



# Workers' COMPanion

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www.monastlaw.com | 614-334-4649 | 5000 Arlington Centre Blvd. Bldg 2, Suite 2117, Upper Arlington, OH 43220-2913

## IT'S MORE THAN ENTERTAINMENT

### BONDING OVER AND LEARNING FROM OUR FAVORITE SHOWS AND MOVIES

The television shows and movies we watch play an essential role in our lives. They provide a great source of entertainment, give us something to bond over with our loved ones, and have the potential to teach us many life lessons. Movies and shows also help us remember certain moments from our lives. When we watch a show from our childhood, memories from that time can come flooding back.

Back when I was growing up, Saturday morning was prime time for cartoons. I loved whenever the weekend rolled around because I could watch Bugs Bunny, Road Runner, and all of the Looney Tunes get into all sorts of hijinx. They were always up to something hilarious, leaving my dad and me laughing for minutes on end.

I also loved watching the Charlie Brown holiday specials. "It's the Great Pumpkin, Charlie Brown" and "A Charlie Brown Christmas" were always a must-watch whenever they came on TV. I felt like I related to Charlie Brown because he was usually lonely, and I felt the same way growing up. I remember watching the Halloween special one year and how excited it made me for the holiday. In my childhood neighborhood, the neighbors

would go all-out making caramel apples and crispy rice treats to give out to trick-or-treaters. We'd always get quite a haul. The Charlie Brown specials served as a notice that my favorite holidays were rapidly approaching.

As I grew older, "M\*A\*S\*H" became my favorite show. I actually learned a lot from this show, mainly how to be a smart aleck. Surprisingly, that's helped me in many of my hearings. It taught me how to be humorous without being mean. It helps to have a little snark sometimes, which the hearing officers appreciate as things are usually either intense or dull for them.

One thing that's always stuck out to me about movies and TV shows is how much enjoyment we get from repeating our favorite lines from each program. When I was younger, I watched "Lost in Space" with my family. Sometimes, when I'd get a minor injury I was whining about, my mom would mimic Dr. Smith saying, "Oh, the pain!" It always made me feel better and learn to laugh at myself.

I still do this with my kids, and they even do it with each other. My sons and I watch Harry Potter, Star

Wars, or Batman movies and consistently repeat lines back and forth with each other. When my kids got older and began watching sitcoms, they spent plenty of time watching old reruns of "The Office" or "Friends." It's amazing how well they remember some lines from those shows. If they say a line from one of their favorite shows, they immediately know what episode it's from and the situations that led to that particular line. My kids were so into "Friends" that they actually won a trivia competition on a family cruise one year. They weren't even watching the show when it was on-air, so I think that's a pretty impressive feat.

What I love most about watching TV shows or movies is spending time together with those we love, laughing and sharing our interests with each other. It's a great way for a family to bond, and my family bonds over our favorite shows to this day. It's not unusual to hear someone say a line from "Napoleon Dynamite" when we're all together. I hope you all can find some time this holiday season to watch your favorite shows with your loved ones.

*- Jim Monast*



# COME OUT AND PLAY

## STAYING ACTIVE IN COLD WEATHER

Winter is almost here, and as the weather gets colder, many people use it as an excuse to stay inside and on the couch. But if you don't want to wonder what happened to your fitness goals when spring comes around, now is the time to start preparing. Here's what you need to know to comfortably enjoy outdoor exercise in low temperatures.

First, there's good news: Your chance of frostbite in 5 degree F weather is less than 5%. So, outdoor exercise is perfectly safe most days of the year. Just stay inside when there's a particularly nasty wind chill and don't exercise on icy surfaces. But while you probably won't be hurt by outdoor winter exercise, there's no denying it can be unpleasant if you aren't prepared.

One school of thought suggests there's no bad weather, only poorly chosen clothing. So, if you

want to exercise outdoors in the winter, you must set yourself up for success with the proper gear. Dress in layers and put them on in the correct order. Opt for a moisture-wicking material as your bottom layer, then add a warm insulating layer, followed by a wind and water-resistant jacket on top. Remove items as you get warmer so you don't trap sweat. Also, remember the wool socks, gloves, and hat.

Another way to keep yourself comfortable during an outdoor workout is to warm up longer before beginning. Exercise in cold weather makes strains and sprains more likely, and a warmup will keep you safer. Plus, the additional movement before heading outdoors will help the temperature change feel less jarring.

You'll want to protect your skin from the harsh air. One of the best ways to do that is by staying hydrated. Though it sounds obvious, many people



feel less thirsty when exercising in the cold and don't drink enough water. Also, moisturize regularly and protect your nostrils and lips from the wind with petroleum jelly or Carmex. Finally, don't forget the sunscreen — if skiers can get a sunburn, so can you!



### CLIENT SUCCESS STORY:

# JUSTIN AMERINE

Justin Amerine, our client and friend, is Ohio through and through. Born in Lancaster, he was raised in Bloomingville, just south of Logan, in the heart of the Hocking Hills.

Always fascinated by cars and working with his hands to tear things apart and put them back together, Justin studied auto mechanics after high school. Though he's done stints as a chef and pipe fitter, he's drawn to work around cars and machinery.

Working in the warehouse at Limited, he was driving a standup forklift down an aisle when a box sticking out caught his pallet. The forklift smashed him between it and the boxes, rupturing a disc in his mid-back.

