Motley

MLK's Supreme Court Lawyer

If you follow politics, then you may have heard the name "Constance Baker Motley" on the news or read it in the newspaper. Motley isn't a current political figure (she passed away in 2005), but she inspired two of the most powerful women in Washington, D.C., today — Vice President Kamala Harris and newly minted U.S. Supreme Court Associate Justice Ketanji Brown Jackson.

The Administrative Office of the U.S. Courts calls Constance Baker Motley the "Judiciary's Unsung Rights Hero." She was a key lawyer in the fight for civil rights in America and represented some of the biggest names in the movement, including Martin Luther King Jr!

Motley's potential was obvious from a young age. She grew up in New Haven, Connecticut, near Yale University, but her immigrant parents couldn't afford to send her to college. Fortunately, her poise and intelligence caught the eye of a good Samaritan who offered to pay her way through school. On her way to the dorms, train station officials forced Motley to board the "Colored" car — and as the story goes, a civil rights hero was born.

The humiliation of stepping into a "lesser" car for the first time was a defining moment in Motley's life. To prove she deserved better, she went on to attend Columbia Law School, graduated in 1946, and accomplished more in a few decades than most of us achieve in a lifetime. Here's a short list of her feats.

Constance Baker Motley was ...

- The first Black woman to argue a case in front of the U.S. Supreme Court
- The winner of 9 out of 10 Supreme Court cases
- Chief counsel and eventually the principal trial attorney for the NAACP Legal Defense and Educational Fund
- The first Black woman to become a federal judge
- The lawyer who filed the original complaint in *Brown v. Board of Education of Topeka*, which led to the integration of public schools
- The first Black woman to serve on the New York State Senate

That list is just the iceberg tip of Motley's legacy! To learn more about her story, visit your local library and check out the 2022 biography "Civil Rights Queen: Constance Baker Motley and the Struggle for Equality" by Tomiko Brown-Nagin.

