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A COUSIN RIVALRY GAVE THE SUPREME COURT ITS POWER (YES, REALLY)

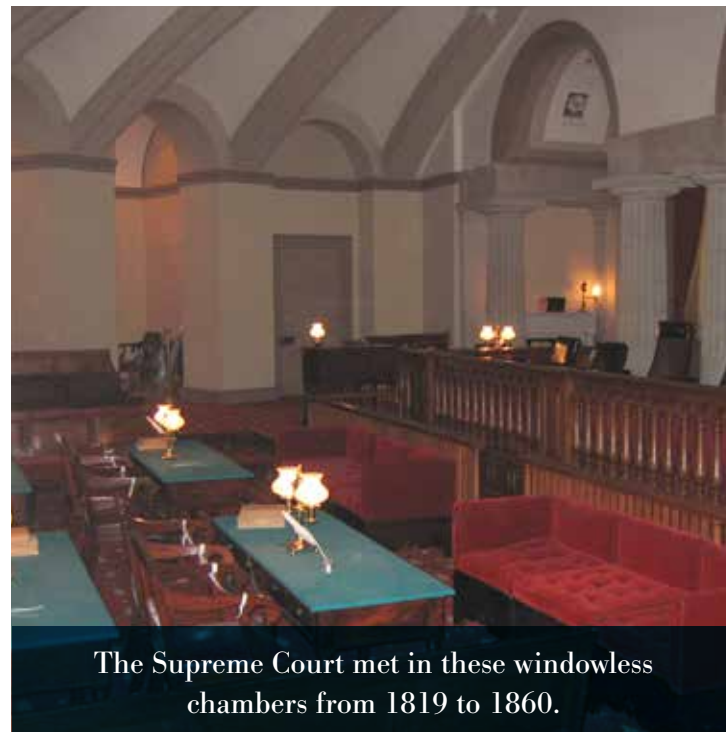


When Justice Ruth Bader Ginsburg passed away and Judge Amy Coney Barrett was nominated to take her place, the eyes of the country turned to the U.S. Supreme Court. It's no secret that the court has a lot of power. Its decisions, like *Loving v. Virginia*, *Brown v. Board of Education*, and *Roe v. Wade*, have reshaped America. But how did just nine people come to hold so much sway? Well, the answer lies with two rival second cousins: Thomas Jefferson and John Marshall.

Back in 1803, the Supreme Court was the laughingstock of Washington. It was a collection of misfits (including a man nicknamed "Red Old Bacon Face") and met in Congress' basement. When Marshall was chief justice of the court and Jefferson was president, the cousin controversy reared its head.

Marshall and Jefferson were in rival political parties and, to add insult to injury, Marshall's mother-in-law had once spurned Jefferson's romantic advances, according to Washington legend. In 1803, Jefferson (a Republican) was upset because a judge whom his predecessor, President John Adams (a Federalist), had tried to appoint was suing Jefferson's secretary of state over failing to actually appoint him.

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The Supreme Court met in these windowless chambers from 1819 to 1860.

