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# A GRATEFUL HEART

I'm lucky to have a lot of great people in my life: my family, my colleagues, my employees, and my clients. They are constant reminders of how much I have to be thankful for. My husband and sons are very supportive, and I feel so lucky to have such positive, loving relationships in my life. I'm also thankful to have employees who are dedicated to the work we do as a firm. Of course, I can never forget that my clients enable me to do the work that I love when they put their trust in our firm.

In addition, I am grateful to have worked with many attorneys who've been trailblazers in the legal field. My partner, Wendy, is one of them, as is Frank Morelli, whom you'll get to hear from inside the newsletter. Frank is semi-retired but still does pro bono work for clients who can't afford an attorney. He was recently presented with a case outside of his expertise. Instead of turning it down, he educated himself on the subject so he could assist this client in need. As you can tell, Frank really cares about people, and he is an inspiration for anybody nearing retirement who hopes to remain productive later in life.

Bob Golden is another attorney whose influence I am thankful to have had in my life. When I was a young lawyer, I worked for his firm in Bridgewater, where he took me under his wing. We were an unlikely pair. He was a tall, distinguished gentleman, always impeccably dressed, and I was a young, female lawyer at 5-foot-nothing, just starting my career, and we walked into court together. Bob showed me the ropes in the Division of Workers' Compensation, introducing me to all of the judges and other attorneys he had known for years. I always looked up to him for the honorable way he conducted himself. He consistently treated his adversaries with respect, even in the heat of a contentious case. Such a lesson is far more important for a young lawyer to absorb than mastering any legal argument. I always aspired to conduct myself in such a way that might earn the kind of respect he garnered in the legal community. I am very grateful for his guidance early in my career.

When I think about being thankful for what I have, my client Ben\* comes to mind, along with all of the clients I have met like him over the years. A blue-collar worker, Ben had been working in heavy labor since the day he graduated from high school. One day while on the job, Ben fell off the back of a truck. He immediately lost sensation in his arms. When he tried to access his benefits, Ben was railroaded by the workers' compensation

carrier, preventing him from getting the medical treatment that he needed to return to work. With the injuries he sustained, there was no way he could ever do his job again without proper care. Ben reached out to our firm, and we filed a motion to get him treatment.

In court, Ben got up and testified. The plea he made to everyone was simple but heartfelt. "I just want to work," he said.

Ben wasn't looking for a free lunch; he wasn't there to get a handout. He simply wanted to get better so he could return to the work he enjoyed and earn a paycheck for his family. Ben hated being forced to file a claim just so that he could get medical care. He wasn't looking for a "big payday" — he wanted no more than the opportunity to continue earning a living. Thankfully, Ben got approved for the treatment he needed and was able to return to work. Most of us take our health and our normal daily activities for granted, until an illness or tragedy strikes. So we should all be thankful every day that we are able to enjoy this beautiful life.

The people I am passionate about working with are the clients who, like Ben, just want to be productive members of society, and if they can't be, they want help to obtain the support they need to live with their disabilities. We should all be grateful for the freedom we have in this country to make a living and follow our dreams. And I'm thankful to uphold those rights for others when they are being mistreated. The hardships my clients face on a daily basis are important reminders of how easy it is to lose what we have in an instant.

It means a lot to know we've made a difference in someone's life. As a small firm, we are so grateful for our clients who let friends and family know about the work we do to help those in need of assistance. We rely on our clients to spread the word about the personal touch we provide so that we can help more people. We appreciate every single one of you for allowing us to serve you and for recommending PMB. Best wishes to all for a very happy Thanksgiving!

\*Name has been changed to protect the individual's identity.

*-Lisa Pezzano Mickey*

## A Historic Veterans Day Commemorating the 100th Anniversary of the End of World War I

This year, Veterans Day takes on particular historic significance: Nov. 11, 2018, marks the 100th anniversary of the armistice that ended the First World War. Countries around the world will commemorate the signing of this peace agreement with moments of silence, centennial ceremonies, and historical exhibits.

Unlike Memorial Day, Veterans Day is a celebration of life. It's a day to honor the power of peace and the living veterans across the globe who have served their countries. This November, take a moment to remember the war that helped shape the international community's dedication to peace and thank the individuals who served to defend it.

### THE GREAT WAR

By 1914, a world war had been years in the making, but the assassination of Archduke Franz Ferdinand of the Austro-Hungarian Empire by a Serbian nationalist provided the spark that

would eventually burn down much of Europe. A chain reaction of land disputes, pre-emptive attacks, and strategic alliances brought over 30 countries into World War I.

The Great War that ravaged Europe resulted in a devastating loss of life, but from those ashes rose a renewed appreciation for the importance of peace and a global effort to ensure its place in the future.

### THE RESTORATION OF PEACE

In 1918, Germany surrendered unconditionally, and the armistice ended the fighting at the 11th

hour on the 11th day of the 11th month in 1918, though the war did not officially end until the signing of the Treaty of Versailles the following July. An estimated 16 million soldiers and civilians died in just four years, making it one of the deadliest conflicts in modern history.

### VETERANS DAY

Originally called Armistice Day, Veterans Day was first observed on Nov. 11, 1919, to honor the one-year anniversary of the armistice, and it became a U.S. holiday in 1938. Today, Veterans Day celebrates veterans who served their country honorably. The U.K., France, Australia, and Canada also commemorate their veterans in November. If you know a veteran, thank them for their service this month.



