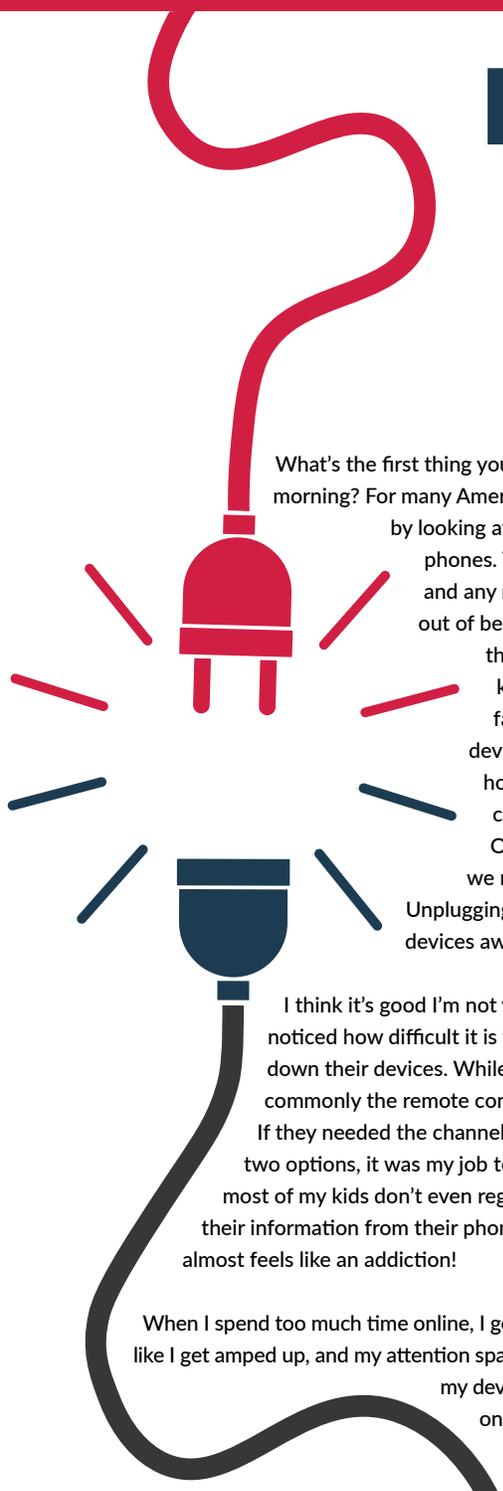


REDUCING SCREEN TIME FOR THE NATIONAL DAY OF UNPLUGGING

LET'S FIND A HEALTHIER DISTRACTION



What's the first thing you do when you wake up in the morning? For many Americans, every morning is started by looking at the notifications on their phones. They'll check the weather, news, and any messages before they even roll out of bed. And when night rolls around, the phone comes back out and keeps us entertained until we fall asleep. Our phones and other devices have completely changed how we live our lives, and not every change has been for the better. On the first Friday of March, we recognize the National Day of Unplugging, which encourages us to put our devices away for a full day.

I think it's good I'm not younger than I am, because I've noticed how difficult it is for younger generations to put down their devices. While I was growing up, children were commonly the remote control for their parents' television. If they needed the channel changed to one of the other two options, it was my job to get up and adjust the dial. Now, most of my kids don't even regularly watch TV! They get all of their information from their phones or computers. At times, it almost feels like an addiction!

When I spend too much time online, I get incredibly antsy. It's almost like I get amped up, and my attention span decreases. Though I don't use my devices too much, I read ebooks on my iPad regularly. I have 5,300 books downloaded and still treat

them like regular books. I'll use the tools to highlight and make notes, but it still doesn't feel the same as when I'm reading a hard copy. I've begun to wonder if my ebooks have caused me to lose mental focus just as much as scrolling through my phone or social media. If space weren't an issue, I doubt I would ever have moved from paper books to digital ones.

Thankfully, we can unplug from our devices to enjoy the world around us in many ways. Getting our dog Molly last year has helped us immensely. She constantly wants to play, so I'll spend time chucking her toys around and doing other things with her. She loves going for walks, so we try to get as many of those in as possible. It's interesting to walk around the neighborhood and see how many of my neighbors are watching TV at the same time every single night. Amy and I only watch TV occasionally, usually when the kids recommend a show to us or if college football is on.