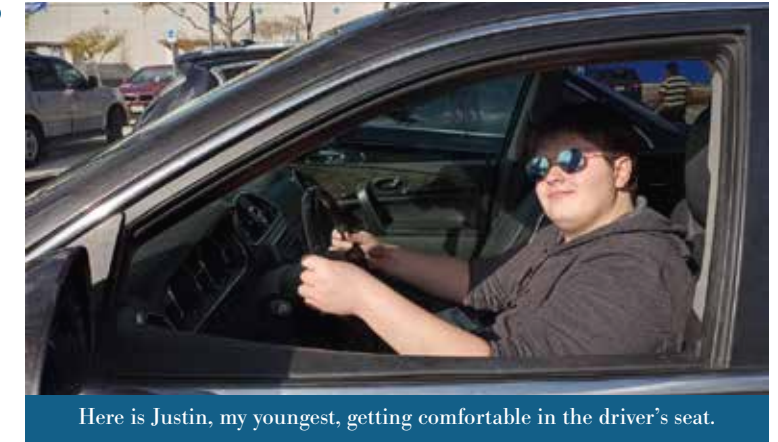


What Will You Change in 2021? Don't Let Fear Keep You in the Status Quo

When my children began growing up, it devastated me. I loved sitting them in my lap and reading stories to them. I loved watching their eyes grow to the size of saucers on Christmas morning. And I hated losing that sense of wonder, knowing that my kisses could no longer heal all the blows that the world might give them. Watching them move to the next stage was like mourning the death of the child they were. I missed the relationship that was.

But that is how change works. I suspect many of you can relate, especially this time of year as we look back on the past and forward to the year ahead. We do not like change at home, and we do not want it, even if we know we cannot stop it — and even if things at home are bad.

We may not be able to stop change, but that does not mean that change cannot work for us. Be brave enough to look back at the past and ask hard questions. Do you want this coming year to look like the last one? If not, what are you going to do to make it different? As a divorce attorney, I see many people struggle with taking that step and filing for divorce, especially when there are children involved. It gets swept under the rug and ignored as a possibility, even if it is impossible to put entirely out of mind. This is especially true during the holiday season, when we try to recapture family magic — holding on to those moments with the children that



Here is Justin, my youngest, getting comfortable in the driver's seat.

I talked about earlier, even in the face of inevitable change. But the holidays are over now. We are left with the same situation we were in before.

And change? If you accept change, and concentrate on making it work, change can be wonderful. Yes, when Savannah, my oldest, stopped being a little girl, I missed the relationship that was. But we have developed a new, more equal relationship. Each new phase is precious and amazing. No longer the child full of wonder, she turned into a good friend who enjoyed shopping with me — and then into an excited bride planning her family and future. Now, she is running her own business, and we are each other's favorite person to talk with about marketing plans and business growth.

You might look into the future and fear the change that you see. But change is the one constant in this world. Your world is going to change, the question is whether we allow the change to happen to us, or if we embrace that change and remake it into a future we will want. You are not nearly as powerless as you might feel right now. I promise: Things can get better, if you take the right steps.

This holiday season, my youngest child, Justin, got his learner's permit. Talk about change — there is something about seeing your child behind the wheel of a car that makes you realize they are now more of an adult than they are a child. Pretty soon, I will not get those morning talks that I enjoy while driving him to school. He has become a witty and funny young man, and I am really going to miss that. But great things will develop as he gets older and becomes more self-reliant. I am going to take the opportunity to explore what can be, and I am confident I will love him even more as he spreads his wings for the future.



My oldest daughter, Savannah, runs a successful business as a wedding photographer.

-Ruby Bolton

Is the Hot Toddy Indian or Irish?

A Closer Look at Our Favorite Winter Warmer

Jan. 11 is National Hot Toddy Day, but how much do you really know about this popular winter drink? Though the word “toddy” sounds British to American ears, it actually has a contested history split between two entirely different countries: India and Ireland.

The Indian Account: How the British Stole the ‘Taddy’

Today’s hot toddy is a steaming blend of whiskey, tea, honey, and lemon. But back in the early 1600s, it may have had different ingredients. According to VinePair.com, around that time, a popular drink called the “taddy” existed in British-controlled India. Originally, the Hindi word “taddy” described a beverage made with fermented palm sap, but a written account from 1786 revealed that the ingredients had evolved to include alcohol, hot water, sugar, and spices. The British swiped the idea of a “taddy” and brought it home to England. Legend has it that in northern England’s cozy pubs, the “taddy” became the “toddy.”



How to Make a Modern Hot Toddy

We may never know the true origin story of the hot toddy, but VinePair.com speculates that it’s somewhere in the middle of the two accounts. Either

The Irish Account: Dr. Todd’s Boozy Cure-All

The Indians and the British aren’t the only ones who’ve claimed the toddy: The Irish have a stake, too. As the story goes, once upon a time in Ireland, there lived a doctor named Robert Bentley Todd. His signature cure-all was a combination of hot brandy, cinnamon, and sugar water, and it was so well-known (and tasty) that eventually, his patients named the drink in his honor.

