

PASTA, GONDOLAS, AND TUSCAN WINE

THE SAMS' ITALIAN ADVENTURES PART 1



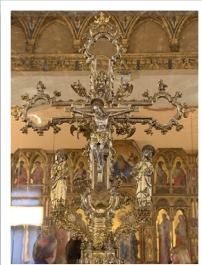
Hello, everyone!

This is Wilma Sams, director of operations here at Monast Law Office. Jim asked me to step in this month and share some stories about my adventures in Italy with my husband.

Joe and I spent a year planning this trip. It's been on our bucket list for quite some time. Joe is Italian, and his family

came to the United States from Sicily. He's been dreaming about going back and seeing his roots almost all his life. Last year, we decided that if we were ever going to make the trip, we needed to do it now before we're both too old to walk around!

We booked our trip through Rick Steves' Tours, which made everything so much easier. Everything was already planned out for us to go see the



sights and spend a couple of weeks eating. It's true what they say about the food in Italy: Everything was delicious! Oh my gosh, I couldn't get enough of it.

The pizza, wine, pasta, gelato, even the cookies. Everywhere we went, we wanted to sample everything on the menu. Joe and I even got to take a cooking class and learn how to make pasta and tiramisu from scratch.

I went to Italy with two goals in mind: Ride the gondolas in Venice and explore Tuscany. I'm happy to report we were able to do both. In fact, we even got to ride the gondolas twice, once at night with a musician serenading us. That was honestly amazing. Seeing the lights of the city reflecting off the water was gorgeous. There are stunning buildings on either side of the grand canal; you won't see anything like it anywhere else in the world. That said, the thing about Venice is the streets aren't built for any automatic vehicles, so we did a lot of walking during our stay.

We went to so many amazing places in Italy — everywhere you turn there's amazing architecture. But Tuscany was one of my favorites. I love wine, so I was really excited to visit the vineyards. Joe and I toured a vineyard that has been owned by the same family for generations. The villa sat at the top of the hill, overlooking rows and rows of grapes. It was breathtaking. During the tour, we went down to the private section that held wine reserved for the family. I fell completely in love with Tuscany.

There's so much to share about this trip, we might have to have a part two! Keep an eye out for next month if you want to hear about our experience at the Vatican. It gave me chills.

Until next time, *ciao*!

-Wilma Sams

"I went to Italy with two goals in mind: ride the gondolas in Venice and explore Tuscany."



A Summer Send-Off for Your Garden

3 WAYS TO PREPARE YOUR GARDEN FOR THE CHANGING SEASON

Late summer is the perfect time to clean up your garden and prepare it for the coming winter. In the next couple of months, the temperature will start to drop, but by putting in work now, you can ensure your garden is healthy and ready to flourish next spring. You can even turn garden cleanup into a fun activity for the whole family. Here are three ways to get your garden ready for the next season, while sharing some valuable outdoor time with your loved ones.

More Mulch, Please

While most gardeners know the benefits of summer mulching, winter mulching can help lessen water loss, keep weeds out, and regulate soil temperatures during the colder months. It offers an added layer of protection for your plants' roots, which can be sensitive to continuous freezing and thawing, by keeping the soil temperature more consistent.

Out With the Old

If any of your plants didn't fare so well, take some time to remove them and clear space for future plants. This removal should include any invasive plants or weeds that found their way into the soil. Remember to use gloves, wear long pants and socks,

and use caution around thorns or plants that can cause irritation.

For daffodils, tulips, crocuses, and any other bulbs that sprang up in the spring, you can now pull them up (if you haven't already) and divide any bulblets you find into separate plants. This will help cut down on crowding even more come spring.

Take Cover

Cover crops are plants that improve soil health, reduce erosion, and keep your garden healthy, and now is a great time to plant them! Hardy legumes, field peas, certain types of clovers, and warm-season grasses can all work as cover crops, so talk to your landscaper or local nursery to pick out the best choices for your region.

While you may not see the fruits of your labors until spring, you can still enjoy preparing your garden for a successful upcoming year and cherish the time you spend with your family outside.



CLIENT STORIES

ELLEN ARNETTA DAVIDSON

One of the first clients I had after leaving the Bureau of Workers' Compensation and going into private practice was Ellen Arnetta Davidson. I like saying her full name because it's memorable, as is she. Ellen was a school bus driver who also made beautiful wedding dresses. She told me that the first time I met her, as I was getting married and so was her daughter. Ellen was sewing her daughter's gown. She showed me pictures of it — stunning! People who sew well are creative artists. I can barely sew a button on a shirt!

Ellen loved to dance, skate, bowl, camp, and fish, and her job history was as varied as her interests. After going to night school, she worked as a billing clerk for a furniture business; at Wonder bakery, as a restaurant cook, manager, and bookkeeper; as a supervisor at Ohio MR/DD; and, finally, as a bus driver for Columbus Public Schools.