Another thing that's helped us unplug is having our grandkids nearby. We try to avoid our phones as much as possible when they're over, and it's actually pretty easy to do. They keep us busy and entertained, so we're not tempted to reach for our devices. It helps to have things that require us to take our attention away from the phone.

In many ways, our phones have caused us to self-isolate. You can see it when you go out to eat. You may notice a table full of people, and every single one of them is on their phones. People use them while they drive and about every other situation, you can imagine. It's not healthy to be on our phones so much, and we should try to be more intentional when we do use them. On the National Day of Unplugging, I challenge you all to keep your phones put away for 24 hours and see how much better you feel.

- Jim Monast

HAVE YOU CLEANED YOUR WASHING MACHINE FILTER?

Most of us may know that after you dry a load of laundry in the dryer, you should clean out the lint filter to ensure everything continues to work properly. But did you know your washing machine has a filter you should clean as well?

What is a washing machine filter, and where is it located?

When you throw your clothes into your washing machine, they can have lint, loose hair strands, and other particles on them that could clog your washing machine. But your filter will catch these items and ensure your washing machine continues to work correctly.

Since all washing machines are different, it's best to consult your owner's manual or search your unit online for more information. Common places

where your filter could be located are in front of the unit behind a hatch, at the end of a drainage hose, under the center agitator, or in the drum's lid.

Why and when should you clean it?

If you don't clean your washing machine filter, your appliance won't work as effectively. Your clothes can smell musty, and you may notice detergent or lint residue on your clothes when you take them out. In addition, the filter can develop mildew and mold, which can seep through your clothes.

Professionals recommend cleaning and inspecting your filter every three months. But be sure to consult your owner's manual for more information. However, if you notice your machine is draining water slowly, smell strange odors, and notice lint or detergent residue, it may be time to clean the filter.

How do you clean the filter?

You first want to remove the filter from your unit and wipe away any lint, hair, and debris with a damp washcloth. Then, use the cloth to wipe the inside of the filter housing unit. Next, fill a bowl with hot water, add a teaspoon of dish soap or laundry detergent, and soak the filter for 10 minutes. After soaking, use a soft-bristle toothbrush to scrub the filter and remove additional buildup. Finally, place the filter back in the washing machine and run a short wash cycle.

If you notice your washing machine is still having issues cleaning your clothes, contact your local technician for more assistance. They can do a diagnostic test on your unit and come up with a solution.

HELPING OUR CLIENTS

Get the Compensation They Deserve

Marc S. was employed by Muskingum when he sustained a devastating injury at 41 years of age. He fell out of the back of a moving pickup truck, struck his head on the pavement, and lost consciousness. His skull fractured, and blood clots developed in his brain. After he got to the hospital, doctors diagnosed him with a traumatic brain injury (TBI). In addition to his physical injuries, his TBI resulted in a profound personality change, and he has required ongoing residential treatment in a program that can support his complex medical and behavioral needs. Needless to say, he will require lifetime care.



Not long after his injury, we were instrumental in obtaining approval for Marc to be transferred to a nationally recognized center in Pennsylvania for long-term treatment of his condition. Following several years at the facility, his condition improved to where we were able to assist in having him relocated back to Ohio to be closer to family, including his brother, who has been granted guardianship.

After several years of temporary total disability benefits as his condition continued to show modest but steady improvement, we obtained a 72% disability rating for Marc, and he was placed on permanent total disability. Compensation and medical benefits paid and payable in his claim total several million dollars.

WANT TO BOOST YOUR MENTAL AND PHYSICAL HEALTH?

TRY GARDENING

We're always looking for new ways to live longer and healthier. From exercising to trying new diets, many methods can improve our well-being. It's always a bonus when we enjoy the activity we're doing to become healthier, and recent research suggests that gardening could help improve our physical and mental health.

In fact, scientists and professors from across the U.S. have found that gardening could help reduce one's risk of cancer, boost mental health, and even bring communities together. They stated that gardening leads to eating healthier foods, getting additional exercise, and helping people build social connections. When these three benefits are combined, our stress and anxiety lessen, as does our risk of getting various diseases and illnesses.

Dr. Jill Litt, a professor in the Department of Environmental Studies at the University of Colorado, Boulder, invited 291 non-gardening adults to participate in the study. She assigned half of the participants to be in a community gardening group; they immediately received a free community

garden plot, seeds, and a beginner's gardening course. She told the other half to wait one year to start gardening so they could serve as the control group.