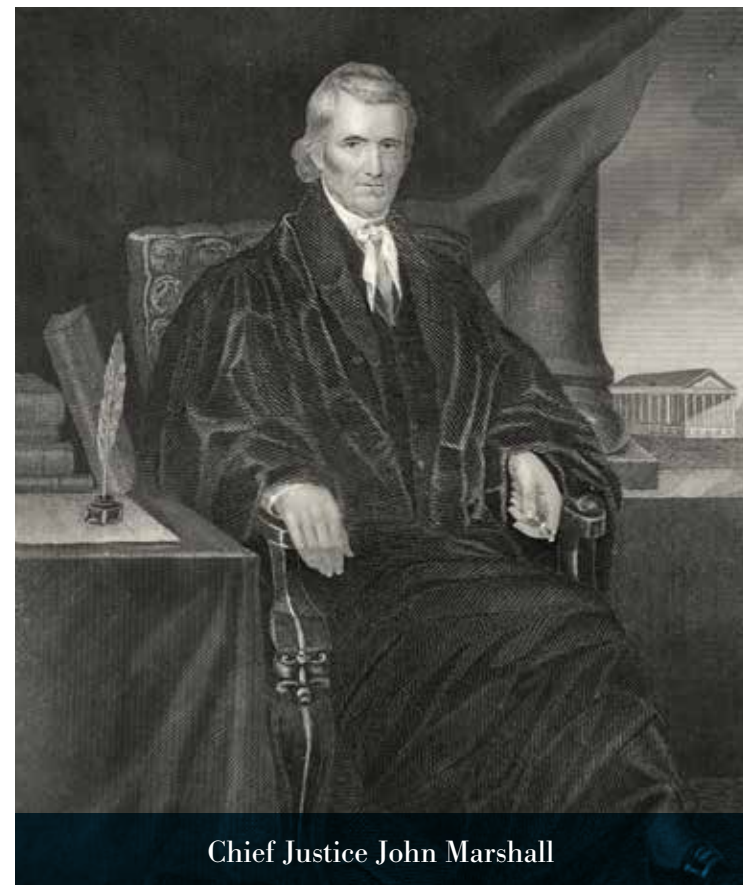
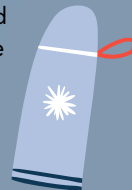
way, the results are delicious and easy to replicate in your own kitchen. If you could use a pick-me-up, try this recipe inspired by CookieAndKate.com.

Ingredients

- 3/4 cup water
- 1 1/2 oz whiskey
- 2 tsp honey (or agave nectar for a vegan version)
- 2 tsp lemon juice
- 1 lemon round
- 1 cinnamon stick

Directions

1. Heat the water in a teapot or the microwave. Pour it into a mug.
2. Add the whiskey, honey, and lemon juice and stir until the honey is dissolved.
3. Garnish with the lemon round and cinnamon stick and enjoy!



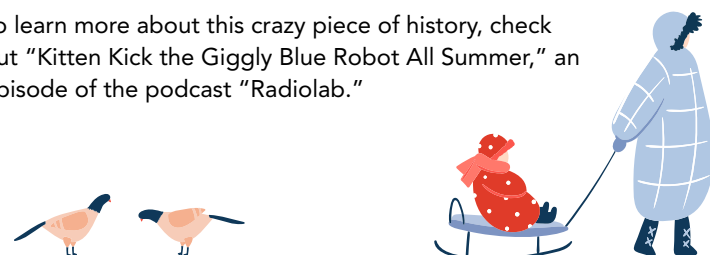
Chief Justice John Marshall

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This judge-to-be was named William Marbury, and he took his case straight to the U.S. Supreme Court. After hearing the case, Marshall had two options. He could side with Jefferson, even though he believed he was legally wrong, or he could side with Marbury and risk the wrath of the president, who he feared would dissolve the court. In a historic twist, he chose door No. 3.

