

PROUD TO HELP

Remembering Fallen Workers This April

Growing up, I had no idea what career I wanted. Eventually, I knew I wanted to be the guy who helps. Over the years, as I've cultivated a law practice designed to help those who are injured receive compensation, I've come to a realization: I'll never be the guy who can fix the injury or the guy who can heal mental trauma, but I can be the guy who helps get the proverbial monkey off people's backs.

I can be the guy who helps those who are injured receive the compensation they need and deserve to lessen the burden of such a traumatic event.

I'm proud to help, even if doing so doesn't make the most traumatic cases any easier.

April 28 is Workers' Memorial Day, a holiday designed to honor and remember those who have died while doing their jobs. I've handled several death claims that have come from accidents or company negligence, and while I'm honored to be the guy that helps, these are the cases that are the hardest.

Recently, we helped the family of a worker who was crushed while working on an oil field supervisory rig. He left behind a wife and two

children. They received a settlement that will help support them financially, and I'm grateful to have given them at least that during what is an undeniably horrific experience.

Injury claims also come with a big tragedy. For the last several years, I've been helping a teacher who sustained an injury after a gate was slammed into her knee by a student. (It's sad to say that teaching is becoming more dangerous.) The aftereffects have included several surgeries and knee replacements, an allergy to the metal in the replacement, a painful neurological condition, and conversations

about removing the leg altogether. Her husband had to quit his job to be her caretaker.

This client is still alive, but her trauma is still real and, sadly, all too common. She measures at a maximum level of pain every day. She has a right to whatever help she can get, and our firm is proud to be one of the advocates in her corner.

Still, this teacher's story shows us that even the injuries some would consider "common" or "regular" can have a lasting ripple effect. Workers' Memorial Day serves as another reminder of how deep the impacts of a workplace injury can be.

The effects can be seen in the lives of the worker, their family, those who saw the event, other employees, and the industry itself.

But for all the tragedy surrounding death and injury claims, more people like me just want to help. For example, the Occupational Safety and Health Administration (OSHA) provides work safety programs designed to prevent workplace accidents, injuries, and death. In Ohio, we have Kids' Chance Ohio, which is a program that offers scholarships and support to children of injured workers. And even sharing stories of workplace injuries and death can promote greater safety and awareness.

Injured workers aren't freeloaders, scammers, or fakers. They are our neighbors and friends. And they aren't getting rich being unable to work.

There are parts to this work that will never be easy. I've learned that none of us make it out of this life unscathed, but some of us have bigger burdens than others. I'm glad I can be the guy who helps ease some of that burden.

At Monast Law, we remember the workers who died on the job this April and every day.

If you're interested in supporting Kids' Chance Ohio or learning more about the ways it can help your family, please visit [KidsChanceOH.org](https://www.kidschanceoh.org).

- Jim Monast

THE RISE AND FALL OF THE STANLEY CUP

IS LEAD LURKING IN YOUR STANLEY?

For years, when people talked about the Stanley Cup, they meant the men's hockey championship trophy. Today, the Stanley Cup means more than that; it's a wildly popular insulated cup made famous through TikTok. These metal cups are unmistakable, with their giant cupholder-friendly shape and long straw. They are available in various colors, giving them an extra edge for photographability. Millions bought them this past year, but Stanley's reign may end due to a lawsuit.

Like the Yeti before it, the Stanley Cup is durable and heat resistant. In one viral video, one even survived an intense car fire — as did the ice (the company bought a replacement car



and thanked the video's poster for her marketing service). For those wondering the secret trick to the Stanley Cup's extreme heat resistance, it's simple: vacuum insulation using lead.

Like many other stainless steel cups, the tumbler's base has a sealant containing lead. However, stainless steel surrounds it, so lead never contacts the outside. Damage can pop it out, but stainless steel cups are so durable that the risk is negligible. Many experts tested the trendy vessel and found them to be completely safe.

