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SUITE 220 • ST. LOUIS, MO 63144

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# VISIT THE DRIVE-IN THEATER FOR SAFE ENTERTAINMENT OUTSIDE YOUR HOME

Social distancing can be tough. There are only so many Netflix episodes you can watch before the kids start bouncing off the walls and begging to go outside. So how do you keep your family both safe and entertained during trying times? Take them back in time with a trip to a drive-in movie theater! They may be few and far between these days, but our area has two that are still playing the latest blockbusters.

### SKYVIEW DRIVE-IN

Located about 17 miles from St. Louis in Belleville, Illinois, the Skyview Drive-In first opened for business in the summer of 1949. It started with just one screen, and as cinema technology developed over the decades, so did their setup.

It underwent some rebuilding, and in the '60s and '70s, it was best known for its bright-pink paint job. It was repainted in the early '80s, but much of the facility, including its two screens, projection booth, and concession stand look much the same as they did decades ago. The entire area even turns neon at night! Each screen shows a double feature every evening, and sound has been converted to a broadcast system, so you can tune in on your car stereo.

### STARLITE DRIVE-IN

Located about 35 miles away in Cadet, Missouri, the Starlite Drive-In first opened in 1952 as the Cadet Drive-In with two screens in operation. It had a long and illustrious run as a theater

that could fit over 700 cars for its shows, and it went through a name change soon after it opened. They had a brief closure in the early 2000s, but they are open again and now show two double features every night. Their concession stands also offer a full menu of hot items so families can enjoy dinner with their movies. The facility also hosts private and public events, like fundraisers, throughout the year to give back to the community that has supported them.

Drive-in theaters are a great family activity any time, but right now, they're an especially smart choice for families who need to get out of the house but still want a safe experience. Watching movies from the comfort of your car is a great way to achieve just that.



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## FAMILY ON THE FRONT LINE

### LET ME TELL YOU ABOUT MY BROTHER

Right now, I am sitting in my office, setting plans with employees to operate remotely. We are meeting in 10 minutes. We will be fine, maybe even more productive. But my brother is not doing the same. He is working in the Barnes ED as I write this. He is an emergency room physician. He has a pregnant wife and a 2-year-old at home. Some of you may not think your actions will impact them, but they can and will. Please think of others.

Let me tell you about my brother. He is 16 months younger than me. He is exactly who we want on the front lines of this situation. Why? Let me fill you in on the type of person he is.

He is the middle child of seven, the fourth and final boy ahead of three girls. He struggled in grade school, though my mom hates to admit it. He went to tutors every week. Occasionally, he got lost in the shuffle and would oversleep. He would be tardy at school, and his grades were not that great. But he never gave up.

He had the unfortunate timing of being behind me and my friends. We excelled at sports and academics with ease. He did not but never gave up. He knows no other way. In grade school, I would be surprised if his basketball team won 10 games in five years. They were always in the C league. Ours won 40 or so a year in the A league. It was easy for us, but he still showed up and worked.

He was admitted to one of the most academically challenging high schools in STL with the hope he could make

it. He showed up. He worked hard. He achieved a 4.0 GPA. He never gave up.

He was not the best athlete. He worked to transform himself to become a starting middle linebacker in high school on one of the best teams in the highest class in the state of MO. I would find him working out at 10 p.m. on Friday nights, running sprints in 100-degree heat, and following an absurdly strict diet. All to improve. He never gave up.

He worked his way into one of the most prestigious colleges in America. He worked his way onto the football team and made the travel squad (this is a big deal). He never gave up. It was sheer effort and determination. All the while, he worked a campus job delivering newspapers. He would cut grass in the summer, rake leaves in the fall, and do cleanups in the spring. He never gave up. He even scraped enough together to buy a red Ford F-150 for a thousand bucks.

