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# Workers' COMPanion

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# NORDJAMB '75

## Remembering the 14th Annual World Scout Jamboree and the Nordic Adventures of My Younger Days

One very late night in 1975, just barely after my sixteenth birthday, I lifted up the airplane window shade to get a better look outside. Everything was pitch black except for the faint red lights that dotted the shrinking Detroit Metropolitan Airport. The aircraft was packed with boys around my age, my new Boy Scout troopmates, all of us on the way to the 14th World Scout Jamboree in Lillehammer, Norway. Nordjamb '75, as it would come to be known, was the adventure of a lifetime, an amazing experience that's stuck with me ever since.

After we landed in Copenhagen, Denmark, we were each spirited away to stay with our respective host families for about four days. For a sixteen-year-old who'd never had the opportunity to explore the world, living with an older woman and her two sons in the heart of Denmark was a hoot. During the day she would drive us around in her little red Fiat, introducing me to the sights and flavors of the town. The car had no brakes, so as we were cruising around, she'd have to slam on the parking brake at all the stop signs. In the evenings, the two friendly brothers took me out to explore. They'd show me the local haunts, introduce me to their friends, and we'd sit around listening to the latest rock 'n' roll jams.

Soon all us Scouts were back together on the road, heading to the Jamboree in Lillehammer. We stopped along the way for a couple days in Gothenburg, Sweden. My mom's family originally came from Holland, and I couldn't shake the feeling that I was back there in the old family neighborhood in Scandinavia. Everyone I met throughout the three-week trip was so friendly and welcoming, regardless of where they came from.

The Jamboree itself was incredible. As I walked among the different camps, I was struck by the diversity of tongues being spoken. There were 94 countries from around the world represented at the event, with over 17,000 Scouts in attendance. The rudimentary showers they'd rigged up around the campground spat out

water so unimaginably cold it felt like needles piercing your scalp.

For 10 days, we did everything from mountain patrols to learning about modern technology, though the activity that had the greatest impact on me was a hike we took across a landscape that I can only describe as tundra. For days, we hiked through unfamiliar brush, over this strange spongy sphagnum that felt like nothing we'd ever walked on before. You would trudge for miles, then suddenly come over a rise and see those massive Scandinavian mountains rising in the distance, split by winding fjords. It was otherworldly, the kind of scenery that just doesn't exist in North America.

At the end of the Jamboree, we all collected into the shape of a single massive hand. The theme of the event was "Five fingers, one hand," with each finger representing one of the Nordic countries involved. Despite being surrounded by kids from all over the world, I'll never forget the keen sense of community I felt during that moment. That was one trip that just couldn't be beat.

- Jim Monast





# FRESHER, CHEAPER, TASTIER

## THE BENEFITS OF SEASONAL EATING

### The nutritional benefits of fruits and vegetables hardly need explaining.

While the stock of protein, carbs, and fat seems to rise and fall at random, the value of fruits and veggies never wavers. These health staples, though, can put a dent in your wallet if you're not making the right choices at the market. One way

to feed your family healthy and delicious produce on the cheap is to eat seasonally. Not only will this save you money, but you will also vary your diet, support local farms, and put the freshest foods on your table.

Ever wonder why tomatoes cost so much more in December than in July? The answer is simple: shipping distance. The less a tomato needs to travel to make it to your plate, the less it will cost. Transporting produce long distances is expensive because it needs to be protected and temperature-controlled. Eating seasonally means you'll save a ton on fruits and veggies.

Even better is to cut out the middleman entirely and buy directly from a supplier. In his exceptional cookbook, "Six Seasons: A New Way With Vegetables," Joshua McFadden writes, "The best way to eat with the seasons is to frequent and support local farms, markets, and grocery stores that are doing good things." Farmers markets have exploded in number and popularity recently, and the USDA website ([ams.usda.gov](http://ams.usda.gov)) has a directory of markets that you can search for by ZIP code.

Learning what's in season at a given time might seem like a daunting task, but there are plenty of tools to help you. Again, the farmers market is your friend here. You can ask what's in peak season now and what to look forward to in the coming weeks. Apps like Farmstand will also let you know the freshest crops in your area and alert you to deals on produce.

Even if you opt for a grocery store rather than farmers market, you can still save by eating seasonally. You'll be shocked how much you save by buying what's on sale. And guess which items are usually on sale? The ones that are in-season and abundant.

Getting the nutritional benefits and great taste of fresh produce doesn't need to cost an arm and a leg. Eat seasonally and locally, and the savings will pile up.

## Ruth K.

### IMPRESSIVE CASE RESULTS

Ruth K. worked as a nurse for more than 30 years. She suffered several injuries while working and was always able to bounce back and return to work at a job she loved. While working in the labor and delivery unit at a major hospital, however, she sustained a very serious back injury while quickly pulling up a mechanical bed for a delivery patient who was in the Trendelenberg position.

Rupturing discs at three levels in her lower back, Ruth underwent several extensive surgeries and began using a TNS unit. Given that she was in her mid-50s at the time of her accident and could not return to nursing, we suggested Ruth file for Social Security disability benefits in addition to pursuing her workers' compensation claim.

In spite of Ruth's advanced education, we were able to compile evidence from her treating physicians to establish that Ruth would have been able to engage in no more than sedentary (i.e., sit-down) work. Given Ruth's age, the seriousness of her injuries, and her inability to return to the work she had enjoyed over the preceding 15 years before becoming disabled, we were able to secure nearly three years of accrued benefits for her as well as monthly benefits in excess of \$2,000 per month, plus Medicare.

