

Workers' COMPanion

AUGUST 2022

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OH, THE THINGS YOU'LL LEARN

WHEN YOU HEAD OFF TO COLLEGE

Heading off to college is one of the most exciting moments in a young person's life, and many young adults will be starting their first semester of college this month. That first year is the perfect opportunity to make new friends and discover your passions so you can find a satisfying and rewarding career after you graduate. For those that recently graduated high school and are not continuing on to college, it's important that you understand it's okay to wait, go to trade school, or simply not go at all. A college education does not always breed success, and there have been plenty of successful people who never attended college.

College has changed a lot since I went to Ohio State and has even changed since my sons went to college 10 years ago. Now, it seems to be much more expensive. When I attended Ohio State, we had quarters instead of semesters and it only cost \$400 per quarter. If you attend Ohio State today without scholarships, it would cost you five figures a year. Before taking out student loans, it's incredibly important to know exactly what you are signing up for because that amount can add up quickly.

Another thing to keep in mind when starting college is that you shouldn't lose sight of who you are. Get involved with different activities to find a group of people that you mesh well with, but don't change who you are or your values just to fit in. Even though you are still figuring out who you are, don't lose sight of yourself because you have developed some great character traits throughout your

formative years. At college, you'll have an opportunity to meet people from many walks of life, and you can learn from those interactions, which will help you grow and learn more about life as a whole.

As you take classes and try to figure out where your passions lie, be sure to keep an open mind and take all viewpoints into account. Professors come with their own sets of biases and it's important students understand that while learning from them. Thomas Jefferson once said, "Question with boldness even the existence of a god; because, if there be one, he must more

approve of the homage of reason, than that of blindfolded fear." Don't be afraid to question your professor's reasoning because they may be sharing from their point of view and not telling you the entire story.

When I was in college, I had professors who served in Vietnam who clearly had their own agenda they were attempting to impart to the youth. I'm sure the same thing happens in today's classrooms. If your professor tells you not to read a certain book or author, you should make sure to look into it because it might open you up to an entirely different perspective. That doesn't mean you should openly question your professor at every opportunity. They probably



wouldn't take too kindly to that, but you should be aware of differing perspectives.

Regardless of whether you go to college or not, one of the greatest lessons you will learn throughout your life is that learning does not end with school. You continue to learn throughout your life and expanding your knowledge is one of the simple pleasures that we experience. As you progress through life, keep an open mind and continue to research topics that interest you.

- Jim Monast

MAKE THE MOST OF EVERY NOOK AND CRANNY

As people spend more time in their houses, the boundaries between home, work, and leisure are blurred more than ever, which can impact mood and productivity. No matter where you live — a single-family suburban home or a one-bedroom apartment — you want to squeeze as much function as you can in an existing space. These tactics will help you get the most out of your abode.

Fold it away.

One of the first steps in creating more space is to utilize multifunctional furniture. These are pieces that can fold and free up floor space when they're not in use, or they can even transform into another piece of useful furniture.

Instead of using a free-standing desk, you can go with a fold-away desk that disappears into your wall or can easily be hidden in a storage area or under the bed. There are also tables that transform and expand when needed. You can look into using a bed that folds into the wall, as they come with built-in storage options to keep extra bedding, clothes, shoes, and other space-hogging items.

Consider combining rooms.

If you have an open-floor plan, combining rooms is a great way to make the most of the existing space. Combining rooms like the dining room and kitchen is ideal for social gatherings in one area where no one is cut off from the crowd while

cooking. Another combination is a bedroom closet and office. A few shelves and a chair can morph a closet into a great office workplace, and you can even tuck it behind a curtain when it's not in use. You can also use this technique in an empty corner of a room.

When it comes to creating a multifunctional area, it's not about dividing the room in half. Instead, it's about allocating your space according to how you're actually going to use it. You can really use every nook and cranny of your home to your advantage, and it'll give you plenty of room for more activities.



CLIENT SUCCESS STORY: BILLY POTTER

When I was growing up, I was fascinated by George Plimpton. A New York aristocrat and literary journalist, Plimpton wrote witty accounts of his various madcap attempts to slip into other people's high-profile careers. He'd often appear on "The Tonight Show" when Johnny Carson was at the helm.

He tried several stints as a "professional" athlete. As a boxer, he had his nose bloodied by Archie Moore at Stillman's Gym in 1959. As a pitcher, he became exhausted and couldn't finish an exhibition against 16 stars from the National and American leagues (though he got Willie Mays to pop up). And as a "professional" third-string quarterback, he lost roughly 30 yards during a scrimmage with the Detroit Lions in 1963. He also tried his hand at tennis, had a brief stint as goaltender for the Boston

Bruins, was a temporary percussionist with the New York Philharmonic, and performed as a trapeze artist in a circus. He believed writers needed to immerse themselves in what they were covering, not just observe.

We have clients from diverse backgrounds, employment, and interests. I love learning about different jobs and hobbies they've had. As for their jobs, I feel it's sometimes like watching "Dirty Jobs" and thinking "I had no idea that's how that work gets done!" I admire people good at their work, whatever it is.

The hobbies also vary: competitive cyclists, custom hot rods, race car drivers and transporters. Our client, Billy Potter, a heavy equipment operator and commercial driver by trade, also is a maker of custom knives. He

began making knives in 1995 and still does. He has his own YouTube channel and his work has been featured in Knife Magazine, a periodical for collectors, knifemakers, and other enthusiasts.