That hasn't stopped countless social media users from panicking. The same frenzy that drove the cup's popularity

may cause its downfall. TikTok is filled with freaked-out influencers, with some even buying lead testing kits. HydroFlask, Owala, and other lead-free cup producers took advantage of the situation, boldly claiming that their drinking vessels are insulated and lead-free.

To make matters worse for Stanley Cups, a class-action lawsuit was filed against the company. The plaintiffs, seeking refunds and punitive damages, argue that the company failed to tell consumers about the lead in their cups. Regardless of the truth, the lawsuit likely fed the flames of social media fear.

One thing is clear: The end of the Stanley Cup craze is on the horizon. It's anyone's guess what the next trending cup will be, but it likely won't be a spin-off like a lead-lined Stanley Quencher. It couldn't have come sooner for trend buckers and the company's competitors.

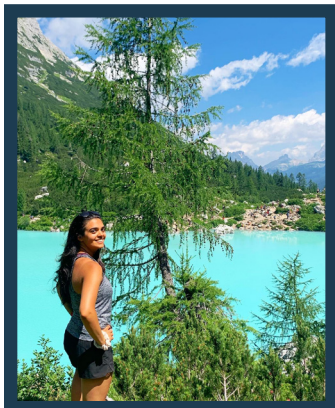
Meet Our Newest Employee, Sheila Arman

Our newest employee, Sheila Arman, started with us in early February 2024 as an Intake specialist. She's likely the voice you hear when you call.

A recent graduate of THE Ohio State University with a B.A. in philosophy and a minor in theater, she's a Renaissance woman who speaks two languages fluently. She loves hiking, exploring the great outdoors, and reading philosophy. She's been a lifeguard and managed customer service for the city of Upper Arlington. She's worked at Whole Foods and been an extra in the Netflix movie "White Noise."

And she's adventurous! Here's something she did last year after graduating college, in her own words:

"In the summer of 2023, my friend Mikayla and I spontaneously decided to backpack throughout the expansive beauties of Switzerland and Italy, igniting one of the most adventurous chapters of



my life. Among the many destinations, the Dolomites in Italy captured our hearts with its surreal blend of nature and urbanity. Nestled amidst breathtaking landscapes, we started a memorable hike to Lago di Sorapis. It was a grueling 6-7-hour trek that left us famished.

"One of many fun destinations we visited was the Italian-speaking town of Lugano, Switzerland. Our fortuitous timing let us immerse ourselves in vibrant festivities and lots of shopping. For two eventful days, we basked in live music and indulged in a culinary feast of endless pizza and pasta, all set against the picturesque backdrop of Lake Lugano.

"But it wasn't all smooth sailing! After our first stop (coming into Europe from the U.S.) in Zurich, Switzerland, we realized we had not booked a place to stay for the next two nights! We researched all night for a place to stay in Switzerland. It was almost impossible



with all the hostels, hotels, and even cabins all booked up. After about an hour we found a city called Lugano. Neither of us had ever heard of this place. But we discovered that we had stumbled upon a hidden gem.

"Two weeks of adventure just didn't seem enough. I am eager to travel again, for there is so much more to see! Some of my top destinations for next time are Germany, Poland, and Turkey!"

Please join us in welcoming Sheila as part of our great team!

CHEWING THROUGH SAVINGS

PENNSYLVANIA COUPLE'S DOG DINES ON \$4,000

improvement project. In the blink of an eye, Cecil swallowed thousands of dollars.

The incident unfolded in their home when Clayton discovered Cecil amidst the remnants of what was once their budget for a new fence. "It was so out of character that it just didn't seem real," Clayton reflected on the unexpected turn of events. Despite Cecil's history of never venturing onto counters or showing interest in anything but cuddles, this particular envelope of money proved too tempting.

The situation escalated when the familiar sound of a dog about to hurl jolted the Laws awake during the night. The ensuing cleanup revealed a messy mixture of partially digested bills. This marked the beginning of several days filled with the unpleasant task of retrieving, washing, and piecing together the damaged currency.