When her employer became aware of Ruth being declared disabled by Social Security, they asked about her interest in settling her workers' compensation claims rather than risk her being declared permanently and totally disabled by the Ohio Industrial Commission — meaning the employer would be responsible for compensation and injury-related medical payments for the rest of Ruth's life. We were able to assist Ruth in negotiating a very favorable settlement of her claims.





# THE MOST DANGEROUS JOBS in Ohio

Though Ohio workers are injured on the job less often than employees in many other states, the fact remains that workers get hurt or fall ill while at work every day. At Monast Law, we see injured people from all over the spectrum of careers, from machinists to grocery stockers, but there are definitely a few that result in a disproportionate number of injuries.

**Transportation** typically causes the most work-related deaths, as neglectful drivers endanger those moving goods from one place to another. Those long hours on the road drastically increase the chances of a vehicular collision, putting workers at risk.

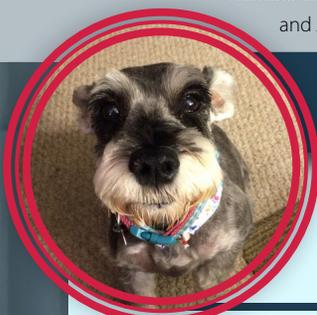
**Agriculture and natural resources** careers, such as those in forestry, fishing, or farming, were among the highest percentage of job-related injuries in 2015. With Ohio covered by over 8 million acres of forest and about 14 million acres of operational farmland, it's no wonder.

**Health care** workers suffered injuries at a rate of 3.7 per 100 workers in 2015, ranking them among the top in Ohio. With large medical centers like those at Ohio State, Nationwide Children's Hospital, and Mt. Carmel Health Systems, health care employees make up a substantial portion of the Ohio workforce. Often, they're exposed to risks through physical labor, disease, and travel.

**Construction workers**, in addition to the dangers posed by travel to and from the worksite, are at a far greater risk for slips, trips, falls, or injuries from working with machinery. Amid the hustle and bustle of a job site, it can be easy to make a mistake or suffer the consequences of someone else's.

**Managers**, surprisingly enough, suffer a large proportional percentage of injuries as well. Often, these high-level positions entail a significant amount of travel between meetings and conferences, increasing the risk of vehicle accidents. There are a surprising number of hazards, even in an office setting, and Ohio is home to a number of large corporate headquarters, including Nationwide Insurance and JP Morgan Chase.

# SUDOKU



## ABBY'S APPETIZERS

### APPLE CIDER CHICKEN

*With cool fall weather comes the desire for hot, comforting meals. Take advantage of fall's abundance of apples to make this savory dish.*

*(Recipe courtesy of foodnetwork.com.)*

7				1			
5			9				
8		9	3	4			
	7		8		3	5	
		8		1	9		2 4
1				2			3
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9	3	4		2		8	

#### INGREDIENTS

- 2 tablespoons olive oil
- 2 tablespoons butter
- 4 boneless, skinless chicken breasts (about 2 pounds)
- Salt and freshly ground black pepper
- ½ Vidalia onion, chopped
- 1 Granny Smith apple, cored and sliced into ¼-inch wedges
- 3 cloves garlic, minced
- 2 teaspoons dried thyme
- 2 bay leaves
- 2 tablespoons all-purpose flour
- 1½ cups apple cider

#### DIRECTIONS

1. Heat oil and 1 tablespoon butter in a skillet over medium-high heat.
2. Season the chicken breasts with salt and pepper, add to pan and sear until golden, about 4 minutes each side. Remove chicken from pan and set aside.
3. Add remaining butter, onion, apple, garlic, thyme, and bay leaves. Sauté until apple begins to get color and onions soften, about 6 minutes. Add flour and stir for 2–3 minutes.
4. Nestle chicken back into pan, add cider, bring to a boil, then reduce to a simmer and cover. Cook until chicken is cooked through, about 12 minutes.



**ANSWERS**

7	3	4	2	8	1	9	6	5
5	6	9	3	4	8	2	7	1
8	1	9	3	4	5	2	7	6
	7		8		3	5		
		8		1	9		2	4
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9	3	4		2		8		

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# PUT POSITIVE THINKING TO BED

## Why This Way of Thought Isn't What It's Cracked Up to Be

**Can the power of positive thinking change your life?** Bookstores brim with self-help books written to guide readers toward positive thinking and countless websites claim to do the same. But what is positive thinking?

Essentially, it's shutting out negative thoughts. One website, [tinybuddha.com](http://tinybuddha.com), says, "Negative thoughts drain you of energy and keep you from being in the present moment. The more you give in to your negative thoughts, the stronger they become."

This sentiment is ironic considering the Buddhist philosophy of detachment (or non-attachment) suggests

that one should let negative thoughts and emotions enter the mind, but not dwell on them, so they pass with the moment.

Research into the subject agrees. In the 1960s, researchers studied grief — or the lack of it. When people attempted to suppress grief, it took them longer to recover from what caused the grief in the first place.

In reality, the biggest factor at play when it comes to positive or negative thinking may be stress. Stress comes with its fair share of negative consequences. Stress can influence overall health, both mentally and physically. If you are stressed, chances are you are not in a good mood and, by extension, are thinking negative thoughts.

And this presents another problem with positive thinking. Anne Harrington, Franklin L. Ford Professor of the History of Science and director of undergraduate studies at Harvard, and author of "The Cure Within: A History of Mind-Body Medicine," says, "It's just as stressful to keep up a performance of positivity as it is to [keep up] a bad mood. It's very stressful to be inauthentically upbeat all the time."

So, what can you do? Let yourself think negative and positive thoughts. Don't dwell on the negative, and let it run its course. Then, turn your attention to your sources of stress and do what you can to minimize them.