



**MONAST**  
LAW OFFICE

# Workers' COMPanion

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## THE JOYS OF HELPING AMERICAN WORKERS

### HOW I BECAME A WORKERS' COMPENSATION ATTORNEY

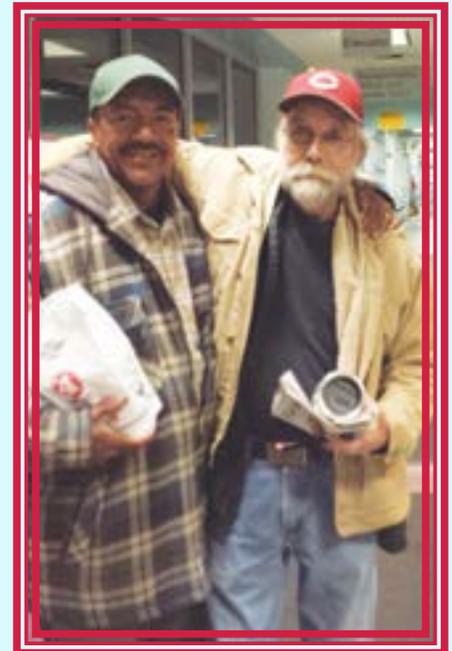
Having a job provides us with the means to afford the basic necessities while giving us a craft to perfect every day. However, some jobs are much more dangerous than others and require their employees to work in hazardous conditions or perform unsafe actions. On April 28, we recognize Workers' Memorial Day to serve as a remembrance of workers who were killed, disabled, injured, or made unwell by their work. As a workers' compensation attorney, this day is important and I thought it would be a great opportunity to share why I dedicated myself to this area of law.

I grew up in a small town in Missouri in a time when politically and culturally, we were in a very different place. As kids, we would stay out all day long, riding our bikes and playing football whenever we had the opportunity. My mom worked as a cosmetics clerk at Macy's, and my dad was a traveling salesman who drove 250,000 miles a year selling automotive air conditioning parts. My sister was the school librarian, and my brothers were truck drivers. It was a time when people didn't hesitate to help one another. If your neighbor needed help, you helped them. That was how we viewed America.

As I grew older and was preparing to finish college, I had to decide about my future career path. I toyed around with going to law school thanks to the portrayal of attorneys in popular media. From Atticus Finch to Perry Mason, attorneys were shown as noble people who defended the little guy. This pushed me to law school, but seeing how my dad's company treated him after years of work made me want to fight for regular men and women.

My dad had worked in sales for his entire adult life after getting out of the Navy but was laid off when he was in his 50s so the company could hire younger employees. I began to notice how often the average person got pushed aside by things out of their control. This happens way too often when people get injured at their workplace.

I've worked with people from many industries. From teachers to garbage men, I believe the vast majority of people are good. Even in professions that get a bad reputation, there is only a small percentage in that occupation doing wrong. We should all make an effort to treat everyone with an equal level of decency and fairness.



There's a common misconception that people injured at work are just lazy and want more time away from work. In my experience, there is no truth to that belief; 99% of people injured at work want to get better so they can work again. Nobody is getting rich off of workers' compensation. Most people don't ask to get hurt, and they don't deserve to be put down or have their integrity sullied by coworkers or their employer. It's usually a very difficult situation for the person who was injured, and they don't need any added stress.

More than anything, I get a sense of satisfaction from my job because I'm the one who helps my clients navigate this difficult situation. They didn't ask to be put in this situation, and it can be incredibly complicated and demoralizing for them. I and my staff can help put their emotions and concerns at ease. That's a big reason I love this job.

*-Jim Monast*

# PREPARING YOUR A/C UNIT FOR SUMMER

For many people around the country, April is the first month when they might turn on their air conditioning unit. Even if it's still chilly where you are, summer is right around the corner, so you need to make sure your A/C unit is ready to tackle the summer heat.

A central air conditioner has an indoor air handler and an outdoor compressor. The compressor is where you want to spend your time cleaning and maintaining. More than likely, you didn't use your air conditioner during the cooler winter months, so you'll need to do a few things to ensure your unit is in peak condition before turning it on.