He graduated from college and became a paramedic. He quickly realized he could do medicine as well as some of the ER docs he would see. So, he took out massive loans and went back to school and got his master's in public health. He worked in an oncology clinic, and he studied for the MCAT. He never gave up. He scored well enough to get into medical school at Rush. He took on more loans and worked all through medical school and became an intern, then a resident, and now a fellow in the ED at one of the most prestigious hospitals in America. He never gave up.

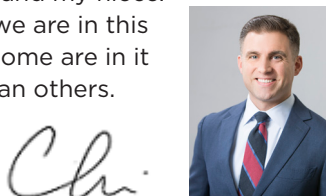
During all this, he took up marathons. Yes, this kid who was formerly a little hefty and slow of foot began running marathons and running them fast. It is incredible. He never gave up.

At this very moment, he is wearing an N95 mask in the ED. He will have it on all day. When he gets off work, he will put his clothes in a plastic bag so they don't infect anyone. He will clean off any virus he may have. His hands are red, dry, and cracked from the washing. He will head home and get ready for the next day. He will not call in sick. He won't avoid his responsibility. He won't turn people away. He will work harder than anyone to make sure all who need care get it. He is young, healthy, and strong.

I can tell you this: With people like him on the front lines, we will be safe. He will risk himself to do what he needs to do. He has been training for this time for 35 years. He will never give up and will never quit. He does not know how to quit. He is exactly the type of person we need right now at the ER. He is a beast.

Thank God he is there.

So, what can we all do to help him and all those others like him? Let's just relax for a few weeks. Sit on your couch or do some pushups. Work remotely. Order carryout. Let him work safely. Let him help those who need it. Let him do what he has trained to do. Be altruistic. Sacrifice. Practice the physical distancing. Some people have family working on the front lines, like my sister-in-law and my niece. Remember, we are in this together — some are in it way more than others.







## HEALTH BENEFITS OF FAMILY GARDENING GIVE YOUR KID THE GIFT OF A GREEN THUMB

Yes, there will always be football season, basketball season, and soccer season, but right now, it's gardening season. That means it's time to roll up your sleeves and play in the dirt. If you've been searching for a way to get the kids away from technology and engaged with the real world, gardening is the perfect activity for the whole family to enjoy. Not only is it fun, but it's also beneficial for your kids' development.

For example, gardening can improve your children's analytical abilities. As Dr. Wendy Matthews says, "Gardening exercises important reasoning, initiation, planning, and organization skills." Furthermore, several studies, including one at Texas A&M University, suggest that gardening improves

a child's attitude toward fruits and vegetables and may make them more likely to choose them as snacks. Gardening helps kids identify with where their food is coming from, and nothing tastes better than a freshly picked strawberry or pea pod they grew themselves.

Jack Gilbert, a scientist at the University of Chicago and a parent himself, and his co-author, Rob Knight, emphasize the health benefits of garden time in their book, "Dirt Is Good: The Advantage of Germs for Your Child's Developing Immune System." The two found that exposure to different microbes, like those found in a garden, strengthens a child's immune system and makes them less likely to develop allergies.

If this is your first time gardening, you don't need much to get started. Grab a few shovels, a pair of gloves for each family member, and fresh potting soil, and you'll be set. Then, you can decide together which plants you'd like to grow! Carrots are fun because of the surprise factor — just imagine your child discovering that the part they eat grows below the ground! Peas are tasty and fairly easy to grow, as are strawberries. The options really are endless. Depending on the growing season in your area, you can choose to buy seeds or opt for rooted plants.

Last but certainly not least, the best part of gardening as a family is the healthy, fresh produce you'll get to enjoy all summer long!

# BIRD-WATCHING FOR BEGINNERS WHY MAY IS THE BEST MONTH TO START

Bird-watching is like a lifelong scavenger hunt that you can play anywhere on Earth. The activity provides a mixture of science, travel, and beauty, and it's a chance to get outside for feathered adventures and quiet reflection. The month of May is a great time of year to go birding because rising temperatures prompt spring migration. So if you're eager to begin bird-watching, there's no better time than now. Here are some tips to get started.