Billy was injured last year driving for Del Monte when his semi hit a huge pothole as he came over a bridge. As his back pain persisted and his restrictions became permanent, it was too difficult to drive big rigs any longer, so he retired and settled his claim.

His wife is from Thailand, so after the settlement was paid, they sold their home in Dublin, crated their belongings, and moved to Bangkok! He says it's cheaper to live there, they're near her family, and the knife business can be done anywhere he is!

PROVIDING A NEIGHBOR WITH A HOME

HOW ONE MINNEAPOLIS COMMUNITY
PROTECTED ONE OF THEIR OWN



Over the past few months, we have seen the effects of inflation take its toll on things we use every day. Gas prices hit record highs, groceries went up in price, and rent payments increased in some areas throughout the country by double. This has left many Americans to deal with new financial struggles while others faced the threat of eviction and potential homelessness. Linda Taylor of Minneapolis faced this exact situation when her landlord decided to sell her property and gave her until the end of January to vacate.

Linda first moved to the Powderhorn Park district in Minneapolis 19 years ago in an effort to help the homeless and needy. After nearly two decades in her small home, her landlord gave her two months' notice that he was selling the house and she needed to leave. Linda was well known in her tightknit community and word quickly spread about her situation. Many of her neighbors gathered together and struck a deal with her landlord. He would give Linda until the end of June to live in the house if the community raised the money to buy the house.

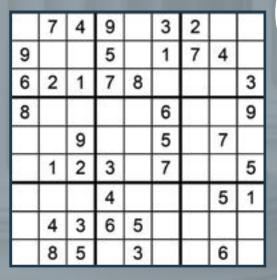
During a time when inflation was at a 40-year high, her neighbors opened their hearts and their wallets to help out "Miss Linda." They put together art shows and bake sales. They also received pro bono work from a real estate agent and countless small donations from people around the community. They were able to gather \$275,000 dollars by the end of May and didn't need to wait until the end of June to come through on their promise to the landlord.

Linda has completed the closing process, and the 70-year-old can rest easy knowing that she has a place to live.

"Yesterday, I went and did the closing for the house," Linda said in an interview with ABC's Minneapolis affiliate. "It makes me feel so good, everything that I have given, it's coming back to me and I want to continue to give. I love this community."

Linda now plans to continue hosting backyard barbecues, movie nights, and lemonade stands with her grandchildren as she is determined to pay the kindness forward.

SUDOKU







INGREDIENTS

- 1 cup flour, for dredging
- Salt and pepper, to taste
- 4 boneless, skinless chicken breasts, pounded to 1/4-inch thick
- 1/4 cup extra-virgin olive oil
- 4 oz prosciutto, thinly sliced
- 8 oz mushrooms
- 1/2 cup Marsala wine
- 1/2 cup chicken stock
- 2 tbsp butter

DIRECTIONS

- 1. In a bowl, mix flour, salt, and pepper until evenly distributed.
- 2. Add chicken to flour mixture and coat all sides. Shake off any excess.
- 3. In a large skillet over medium-high heat, add olive oil. Once hot, add chicken to the skillet. Work in batches if pieces don't all fit in the pan. Cook each side for 5 minutes until golden brown.
- 4. Remove chicken to a platter.
- 5. Lower heat to medium. Add prosciutto to pan and sauté for 1 minute. Add mushrooms and sauté until browned, about 5 minutes.
- 6. Add Marsala to skillet. Let it come to a boil, then add the chicken stock and simmer for 1 minute.
- Stir in the butter and add chicken back into the skillet. Let simmer gently for an additional minute, then serve.



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Pigs Are Brave and Loyal Pets, Too!

LULU THE PIG IS A HERO! SHE SAVED HER OWNER FROM A HEART ATTACK

Lulu captured the hearts of the Altsmans when their daughter asked them to pet-sit her overweight pot-bellied pig. The pair quickly fell in love with Lulu, and their bond got stronger each day. This relationship was literally life-saving when the wife suffered a heart attack one August afternoon. Jo Ann Altsman was home alone with Lulu and their dog, Bear, when the incident occurred. Her husband was off on a fishing trip, and the pair didn't have any neighbors nearby.

Bear began to bark to try and get someone's attention, but Lulu knew she had to do something before it was too late. So, she made her way out of the doggie door, which badly

made her way out of the doggie door, which badly scraped her belly as she exited. Lulu had never left the yard, but today was different. To get some attention, she decided to lie down in the middle of the road and play dead until a car stopped to check on her. After several minutes of lying on the street, several cars passed by but didn't stop. So, she checked on her owner, then squeezed through the doggie door and lay down on the road again.

After 45 minutes, a gentleman on a motorcycle pulled over to check on Lulu. She immediately perked up and began walking toward the house, leaving a trail of blood behind her as she walked. The man followed Lulu and found Altsman unconscious on the ground. He quickly dialed 911 and asked for assistance. When the medics put her owner in the ambulance, Lulu attempted to get in with them. Of course, she couldn't come, so she began to squeal as she watched the medics take her mom away. Thankfully, Lulu's wounds were attended to, and Altsman received lifesaving open-heart surgery at the Beaver Medical Center.

Because of her loyalty and creative thinking, this pot-bellied pig became a celebrity overnight! She was a guest on "The Oprah Winfrey Show" and the "Late Show With David Letterman." Everyone fell in love with Lulu and her heroism.

Thank you, Lulu, for being a loyal and brave pet!