Before doing any work on your unit, make sure you turn off the circuit breaker. You'll need to turn off the power to the condenser at the service panel, but most condensers also have a weatherproof disconnect box that you need to power down. Once your unit is powered down, you can begin cleaning and replacing your furnace or air-

handler filters. Ideally, you should do this twice a year. If you fail to change or clean these filters, restricted air flow will reduce the efficiency of your unit.

In addition to cleaning your filter, you also need to clean the condenser coils. If your unit was uncovered during the winter, leaves and other debris likely found their way inside the coils. Make sure the fan is clear before moving inside the box to check if the coils are clogged. If they are, clean them with a soft brush and use a vacuum to clean the coils from the inside.

Once you've cleared away all the debris and excess water, check the coolant lines. These lines are usually covered with foam insulation that can fray and crack. If they're damaged, replace them with new foam insulation sleeves.

Your unit should now be ready for a test, and if everything runs well, your air conditioner should be ready to take on the summer heat. Anyone can clean and complete simple maintenance, but if the system still doesn't work properly, call in a professional to investigate and handle further repairs.



## CLIENT STORY: CHARLIE SCHMIDT

### INJURY PREVENTS RETURN TO NEWSPAPER JOB

Mark Twain reportedly said, "So I became a newspaperman. I hated to do it but I couldn't find honest employment."

Mr. Clemens' beliefs aside, for others, the printers' ink just seems to run in their blood as it clearly has for Charlie Schmidt's family.

We've represented Charlie since his injury at "Ohio's Greatest Home Newspaper," the Columbus Dispatch, several years ago. The Dispatch began printing in 1871. Since then, it's seen its fair share of Charlie's relatives work there. As Charlie explains it:

"As a kid, I remember my dad coming home in the wee hours of the morning to give us kids a hug and a kiss goodnight. He always

smelled of Stetson, ink, and paper, the smells of the Dispatch. I kinda grew up in there: Everyone knew everyone, and it was a close-knit group. My grandfather, Charlie, started at the Dispatch in April 1934, followed by my father Richard in the early '70s. They were both journeyman mechanics, well respected in their trade, and I wanted that. My brother and I both applied, but limited positions were available. My brother was hired on. Fast forward a couple years, I was hired part-time, working on and off for 3 years, then finally had the opportunity to go full-time. To say I was excited was an understatement! The only job I had ever wanted since I was a kid was finally mine — I even wrote a report in school about how I wanted to be a journeyman! At the time of my injury, I had worked up to a nightside lead position and was the nightside union chairman for the Teamsters Local 473."

Charlie even met his wife, Lorena, at work when he was a forklift operator and she was a wave processor. They've been together 14 years and have six great kiddos.

Charlie injured his back trying to move a pallet using a pole as a lever, a common practice. Following several years of therapy, injections, and rehabilitation, even the Bureau of Workers' Compensation's doctors have concluded Charlie can't return to his job. While a fusion may be in his future, and his activity level is severely restricted, he remains upbeat. He is married to his best friend, has a wonderful family and a fantastic legal team, and rocks a righteous beard!!

We are pleased to introduce you to the Schmidts, our friends and a delightful family with longstanding ties to Central Ohio.

# SETTING A NEW WORLD RECORD

ONE WOMAN'S GOAL TO INSPIRE OTHERS



Back in 1932, Amelia Earhart shocked the world when she became the first woman to fly solo across the Atlantic Ocean. She has inspired thousands of young women to pursue their dreams when others told them it wasn't possible or worth it. This past January, another female aviator set a record that will surely inspire others to follow in her footsteps.

On Jan. 20, 2022, 19-year-old Zara Rutherford landed her plane in western Belgium after first taking off 155 days earlier. In those 155 days, she traveled across the world and set a world record as the youngest woman to fly solo around the world. She traveled 28,000 nautical miles while stopping in 41 countries across five continents.

Initially, her flight was only supposed to take three months, but it was extended after bad weather intercepted her flight path, and she faced visa issues in some countries that kept her grounded for weeks. She had to avoid flying through the California wildfires and North Korean airspace. Rutherford also spent weeks in the small Siberian village of Aryan where she had little communication with the outside world. She flew using visual flight rules, which meant she flew basically on sight alone, and that slowed down her overall flight time.

