

REMEMBERING PREVIOUS HARDSHIPS AND CHALLENGES

TO FACE NEW ONES WITH A GRATEFUL ATTITUDE

Whether you had a family member that contracted the coronavirus, you lost your job, you're struggling financially, or you're facing some other hardship unrelated to the pandemic or the recession, it goes without saying at this point: 2020 has been hard. In light of the Thanksgiving season that's fast approaching, actual words of gratitude around the dinner table might be scarce. That's why this year — more than any other year that most of us have been alive — we need to remember the good things in bad times.

Just a few months ago, my sister-in-law Sheila passed away. She had been dealing with some heart and kidney issues the last few years of her life, but she never let it put her in low spirits. Her husband, my older brother, Bryce, has always been my hero. I remember being the ring bearer at their wedding. Her death has been one of the hardest parts of this year.

Something that has helped me through this time has been something that author and TV personality Dennis Prager wrote in his commentary on the Book of Exodus in the Bible. Prager, a devout Jew, remarks how the people of Israel repeatedly forgot the hardships that God had helped them overcome. They would cross the Red Sea on dry land one day and then complain that they were forsaken in the desert the next day. Had they remembered that they had overcome great difficulties in the past, they might have gone into the next hardship with a more hopeful, grateful attitude.

That made me think of the conditions under which the Pilgrims celebrated the first Thanksgiving. They had just made it through a terrible drought. Part of their reason for celebrating was that they had overcome serious hardship

and were grateful just to be alive. They remembered their hardship and were determined to go into the future with more hope and gratitude because of it. Similarly, when President Abraham Lincoln proclaimed Thanksgiving to be a national holiday in 1863, the country was in the middle of the Civil War — not exactly a time when many people had a lot to be thankful for! However, he did so because, I think at some level, President Lincoln understood that the country needed a day to remember the good things while slogging through immense hardship, and Thanksgiving might end up being a day where Americans could be thankful that they were no longer at war with one another.

I believe we have to be intentional on focusing on our blessings as I, for one, seem hard-wired to overlook them. 2020 has been hard for sure, but it's not the first time most of us, including me, have faced loss, financial strife, or economic uncertainty. That's why this Thanksgiving, it's my goal to remember to be grateful for the good things I have in my life now, and also for when God has helped me and my family through difficult times before. What we're all going through right now is tough — no one is going to argue with that. We just have to remember that we're also strong enough to make it through to the other side. As minister Raymond Edman was fond of saying, "Never doubt in the DARK what God told you in the LIGHT."

-Jim Monast



Bryce and his wife, Sheila — no, they aren't really in Venice!

WHAT IS FAMILY BURNOUT And How Do I Prevent It From Affecting My Family?

According to one study from 2018, over half of all parents surveyed were experiencing some form of burnout (i.e., exhaustion, cynicism, lack of professional satisfaction, etc.) — and that was before the pandemic. Now, as the world enters the eighth month of the coronavirus pandemic, many parents are working from home or dealing with unemployment, and many children are doing school online. Families are spending a lot of time together at home, balancing new routines — and that's led to *family burnout*.

When you experience “family burnout,” the kind of exhaustion that comes from spending too much time with family, it manifests itself as physical and emotional exhaustion, an inability to handle usual tasks, and increased irritability. The more demanding your work and home responsibilities are, the more susceptible you are to family burnout. Single parents are especially susceptible, but burnout can drastically affect romantic relationships and even children. Most people are not used to spending so much time together at home.

With all that in mind, don't worry — family burnout is preventable. It starts with creating a balance between work and rest. While it might feel like you don't have a moment to spare between work and taking care of the kiddos in the house, identifying those spare moments in your day is absolutely necessary for your health.

Establish a routine that defines time for work, sleep, studying, and other tasks. You'll then move from task to task easier, leaving less room for conflict between others in the household. You'll also see more

clearly when you can rest! Those breaks don't have to be anything special — a 15-minute walk by yourself outside or a 30-minute stretch with a good book in a comfy chair. Find time to let your kids have a break, too, like playing their favorite games, reading their favorite books, or playing outside. You'll all feel more refreshed to tackle the remaining tasks of the day.