The first group began eating 7% more fiber than the control group. Their physical activity had increased by 42 minutes per week, and they also noticed improvements in their mental health. Those most stressed or anxious saw the most significant drop in mental health issues. Many of the participants were immigrants who lived in gardenless apartments, so the free community garden plot allowed them to grow their own food while building relationships with the other gardeners.

"It's not just about the fruits and vegetables," said Dr. Litt. "It's also about being in a natural space outdoors together with others."

Gardening has excellent benefits for your mental and physical health. If you plan to utilize a garden this year, now is the time to get everything in order. If you wait longer, you'll begin missing out on potential crops.

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ANSWER



MUNCHIES WITH MOLLY BAKED BEANS WITH GROUND MEAT

Inspired by EatingWell.com

If you're looking for a hearty comfort food this month, this recipe is for you! Use a lean meat of your choice to create this healthy dinner that will have your family begging for more.

INGREDIENTS

- 1 tsp extra-virgin olive oil
- 1 medium onion, chopped
- 1 lb lean ground beef, turkey, or chicken
- 2 15-oz cans navy beans, rinsed
- 1 cup water
- 3/4 cup ketchup
- 1/4 cup molasses
- 1 tsp Dijon mustard
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 cup chopped fresh chives for garnish

DIRECTIONS

1. In a large saucepan over medium-high heat, add oil, onion, and ground meat. Cook, stirring and crumbling meat with a wooden spoon until the onion has softened and the meat is no longer pink, about 5 minutes.
2. Add beans, water, ketchup, molasses, mustard, garlic powder, and salt, then bring to a simmer.
3. Reduce heat to medium and cook, stirring until bubbling and slightly thickened, 5-8 minutes. Garnish with chives.

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'IRISH I KNEW THAT SOONER!'

6 FUN FACTS ABOUT ST. PATRICK'S DAY

Year after year, we celebrate St. Patrick's Day with green shamrocks, leprechauns, pots of gold, and Lucky Charms, but did you know that St. Patrick was actually British? Even more surprising, St. Patrick isn't even his real name!

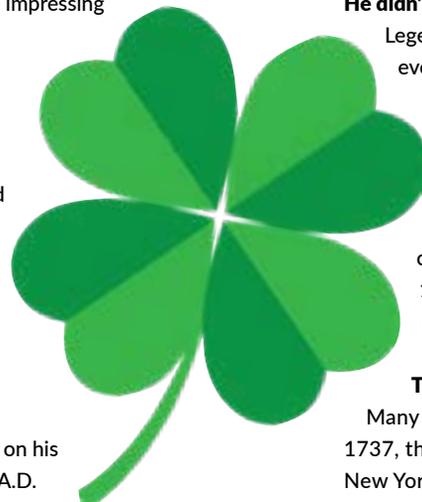
Get ready to celebrate the luck of the Irish while impressing others with some fun St. Patrick's Day trivia.

The man's British roots run deep.

St. Patrick isn't Irish — he was born in Britain around the end of the fourth century. Legend has it that at 16 years old, he was kidnapped and sold into slavery by Irish raiders. After six years, he was able to escape back to Britain and returned to Ireland much later as a Christian missionary. Ireland named him the country's patron saint after he passed away.

March 17 isn't St. Patrick's birthday.

Many believe that we celebrate St. Patrick's Day on his birthday, but it's actually the day he died in 461 A.D.



That's not his name.

As mentioned earlier, St. Patrick is not his real name! When he became a bishop, Maewyn Succat changed his name to Patrick.

He didn't banish snakes.

Legend has it that St. Patrick banished all of the snakes from Ireland. In fact, even some portraits depict him doing so. However, fossil records show that snakes were never present in Ireland around his lifetime.

Corned beef and cabbage originated in America.

On March 17, everyone loads up on corned beef and cabbage in celebration, but did you know that in Ireland, they ate ham and cabbage, and the corned beef tradition actually began in America? In the 19th century, Irish Americans bought leftover corned beef from ships returning from China.

The first St. Patrick's Day parade happened in America.

Many believe that St. Patrick's Day was first celebrated in Ireland, but in 1737, the first St. Patrick's Day parades actually took place in Boston and New York City.