## EDUCATE YOURSELF

Thousands of species of birds span all corners of the globe. That's why finding them is an exciting prospect — there's no end to the hunt! Start by researching birds that are native to your location. Purchase a field guide with pictures of each bird and maps of their range and use it to figure out where different birds live. From there, it's easy to pick your first spotting goal. You can even get yourself extra excited by watching a few bird documentaries.

## GEAR UP

One of the best things about birding is that you don't need a lot of equipment to do it. As long as you've got your field guide and comfortable walking shoes, the only other thing

you'll need is a pair of binoculars. And they don't have to be fancy. As long as they can zoom in on faraway trees and perches, they'll work for now. You can always upgrade later.

## GO EXPLORING

Your very first birding excursion is important because you don't want to be overwhelmed or underwhelmed. So use your field guide to home in on a single bird and go find it. It may be local, or you can plan a trip to a specific bird's natural habitat. Stay focused and don't get distracted by other species. The thrill that comes with spotting your first bird will keep you coming back to find the rest.

Bird-watching is a wonderful hobby because it's easy to get started and can last a lifetime. As long as you can walk, drive, or look out a window, you can be a birder. So what are you waiting for? Get out there and find some birds!



# WHAT DOES PREPAREDNESS MEAN FOR YOUR FAMILY?

If there's anything the past couple months have taught us, it's that being prepared is important. Major facilities and services can be overwhelmed in a moment's notice, and before you even realize it, it's often too late to put yourself in a position to weather the storm. Here are some basics to think about when it comes to creating a preparedness plan.

## GENERAL PRECAUTIONS

You spend a lot of time in close quarters with your family. No matter how many family members there are, and whether you have young or older kids, there are general steps you can take to promote safety. Teach and encourage proper hygiene techniques, like washing hands adequately or coughing into elbows. If possible, store

some necessary household items, but when purchasing, remember to be courteous of other families who also need supplies. Educate each other on what's going on, and make sure you have ways to stay digitally connected with loved ones outside your home.

## DISINFECTION

It's wise to thoroughly clean and wash all the belongings that are frequently handled in your home. Kitchen wares, toys, and linens are at the top of the list and should be washed and disinfected as a precaution. Should a family member fall sick, keep them isolated in their own room. If you have concerns, call your doctor, but don't immediately opt to visit them. They will tell you the best course of action. Should multiple family members fall ill, you can isolate them in the same

room together. When they recover, thoroughly disinfect and clean the room.

## AT-HOME SETUP

If parents are working from home and schools have been temporarily closed, then adjustments need to be made inside your home to accommodate everyone. Designate a quiet space for work. Take turns watching or entertaining young children, or if you have older children, recruit their help with childcare. Try to adhere to some kind of normal schedule throughout the day, and stay productive and entertained. Encourage learning or reading rather than spending endless hours in front of the TV.

Keep preparedness at the top of your mind, and do your best to support each other while staying safe out there.



## GRILLED PRIME RIB

*Inspired by Primal Palate*

### INGREDIENTS

- 1 1/2 lbs beef rib roast
- 1 tsp Himalayan salt
- 1/2 tsp black pepper

### DIRECTIONS

1. Take rib roast out of the refrigerator 30 minutes prior to grilling.
2. Season roast with salt and pepper and allow it to rest for 10 minutes while you heat a gas grill to 600 F.
3. Sear roast for 3-4 minutes on each side.
4. Turn off the grill but continue cooking the steak, flipping every 4-5 minutes, until it reaches an internal temperature of 125 F. Remove from grill.
5. Allow the roast to rest — its internal temperature will continue to climb — for 5-10 minutes. Slice and serve.

## YOUR REFERRALS MEAN THE WORLD TO US

**There is no greater compliment we can receive than a client telling a friend or loved one about us. If you know somebody who has been injured and needs an attorney who will fight on their behalf and give their case the attention it deserves, please pass along this newsletter and have them give us a call at 314-293-4222. Thank you for spreading the word about Finney Injury Law.**