

# Lessons That Lead To Legacies by Neal Goldstein

We all want to know more about our own life story and the stories of lives intertwined with ours. I am no exception. Every day I continue to learn more about my history and how it connects to the present, so I can better understand what happens in the future. Each month, I'd like to share with readers"Lessons That Lead to Legacies" - life lessons I learned (some the hard way) with the hope that it inspires readers to look within their own history and share their own lessons with me. I would love to hear yours, and I look forward to putting out into the world the same poignant questions I've asked myself over the years to spark conversation. Feel free to email a story to goldstein@eglaw.com or to share it on our Facebook page, @longislandlawyers.

"1968 Bobby Kennedy was assassinated, students were protesting, **Born To Be** Wild was the hot song and Far Rockaway, New York was a great place to live. It was also the first memories I have of my mom's illness, Multiple Sclerosis. From walker to wheelchair to bed, it held her captive for most of her adult life. Yet, she never shared with me as a child anything about her illness and its progression. I lived with fear of what would happen. With a father that absconded I used my own survival skills to navigate my way. I've used the feelings of fear and lack of security to mold it into an indestructible bridge of communication between my children and me. What did your parents hide from you? What are your fears that you've yet to share with your children? Talk to them and give them the support they need to build a secure and safe world around them."



# Rosemary Lemon Grilled Chicken

Perfect for the grill, this light recipe is perfect served over brown rice or on top of a garden salad; you can even set aside some of the marinade before adding the chicken to use a salad dressing.

# **Ingredients**

- ½ cup lemon juice (2-3 lemons)
- ½ cup olive oil
- 2 Tablespoons dried mustard
- 2 Tablespoons fresh rosemary, chopped
- 4 cloves garlic, minced
- ½ teaspoon freshly ground black pepper
- 1/2 teaspoon kosher salt
- 5-6 boneless, skinless chicken breast (approx. 2lbs)

## Directions

- 1. Whisk together all ingredients in a large bowl. If using some of the marinade as salad dressing, set aside no more than  $\frac{1}{4}$  cup.
- 2. Add remaining marinade to a Ziplock back or casserole dish and add chicken. Close bag or cover dish, refrigerate, and allow chicken to marinate for at least one hour and up to overnight.

- 3. Remove chicken from fridge and allow to sit out for 30 minutes to bring it up to temperature. In the meantime, heat a grill to medium-high heat.
- 4. Grill chicken until done, approximately 7 minutes on each side. Allow to rest for 5-10 minutes before cutting, to allow the juices to redistribute.
- 5. Serve with rice, vegetables, or over salad. Enjoy!





# **LB Social: Best Place For An Intimate Dinner or Celebration With Friends**



When you step into LB Social, it's like walking into a movie where the characters sit down to enjoy a long meal in a warm, perfectly lit restaurant surrounded by family. Friendly staff serve you as if they've known you for years, the food is prepared with care using only the finest

ingredients, and the rustic atmosphere makes you feel right at home.

But when you get to know the master behind the LB Social, Chef and Owner Matthew Hisiger, it is quickly understood that the fantastic experience is by design. Every detail of the place, from hand-selecting the fish every morning to dry-aging his cuts of prime meat, to creating an ambiance and a menu that offers creative American tastes stems from Hisiger's passion for serving others and a passion for Long Island.

"This is always what I envisioned as far as owning a restaurant," Matthew said. "Really putting out some nice food in a cool, casual, and fun environment. I love the feel of the space, I like the town, I love the people. Plus being a few blocks from the ocean allows me to take a walk on the boardwalk after a hectic day."

LB Social is one of our favorite restaurants to frequent. The Boneless Beef Short Rib is amazing, as is the Double Cut Pork Chop and the Candied Thick Cut Bacon. Lighter options like the Grilled Octopus or Chopped Salad are fantastic as well, and make sure to check out their wide array of signature cocktails.



Visit LB Social at 62 W. Park Avenue Tuesday through Thursday from 4pm to 10pm, Friday and Saturday from 4pm to 11pm, or Sunday from 3pm to 9pm. Reservations can be made by calling (516) 431-7849.



Two of Long Island Rail Road (LIRR) team of "Metro Mini Maids," pose on June 23, 1969. The Mini Maids were the railroad's answer to airline stewardesses; they greeted commuters & handed out coffee in a special luxury parlor car that ran to Montauk & the Hamptons during the summer. Do you have a fun memory from the olden days of Long Island? Share it with us on our Facebook or Twitter page!





# \$1000 Combating Campus Issues Scholarship Invites Applicants to Focus on Student Safety

Goldstein and Bashner has established itself as a true champion of the rights of students who experience harm caused by the negligence or intentional acts of others and we are committed to tirelessly advocating for such individuals to receive fair treatment, compensation, and accountability under the law. A particular area of interest to our team is eradication of the multitude of issues that students face on university campuses across the United States. Whether it is hazing, bullying, Title IX\* issues, or sexual assault, the attorney in our office are committed to the fight against these wrongs. To that end, we are happy to announce the creation of the Goldstein and Bashner Campus Issues Scholarship. Each year, we will present a \$1,000 award to an especially promising higher education student who shares our determination and articulates a clear vision about how he or she will work to advance advocacy initiatives and solutions for on-campus problems.

The Goldstein and Bashner Combating Campus Issues Scholarship is open to all students currently enrolled in a community college, junior college, undergrad or graduate institution located anywhere in the United States; high school graduates on the verge of beginning their college studies as well as existing GED holders will also be given consideration for the award.

As part of the application process, individuals will be asked to describe the ways in which they can work to expand awareness, foster solutions that focus on education and prevention and encourage victims to come forward and demand the justice they deserve. Those interested in applying for the scholarship can visit www.eglaw.com/2019-combating-campus-issues-scholarship for complete instructions; the deadline to apply is October 31, 2019.

\*Title IX is a comprehensive federal law that prohibits discrimination on the basis of sex in any federally funded education program or activity.





# Goldstein & Bashner

# **OUR MAIN OFFICE**

1778 Hempstead Turnpike East Meadow, NY 11554

606 Johnson Ave #30 Bohemia, NY 11716

P: 516.261.5167 F: 516.222.0034













FREE CONSULTATION: 516.261.5167

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CONNECTING OUR STORIES

# yond THE COURTHOUSE

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# RAVING FAN OF THE MONTH

"I own a moving company was hurt on the job. Was out of work with 3 major surgeries to my left foot, loss wages and medical bills that were out of control. I was lucky to find Neal Goldstein's law office to try to get my life back

together. I must say I was nervous about everything, but Mr. Goldstein and his office were on top of my lawsuit. I highly recommend him and his law firm, he put my life back together."

– Joseph M.



# **Case of Interest**

A 39-year-old Long Island Railroad lineman sustained severe burns after he cut energized cables as part of a demolition and modification of a substation. Our office had evidence that the foreman did not take the appropriate actions in ensuring that all the cables were de-energized prior to anybody cutting. As a result of the explosion, the client received third degree burns to his upper extremities as well as back injuries. We were able to obtain for our client compensation for medical bills, time off work, as well as pain and suffering, so he could get back on his feet and back on the job.