## A WORD FROM FRANK MORELLI

### *A Pillar for Justice*

Throughout his legal career, Frank Morelli earned a reputation as being a fair but tough enforcer of justice. After serving as a fighter pilot in the Air Force, Frank made good on a pact he'd formed with a couple friends and used his GI Bill to attend Seton Hall Law School. From there, Frank built a legal career spanning more than 30 years that earned him the respect of his clients, peers, and colleagues, including our own Lisa Pezzano Mickey. The two met first in the courtroom before sharing office space together. Lisa then became "Of Counsel" to Frank's law firm, helping his clients with workers' compensation claims, kicking off a camaraderie that has spanned life events and borders. "Lisa, an excellent attorney, and I practiced together in Phillipsburg in a shared space," Frank says. "Eventually, I turned my cases over to her and retired. Well, I didn't actually retire; that's when I took the bar in Florida." After Frank left New Jersey, their relationship flipped and Frank became "Of Counsel" to PMB, giving the firm a Florida connection.

Lisa isn't the only PMB connection that Frank gives high regard to. "I can't forget Jane Nickel," Frank points out. "She is a marvelous and wonderful person — very loyal. I would not have started practicing law in Phillipsburg if it weren't for Jane. She is smart, efficient, and I give her full credit for running the office efficiently." Any of you who know Jane will agree.

Now semiretired, Frank still takes on pro bono cases for those who need legal help but can't afford it, and he is of counsel to PMB. He took a few minutes out of his day to tell us, in his usual modest way, about his unconventional journey.

"How I got into law is a crazy story," Frank begins. "Two high school friends and I decided we were going to go to law school after college and practice law together. One became a professor, one went into insurance, and I was the only one who became a lawyer. I made up my mind in high school to be a lawyer, and I had my obligation to serve."

That service-oriented mindset extends to his experience in the Air Force. "Everyone should spend time in the military," Frank says. "It's a cause bigger than yourself. Most of the time, we take for granted the country we live in. The people who keep it going are the people in uniform — not only military, but police and emergency service workers — who put their lives on the line every day. I have the highest respect for anyone who volunteers to put themselves in harms way for the benefit of complete strangers. Believe me; they don't do it for the pay

Motivated by a sense of justice early on in his life, Frank has used that as his moral compass. "I felt a very strong responsibility to the law and to fairness," Frank says. For 10 years, he served as a municipal court judge, a role that called on his sense of justice. "As an attorney, you're advocating for a cause. As a judge, you're advocating for justice." After 10 years in the role, Frank realized he wanted to put his family first, so he returned to his work as an attorney.

Frank has passed the bar in four states, most recently earning his license in Florida. "I like to say I have more licenses than I have time," he says. Despite the exam's fearsome reputation, Frank, in his trademark style, is matter-of-fact about it. "People ask, 'How'd you do it at 73?' The bar is very simple. If you know the basics, you can pass the bar exam."

Of Frank's most recent foray into earning his fourth bar licensure, Lisa says it's typical of his steadfast, can-do nature. "Here, at the age of 73, to do something he's never done before. That, to me, says so much about him as a person. Money is not what motivates him. He is very passionate about his family, clients, and doing what's right." She adds, "They don't make them like that anymore."

# THINGS WE Love

## FIGHT LIKE A GIRL

I passed by CKO Kickboxing every time I stopped at the Starbucks in Flemington and thought to myself, "That's something I could get into." It took me a year from having that thought to actually getting in the door. When I did, I met the owner, Randy McNeill, who was bursting with positive energy. Randy and his wife, Pam, opened the Flemington branch of CKO in March, 2016. Some of CKO's mottos are "We don't use machines; we are the machines," and "This is our happy hour." The head trainer, Jessica, is responsible for getting many members addicted to the adrenaline rush of kickboxing.

The classes at CKO involve a lot of cardio and strengthening exercises. There is something very satisfying about punching that bag! It is

a wonderful stress reliever. If I start to drag during a class, I just think of a particularly difficult adversary on a case, and voilà, I am instantly punching that bag harder than ever.

I also love the fact that Randy gets CKO involved in many charitable activities. In October, the branch sponsored the Punch-a-Thon to benefit the Hunterdon Regional Cancer Center. CKO offers self-defense classes periodically to teach the skills needed to fend off an assaulter, so a crime victim can turn the tables on any thug.

As a teenager, I was always the girl who hated gym class, and I have never been into sports. In other words, if I can kickbox, anyone can do it! So if you are trying to get in shape or just looking for some stress relief, come join me at CKO. Call (908) 237-3456 to schedule a free promo class.



## TAKE A BREAK



These spicy, tangy carrots make a healthy Thanksgiving side that doesn't skimp on flavor. Plus, you can do most of the work in advance and assemble the finished dish on the big day.

### INGREDIENTS

- 30 small carrots (2-3 bunches), tops removed and carrots scrubbed
- 2 chipotle peppers in adobo, minced
- 1 teaspoon adobo sauce from the chipotle can
- 1 tablespoon molasses
- 2 tablespoons extra-virgin olive oil
- 4 ounces watercress, stems trimmed
- Plain Greek yogurt, for serving
- Kosher salt and fresh ground pepper, to taste

### DIRECTIONS

1. Heat oven to 350 F. In a rimmed baking sheet, toss carrots with chipotle peppers, molasses, and olive oil. Season with salt and pepper, and roast for 30-35 minutes.
2. Transfer carrots to a plate and let them cool completely.
3. Once cooled, toss carrots with adobo sauce. Lay across a platter, and top with watercress.
4. Serve alongside yogurt.



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