Digging through the Constitution, Marshall discovered a line that required cases to go through a lower court before coming to the Supreme Court. That made *Marbury v. Madison*, which had come to the Supreme Court directly, out of Marshall’s jurisdiction. It also made the law Marbury had operated under unconstitutional. When Marshall pointed this out, it was the first time the Supreme Court had ever ruled on constitutionality, which set the precedent for its power today. If Marshall hadn’t cared so much about opposing his second cousin in 1803, it’s possible that Judge Barrett’s nomination in 2020 would have been much less contentious.

To learn more about this crazy piece of history, check out “Kitten Kick the Giggly Blue Robot All Summer,” an episode of the podcast “Radiolab.”



TAKE A BREAK



SLOW COOKER CHICKEN CASSEROLE

Inspired by GoodHousekeeping.com

Ingredients

- 8 chicken thighs or drumsticks, lightly salted
- 14 oz chicken stock
- 1 tbsp olive oil
- 1 sprig rosemary
- 1 tbsp all-purpose flour
- Finely grated zest and juice of 1/2 lemon
- 1 onion, finely sliced
- 1/4 cup fresh parsley, finely chopped
- 2 celery sticks, thickly sliced
- 2 carrots, thickly sliced
- 1 leek, thickly sliced
- 1 lb potatoes, peeled and cut in large chunks

Directions

1. In a large frying pan, heat oil and fry salted chicken on high until brown.
2. Transfer chicken to the slow cooker. Add flour and stir.
3. In the frying pan on high heat, fry the onion, celery, carrots, leeks, and potatoes until lightly browned. Add garlic and fry for 30 seconds.
4. Transfer vegetables to the slow cooker and add the stock, rosemary, and lemon zest.
5. Cook on high for 2.5–3 hours or until chicken is tender.
6. Check seasoning and add lemon juice to taste. Top with parsley before serving.



‘THE BACHELORETTE’ CONTESTANTS GO TO COURT

Judge, Will You Accept This Rose?

The reality TV show “The Bachelorette” is known for being packed with drama, but last year there was just as much scandal among its contestants off-screen as there was while the cameras were rolling. Late in 2020, not one but two past “Bachelorette” contestants ended up in court.

One of them was Chad Johnson, hailing from the group of hunks who competed for Bachelorette JoJo Fletcher’s attention in season 12. That season aired in 2016, but it wasn’t until two years later that Johnson sued Sunset Studios Entertainment and one of its executives, Cristina Cimino, for sexual harassment, failure to prevent harassment, intentional infliction of emotional distress, fraud by intentional misrepresentation, and wrongful failure to hire in violation of public policy.

According to Deadline, Cimino told Johnson she would help him get movie roles with her studio, but that never happened. Instead, she allegedly lured him into in-person meetings and bombarded him with inappropriate calls and text messages. After years of back-and-forth, the case is finally moving forward. In July 2020, a judge ruled that all of Johnson’s accusations were proven except failure to hire. Upping the drama, Deadline reported that “no attorneys for Cimino or the studio participated in the hearing.”

Meanwhile, another “Bachelorette” contestant, Luke Parker, has been ordered by the court to pay \$100,000 for breach of contract. Parker, who vied for the affection of Hannah Brown in the 2019 season, has allegedly been making media appearances without the consent of the show’s production company, NZK Productions Inc.

Each appearance was a breach of contract, and now he owes the company a pretty penny: \$25,000 per appearance. According to Page Six, Parker might also be on the hook for bad-mouthing the show and/or sharing information about what happened on set — both things his contract forbids.

Hopefully, the 2021 season of “The Bachelorette,” which should air later this year following the postponed 2020 season, will feature less drama than these real-life legal battles.