# The Ecology EDITION Chris Earley

Chris Earley Truth Series Author

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- Marie A.
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# Finding Joy During a Pandemic

### The pandemic we are currently facing has forever changed our lives.

It is almost impossible to believe that we have survived weeks and weeks of quarantine, our old way of life so quickly halted. As we watch the news every night and hear of the grim details of suffering, unemployment and death, the fear and despair sets in easily.

A few nights ago my eight year-old son broke down into tears exclaiming: "I just want my life back to normal." Not only did I feel great sadness for him, but I could very deeply relate to how he was feeling. The truth is, we are all suffering in one way or another. So I explained to him, the only thing we can control is how we handle these times of adversity and how we treat each other. I reminded him just how lucky we are to be healthy, to have food to eat, and to have a home. Staying positive has never been more important.

It is true that even now, there is joy all around us; we just need to keep our eyes open to see it. For example, we have found joy in seeing all the spring flowers sprouting up outside. My family has also found joy in making homemade baguettes and delivering them to our neighbors; a small and simple way to bring happiness to others.



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As difficult as it seems for many of us suffering, times like these can lend opportunity. They give us the ability to further bond with loves ones at home. Times like these allow us to dive into tasks and pursuits at home that we otherwise don't have time for. These times allow us to take stock and revaluate what is, and what is not important. As I write this, I realize the loss of an income or one's health can make it very difficult to remain positive, and I don't want to seem insensitive or tone deaf to the current climate. However, even in the darkest of days, positivity and joy can be found.

Knowing how much people are suffering, Rory and I have tried to do our small part to help the community. This has been another source of joy for us. We made a donation to a local



Rory Earley

#### **INGREDIENTS:**

I.75 ounces warm water

I I/2 teaspoons active dry yeast

16 ounces bread flour

2 teaspoons kosher salt

10 ounces cool water (you may not need all of the water)

additional flour, for dusting

### RORY'S RECIPES: Crusty French Baguette

from the blog 'Baking a Moment'

Bread is life! With the kids home from school, I have been baking bread with them. This has been great because baking incorporates home school lessons such as science, home ec, and sometimes even history! Done and done!

#### DIRECTIONS:

- / Measure the warm water in a small bowl and sprinkle the yeast on top. Set aside.
- 2 Measure the bread flour into a large bowl and stir in the salt.
- 3 Make a well in the center of the flour mixture, and stir in the dissolved yeast.
- 4 Add the cool water, a little at a time, while stirring, just until a shaggy dough has formed (you may not need to use all of the water).
- 5 Cover the bowl with plastic wrap and allow it to rest for 30 minutes.
- 6 Transfer the dough to a lightly floured work surface, and gently press it into a rectangle and fold into thirds. Turn 90 degrees and repeat.
- 7 Place the dough in a large oiled bowl, and cover with plastic wrap. Allow it to rise in a warm place until doubled in bulk (about 1 to 2 hours).
- 8 Divide the dough into 4 equal portions, and shape each one into a long loaf (about 15-inches long and 1 1/2-inches in diameter), with pointed ends.
- 9 Place the loaves on a floured towel, cover with oiled plastic wrap, and allow to rise until doubled in bulk (about 30 to 45 minutes).
- 10 Preheat the oven to 450 degrees F, and place a pan of water on the bottom rack.
- 11 Uncover the baguettes and transfer to lightly greased baking sheets.
- 12 Sprinkle with flour, and make 4 elongated slashes down each one with a lame, razor, or sharp knife.
- 13 Bake the breads until crusty and brown (in my oven this takes around 35 to 40 minutes). The baguettes should give a hollow sound when tapped.

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#### **Finding Joy During a Pandemic**

restaurant group that employs many hardworking people in our area. The money will go to the staff, waiters and bussers who cannot work because the restaurant is closed. We also gave out Stop & Shop gift cards though an email give-away to families that are struggling to put food on the table. Additionally, we donated several cases of diapers and baby wipes to the City of Chelsea because they have been especially hard-hit by the pandemic.

But giving back does not have to be about money! It can be showing kindness to your neighbors, smiling at your fellow grocery shoppers, or praying for those that are sick. Staying positive and finding joy requires a mindset of believing we will make it through this and we will come out of this stronger than before.

- Chris Earley

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team. They took care of us and the case, keep us informed all time about the updates in the case. We highly recommend Chris Earley and his team. They really know the value of their clients. Thanks



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### HAPPY FATHER'S DAY

Father's Day is June 21<sup>st</sup>. Most of you probably know I am a father to two young children, Oliver and Alice. For me, there is nothing better than being "Dad." My kids have completely changed my life in ways I never could have imagined. They give me purpose, focus, and motivation. Each and every day they amaze me at how kind, smart, and loving they are. To all you dads out there, Happy Father's Day!

## Inside This Issue ...

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### How Has COVID-19 Impacted the Legal System? by Chris Earley

The pandemic has impacted all of society, including the court system. Right now, most courts are only hearing emergency matters, such as restraining orders. However, attorneys and other legal professionals have creatively adapted to this new reality. This has enabled cases to keep moving and settling.

Technology has enabled attorneys to effectively handle this new time that we find ourselves in. For example, lawyers can still conduct depositions, however, they're now being done remotely with tools like Zoom (an amazing company that keeps its product free when it could charge a heck of a lot of money for their service right now). As well, mediations and arbitrations can still be held with remote technology services. Because of the pandemic, attorneys can now electronically sign documents, which makes things easier for everyone involved. Many people with ongoing personal injury claims are concerned as to what extent COVID-19 will impact their individual case. Many clients are concerned that insurance companies will be run out of business. I don't see that happening. Actually, what I have found is that insurance companies are evaluating claims and attempting to do what they can to resolve claims as they always do.

If you have an ongoing case such as a motor vehicle accident claim, a worker's compensation accident, or



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any other type of case in the court system, your case will still be moving forward in the normal course, with some minor tweaks. Rest assured, the settlement value of your case is not impacted by COVID-19. Yes, there may be some delays in the progression of your case. However, the pandemic has not prevented cases from settling.