Even though you can prevent or minimize burnout through a more balanced routine, sometimes that's not enough. Don't be afraid to ask for help when you need it. Family therapy can be immensely helpful for maintaining your mental health when your own attempts need a boost. These are unique times, so be patient with yourself and your family as you cope with new challenges and routines. Burnout doesn't have to be inevitable.

CLIENT STORY **GUISEPPE “JOE” CORDI**



I've found myself thinking about some of the memorable folks I've helped over these many years, which, I guess, goes with what seems to be our theme this month of reflecting and remembering. I've been fortunate to represent hardworking immigrants — from Asia, Mexico, the Middle East and even That State Up North — who saw opportunity in America to build a better life for themselves and their families.

One guy who still makes me smile every time I think of him is Guiseppe Cordi, whom everyone called “Joe.” Joe was born and raised in Italy. He dropped out of school there when he was 15 or 16 and immigrated to the U.S. at age 20. He worked as a plumber in Italy and as a baker for nearly 25 years in the States. He seriously had the physique of one

of the Mario brothers (also plumbers, by the way), short and round. He would always call me “Jam-ess.”

In Columbus, he worked with extended family at Auddino's Italian Bakery, one of the finest in town. They make fantastic cannoli, biscotti, donuts, breads, and pizza dough ... As they say, carbohydrates are good for the soul! Joe and his family would often bring huge platters of baked goods to my office just to help me maintain my fabulous figure. (Hey, it takes a lot of work to look like me!)

Over the years, he developed “baker's asthma,” surprisingly one of the most common types of occupational asthma. It's caused mainly by inhaling cereal flour, particularly wheat flour, and other allergens present in bakeries (eggs or egg powder, sesame/sesame seeds, yeast, and nuts). His condition had progressed so much before he filed his claim, primarily to obtain medical care, that he'd already been hospitalized three times and regularly needed oxygen treatments.

Within a couple years of filing his claim, Joe's pulmonologist declared he was permanently and totally disabled from working as a baker. Testing

showed Joe could walk only about 50 feet before stopping to catch his breath. He could work no more than an hour or two per day. A desk job was out of the question because of the language barrier. (Joe spoke very little English.) He couldn't even handle a lengthy plane ride to see relatives in Italy.

Joe had continued to push himself to work even though the work environment was ruining his health. His breathing capacity was measured at 19% of normal soon after he came to us, but he didn't want to let his family down.

With his serious physical limitations, lack of high school education, and language barrier, we helped Joe obtain permanent total disability benefits. Afterward, his family brought in another huge platter of baked goods to say “thank you.”

This entertaining, rotund little plumber/baker died a couple years ago, but the family bakery lives on. I can still hear him asking, “Jam-ess, have you heard from worker compensation?” in my mind as I write this ... and I still smile.

—Jim Monast

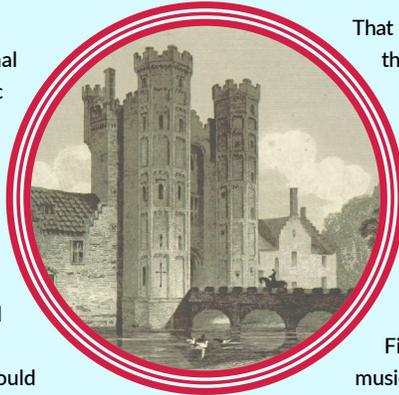
Some Good News

TREASURE-TROVE OF ARTIFACTS FOUND IN OLD BRITISH HALL

Stories of buried treasure are usually reserved for adventure novels — but not at Oxburgh Hall, a National Trust site (the British equivalent of a National Historic site) in Norfolk, England.

Not too long ago, Oxburgh Hall, which was built in 1482, was due for a roof restoration worth \$7.8 million. As archaeologist Matt Champion, who was working on his own during the lockdown, was sifting through the rafters of the Hall, he was shocked to come across a treasure-trove of historical artifacts — some of which dated back to when Oxburgh Hall could have been considered recent construction.

While the treasure in question might not have been gold, silver, or jewels, the historical significance of the nearly 2,000 artifacts uncovered cannot be understated. The most recent artifacts dated back to World War II, including old Woodbine cigarette packs and an old box of Terry's Chocolates. (Terry's Chocolate Works in York, England, officially closed 15 years ago.)