Justin is a young guy, in his early 30s, raising his active 8-year-old son by himself. Like the rest of us, he didn't count on an injury keeping him

off work for two years. After lots of treatment, including therapy, injections, and medication, his back still isn't the same. But, knowing he wanted to set an example for his son, he got back up when life knocked him down. He got a job with Tuffy as a mechanic. It's actually lighter work than what he did before, but it's working with cars and technology, something he loves. When Justin had to call in from work for recent hearings, we could hear the pneumatic drills in the background!

Justin recently settled his claim. He loves his job, spending time with his son and — you could've guessed it — tinkering around in his garage!

We all know it's hard to keep going when we're hurt. We are fortunate to represent so many folks who refuse to let their injuries define what they do and who they are. Justin is one such person, and we're honored to know him.

# BECOMING HAPPIER BY SHOWING GRATITUDE

Thankful

November is often considered the month of gratitude. Its most famous holiday, Thanksgiving, is all about sharing blessings and showing appreciation for others. The highlight of many people's Thanksgiving celebrations is when they go around the table, allowing each person to share what they're thankful for. We think about gratitude a lot during the holiday, but did you know that practicing gratitude is linked to happiness?

A recent poll conducted by OnePoll on behalf of Motivosity focused on a potential connection between gratitude and happiness. The survey was completed by 2,000 Americans, where they answered how often they showed gratitude, how happy they feel daily, and how satisfied they are with their lives. Of the respondents who answered that they "always" give thanks, 65% reported that they're "very happy" on a daily basis.

One-third of all people surveyed stated that they "always" express gratitude. 62% of those who "always" show gratitude also said they were "very satisfied" with their

lives. Additionally, respondents who lived in the southwest, northeast, and midwest were more likely to express gratitude than those living in the southeast and west coast, according to the poll.

"There's a dramatic correlation between gratitude and happiness," said Logan Mallory, vice president of marketing at Motivosity, in a statement. "When people are proactive about being grateful, it rewires their brain to look for positives instead of the negatives around them. Previous studies and these survey results tell us that if you want to experience an increase in life satisfaction, just express gratitude more often!"

This new poll reminds us all that we don't need to wait until the holidays to show gratitude. If we make a dedicated effort to show our appreciation and gratitude for others, we will have a better chance at a happier life. Take a few moments each day to think about the things you're grateful for and share that gratitude with others. Before long, you'll begin noticing the benefits of being more grateful in your everyday life.

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ANSWER



## MUNCHIES WITH MOLLY ROASTED PORK LOIN WITH APPLES

Inspired by MomFoodie.com

### INGREDIENTS

- 4 lbs pork loin
- 2 tsp garlic powder
- 2 tsp salt, divided
- 1 tsp black pepper
- 8 apples
- 2 red onions
- 3 garlic cloves
- 1 tbsp brown sugar
- 2 tbsp olive oil
- 2 tsp cinnamon
- 3 tbsp butter, softened

### DIRECTIONS

1. In a large bowl, season pork loin with garlic powder, 1 ½ tsp salt, and pepper, then cover and place in refrigerator for 30 minutes.
2. Preheat oven to 425 F.
3. Slice apples and onions, then chop garlic cloves. Season with brown sugar, olive oil, remaining salt, and cinnamon.
4. In a 9x13-inch baking dish, place a layer of apples and onions in the pan, put pork loin on top, then place remaining apples and onions around it.
5. Break butter into small pieces and place them on the pork loin and apples. Place dish in oven and let it bake for 15 minutes.
6. Reduce the heat to 350 F, then continue to bake for 60 minutes.
7. Remove dish and stir apples and onions.
8. Increase heat to 450 F, put dish in oven, and roast for an additional 8-10 minutes.

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# WINTER IS COMING

## DON'T LET THOSE PIPES FREEZE!

Depending on where you live, you may already be experiencing freezing temperatures that signal the impending approach of winter. But while you can bundle up and protect yourself from the cold, your home can't, so you need to find ways to protect it from winter damage. One such area that's often overlooked is the plumbing system.

When water freezes, its volume expands. When this happens inside of a pipe, it's at risk of bursting. Water will begin to pour out of the busted pipe into your home until the water is shut off somewhere upstream. You'll have to call a plumber to repair the broken pipes and may even need to replace your floors if they suffered from too much water damage. Thankfully, you can take some preventive measures to avoid the risk of freezing pipes.

### Proper Insulation

Insulation should be installed around the pipes throughout your home. You can use special insulating tape or tube-shaped foam sleeves to protect your pipes in areas vulnerable to the cold. You should also check your attic insulation to ensure that it's helping keep the house warm. Block any gaps in your doors or windows with caulking and weather stripping to keep the cold air out.

### Consistent Heating and Running Water

When you leave your home for work or vacation, you need to ensure that the temperature does not drop too much in your home. Keep the heat on and leave your thermostat at a minimum of 55 degrees F. Keep one of your faucets open with a slow steady drip, but be sure to choose a tap that's far from your main water shut-off valve to help relieve



the pressure that an ice blockage could cause. Any cabinets that have plumbing within them (like under your sinks) should be kept open. Your warm house air will help prevent the pipes from freezing.

When a pipe bursts, you could be looking at expensive fees to get it repaired, so it's much better to be proactive than reactive. Follow these tips and you shouldn't need to worry about your pipes freezing this winter!