Rutherford started traveling in small planes with her parents, who are both pilots, when she was 6 years old. She flew herself when she turned 14. It didn't take long for her dreams to form. Though she was concerned with the cost and her safety, she grew determined to fly around the world.

"I thought, actually, this is the perfect opportunity to do something crazy and fly around the world," said Rutherford.

With her spot secured in the record books, Rutherford hopes to infuse young women around the world with the spirit of aviation and an enthusiasm to study sciences, technology, mathematics, and engineering in school.

# SUDOKU

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ANSWER



## MUNCHIES WITH MOLLY HEALTHIER, LIGHTER DEVEILED EGGS

Inspired by LiveEatLearn.com

### INGREDIENTS

- 6 large eggs
- 3 tbsp Greek yogurt
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- Optional: Hot sauce, to taste
- Optional: Paprika and chives, chopped, for garnish

### DIRECTIONS

1. In a large pot, add eggs and cover with water. Put on high heat, and then boil eggs for 10 minutes.
2. Once boiled, peel eggs by gently tapping and removing the shell. (Adding the eggs to an ice bath after boiling can make this task easier.)
3. Cut eggs lengthwise and place yolks into a medium mixing bowl. Set egg white halves open side up on a plate.
4. In a bowl, combine yolks, yogurt, mustard, lemon juice, and hot sauce (if desired) until smooth.
5. Transfer the yolk mixture into the egg white halves. Garnish with paprika and chives if desired.

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How to Drink More Water

## RAISE A GLASS — OR SEVERAL

6 WAYS TO DRINK MORE WATER WITHOUT THINKING ABOUT IT

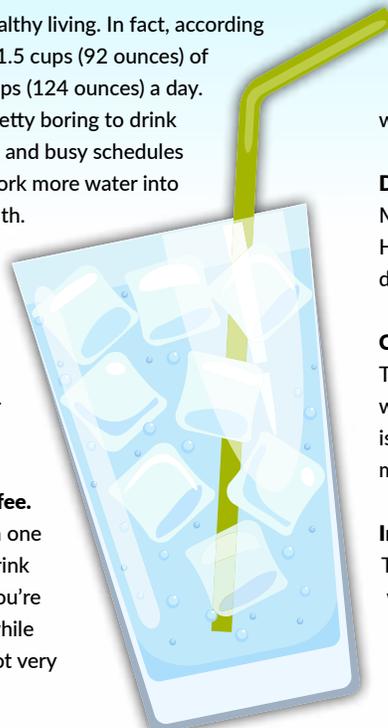
Staying hydrated is one of the pillars of healthy living. In fact, according to the Mayo Clinic, women should drink 11.5 cups (92 ounces) of water a day, and men should drink 15.5 cups (124 ounces) a day. But, if we're being honest, water can be pretty boring to drink — there are things we'd rather be drinking, and busy schedules make it difficult. Here are some ways to work more water into your daily routine to promote optimal health.

### **Begin and end your day with water.**

Make it a routine to drink a large glass of water upon waking up and before going to bed. "Bookending" your day like this ensures that your body is hydrated for both the day and night ahead.

### **Drink a cup of water with each cup of coffee.**

Many of us are used to drinking more than one cup of coffee throughout the day. If you drink a glass of water with each cup of coffee, you're sure to stay hydrated. Keep in mind that while coffee is a liquid and contains water, it's not very thirst-quenching.



### **Ice is your friend.**

Each time you pour a drink or make a smoothie, use lots of ice! Your taste buds will hardly notice the difference, and you'll still have lots of flavor while boosting your hydration.

### **Drink a full glass with medicines.**

Many of us get in the habit of only taking a large sip of water with pills. However, whether you take a supplement, medication, or vitamin, wash it down with a full glass of water.

### **Carry around a large water bottle.**

Taking your water with you in a large bottle reminds you to keep sipping wherever you go. Every chance you get, fill it up. The bottomless water bottle is a perfect way to work more water into your day. As a bonus, you can use a measured bottle to see how much you've actually drank throughout the day!

### **Infuse your water.**

Try giving your H<sub>2</sub>O an extra kick. Add berries, lemon, lime, or mint to your water to give it some flavor and help make it more enticing to drink!

Water is important for a healthy body and mind, so follow these tips and stay hydrated!