That might not seem too exciting, but as Champion continued digging through the dust, he uncovered older, far more interesting historical items, preserved partially by the lime plaster, which drew out moisture from the debris. These included high-quality Georgian and Elizabethan textile scraps. The Georgian era in British history ran from 1714 to 1830, and the Elizabethan era ran from 1558 to 1603, making those textiles hundreds of years old.

Some of the other treasures discovered were ironically part of an ossified rat's nest, including a page from a 1568 copy of St. John Fisher's "The Kynge's Psalmes" and some 450-year-old handwritten music. However, the crown jewels of these artifacts were no doubt the rest of the book, discovered by a worker in a cubby hole in the attic, and a 600-year-old gold leaf parchment fragment, which contained a part of Psalm 39 written in Latin in blue ink. According to National Trust curator Anna Forrest, a book containing that parchment would have been incredibly expensive to make.

Whether under the ocean, in the rafters of an old manor, or in your own backyard, you never know where the next great treasure-trove will come from!

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ANSWER

NIBBLES WITH NUG



Inspired by FoodAndWine.com

CINNAMON-SPICED CANDIED SWEET POTATOES

These candied sweet potatoes will make your family beg for more!

INGREDIENTS

- 4 lbs orange-fleshed sweet potatoes, peeled and cut crosswise into 2-inch pieces, then cut lengthwise into 1-inch wedges
- 1 cup light brown sugar, packed
- 1 tbsp kosher salt
- 1/4 tsp ground cloves
- 1/4 cup unsalted butter, cubed
- 4 (2-inch) cinnamon sticks

DIRECTIONS

1. Preheat oven to 350 F.
2. Place sweet potato wedges in a 4-quart baking dish.
3. Sprinkle sugar, salt, and cloves over sweet potatoes.
4. Dot with butter and place cinnamon sticks around sweet potatoes.
5. Bake, turning every 15 minutes, until sweet potatoes are tender and the liquid is syrupy, about 1 hour and 15 minutes.
6. Remove from the oven and let stand for 10 minutes.
7. Discard cinnamon sticks and serve.

INSIDE THIS ISSUE

- 1 The Connection Between Remembrance and Gratitude
- 2 What Is Family Burnout, and How Do I Prevent It?
- 2 A Client's Story
- 3 Treasure-Trove of Artifacts Found in Old British Hall
- 3 Cinnamon-Spiced Candied Sweet Potatoes
- 4 A Number of Importance

The 11th Hour of the 11th Day of the 11th Month

WHY VETERANS DAY AND THE NUMBER 11 GO HAND IN HAND

Veterans Day comes every Nov. 11. It's a national holiday that recognizes veterans who served in the United States Armed Forces and honors those both living and deceased. Historically, the day marks Armistice Day and the end of the Great War: World War I. But what is the significance of the number 11?

The armistice was signed at 5:45 a.m. in France, but it took effect at 11 a.m. that same morning – which happened to be Nov. 11, 1918. The armistice originally lasted 36 days but was extended month after month. This led to the signing of the Treaty of Versailles on June 28, 1919, when peace was officially declared.

Later that year, President Woodrow Wilson proclaimed that Nov. 11 would be known as Armistice Day to honor those who fought in the Great War. This lasted until 1954, when President

Dwight Eisenhower signed a proclamation turning Armistice Day into Veterans Day.

The change was made in order to recognize *all* veterans who had honorably served their country. By 1954, the U.S. had fought in more wars – specifically World War II and the Korean War – and hundreds of thousands more Americans had served.

Unsurprisingly, there was some political drama surrounding the day. In 1968, Congress made Veterans Day a federal holiday under the Uniform Holiday Bill. The idea was to increase the number of three-day weekends in the year. Veterans Day became a holiday that would fall on the fourth Monday of October, a far cry from Nov. 11.

However, in 1978, Veterans Day was restored to its original Nov. 11 date. But why?



The answer is simple. It's a number that sticks with you. When the clock strikes 11:11, you *always* take notice. By that same notion, we all remember the 11th hour of the 11th day of the 11th month. Because of this, we'll never forget the end of the Great War, nor will we forget those who served.