"We hit this point ... (of) diminishing returns," Clayton admitted, emphasizing the diminishing hope of recovering the full amount. However,

their painstaking efforts weren't in vain. By meticulously reconstructing more than half of each bill, they recovered \$3,550 of their lost funds, thanks to their bank's understanding and assistance in swapping the salvaged bills.

The couple's original plan to install a new fence has been postponed, but they've found a creative silver lining in the ordeal. They've decided to turn the remaining unrecoverable pieces of money into art, adding a unique chapter to their home's story.

Their experience with Cecil went viral on social media, resonating with pet owners and parents who've faced similar, although less costly, predicaments. "We're just happy the story's making people laugh," Carrie said, appreciating the universal nature of this misadventure. "You just can't be mad at them. You just have to love them anyway," she added, highlighting the unconditional love that pets like Cecil bring into our lives, even when they dine on something as unconventional as cash.



We all know the age-old excuse, "The dog ate my homework," but one Pennsylvania couple, Clayton and Carrie Law, experienced a real and costly version of this tale. Their dog, Cecil, a usually docile 7-year-old doodle, chewed through an envelope filled with \$4,000 in cash for a home

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ANSWER



MUNCHIES WITH MOLLY GRILLED STEAK WITH CHIMICHURRI SAUCE

Savor the flavor with our mouthwatering grilled steak, paired perfectly with vibrant chimichurri sauce.

INGREDIENTS

- 2 lbs steak (flank, sirloin, or skirt steak)
 - 2 tbsp olive oil
 - Salt and pepper, to taste
- For the chimichurri sauce:*
- 1 cup fresh parsley, chopped
 - 2 cloves garlic, minced
 - Juice of 1 lemon
 - 2 tbsp olive oil
 - 1 tsp red pepper flakes
 - Salt and pepper, to taste

DIRECTIONS

1. Preheat grill to medium-high heat.
2. Rub the steak with the olive oil, salt, and pepper.
3. Grill the steak for 4–5 minutes per side or until it reaches desired doneness.
4. Meanwhile, make the chimichurri sauce: In a small bowl, mix together the parsley, garlic, lemon juice, olive oil, red pepper flakes, and salt and pepper.
5. Let the steak rest for 5 minutes before slicing.
6. Serve the steak with the chimichurri sauce and enjoy!

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UNUSUAL SLEEP PRACTICES IN THE MIDDLE AGES:

THE 2 ACTS OF MEDIEVAL SLUMBER

In the Middle Ages, most people didn't sleep for eight uninterrupted hours like we do today. Instead, they had a "biphasic" sleep schedule, which means they had two sleep phases, one in the evening with a brief period of activity in the middle.

For first sleep, the household typically slept from 9–11 p.m. They slept on one single straw mattress. Everyone — including children, parents, and visitors — huddled on one bed.

Despite the lack of space, they tried to make it as comfortable as possible with complex sleeping arrangements. Touching, kicking, or any other restless activity was considered rude. Meanwhile, girls slept closest to the wall, followed by boys, guests, and parents.

While they didn't have alarm clocks back then, they had an internal clock that woke them up around midnight. Once they woke, they had plenty to do. They refueled the fire, did farmwork, and prayed. Often, people socialized with each other, but the busy

schedules of farming families cut down on chatting time. After they went to bed for a second sleep, they'd wake up at dawn.

Not everyone kept to the schedule. Young children slept all night unless they woke up to the commotion. Benedictine monks dozed at 7 p.m. and woke at 2 a.m. for prayer, staying awake until an afternoon nap. Still, most people followed the two-part sleep schedule, and medieval medicine even discussed how to do it properly. For example, medical texts recommended that they lie on their right side during the first sleep and switch to the left on the second sleep.

It's really not that weird — research suggests that biphasic sleep is quite natural and influenced more by lifestyle compatibility, which means the eight-hour schedule likely evolved as cultures industrialized. Our emphasis on uninterrupted slumber also coalesces with our invention of modern mattresses, and this may not be a coincidence. Sleeping is much more enjoyable if you lie down on a soft mattress than a bed of prickly straw.