Bus driving involves a lot more than I ever realized as a little twerp riding the bluebird of happiness in Joplin, Missouri. Bus drivers do more than steer. They keep the buses clean, check and refill the fluids, inspect the tires and lights, and help lock down the wheelchairs of disabled students. They're often encouragers, bringing a big smile on the way to school in the morning and back home in the afternoon. They do a lot more, too, and sometimes it's hazardous. Over the years, Ellen slipped on ice several times during bus inspections and hurt her knees,



shoulder, and back. She also tore her meniscus while pressing on a stubborn gas pedal. After several surgeries, post-op therapy, and returning to work, she underwent bilateral knee replacements. Still, Ellen was left with burning pains in her legs from her back injuries and has limited use of her left arm and shoulder.

The Industrial Commission agreed with us that Ellen could no longer work and granted her lifetime permanent total disability benefits. Although obviously prevented from enjoying her pre-injury active lifestyle, Ellen retains a positive outlook and has fond memories of her many students, all now grown. When I talk with her, she's still such a happy person, and I can't help but think back to those days when we were both a lot younger, with weddings of my children and the births of grandchildren years later.

Never Make Light of a Burn

WORKERS' COMP AND BURN INJURIES IN OHIO



Most people have experienced a burn in their life, often because they forgot to wear sunscreen at the beach or they accidentally touched the side of a hot pan. Perhaps for this reason, people often don't consider burns to be "as serious" as other on-the-job injuries. This is a dangerous mindset.

All burns can be serious, regardless of whether they are caused by heat, flame, sparks, or chemicals. Burns are not

the most common workplace injury, but for Ohioans who make their living as cooks, factory workers, electricians, or custodial staff, a bad burn is a real risk.

Who is most at risk?

Any employee can suffer from a burn injury in the wrong situation. Even an office worker can burn themselves on a hot coffee pot. However, some jobs face a higher risk for burns:

- Restaurant workers and welders risk suffering from thermal burns caused by open flames, scalding liquids, hot objects, sparks, and explosions.

- Custodial staff, chemical engineers, millwrights, machine operators, and construction workers are often at risk for chemical burns.
- Electricians, AEP Ohio employees, construction workers, and manufacturing employees must be careful to avoid electrical burns and potentially deadly electrical shocks.

A severe burn can lead to serious infection, disfigurement, and permanent disability. It's not uncommon for burns to require extensive medical treatment, which may include skin grafts or plastic surgery. This treatment could keep a worker away from their job for weeks, costing them wages and increasing their medical bills. Severe burns may require psychological counseling. These costs add up fast.

Some employees don't pursue workers' compensation after suffering a burn because they believe the injury was their own fault. It's important to remember that workers' comp is no-fault insurance. It doesn't matter if your own carelessness or an employer's negligence caused your on-the-job burn; you may have compensation to cover your medical bills and lost wages.

If you've suffered an on-the-job burn, call 614-334-4649 to get help from an experienced workers' comp attorney and protect your rights.

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ANSWER



NIBBLES WITH NUG

ROASTED CORN SALSA

Inspired by Bon Appétit magazine

Corn is plentiful during the summer months, and this easy-to-make salsa is sure to be a hit at your next get-together.

INGREDIENTS

- 2 medium ears of corn, shucked
- 1 jalapeño or Fresno chile, seeded and thinly sliced
- 1 large tomato, cored, seeded, and finely chopped
- 1/2 red onion, diced
- 1/4 bunch cilantro leaves, sliced
- Juice of 1 lime
- Kosher salt, to taste

DIRECTIONS

1. Heat a cast-iron skillet to high. Char corn, turning occasionally, for 10–14 minutes until kernels begin to blacken in spots.
2. Using a sharp knife, remove corn kernels from cobs and transfer to a large mixing bowl.
3. With a wooden spoon or potato masher, gently crush corn to release starch and juices.
4. Add jalapeño, onion, tomato, and cilantro. Mix to combine.
5. Top with lime juice and season with salt.
6. Serve alongside your favorite tortilla chips.

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Dog Movies for Dog Days

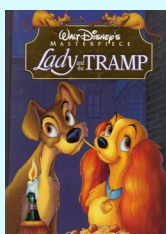
BEAT THE HEAT WITH A
CANINE MOVIE MARATHON

We're well into the dog days of summer, the hottest, most humid days of the year. These weeks have nothing to do with real dogs; they were nicknamed after the "dog star" Sirius by the Greeks to reflect the hottest time of the year following the star's heliacal rise. Still, it's a pretty good excuse to escape the heat with a dog movie marathon. Here are the films we recommend.



'Air Bud'

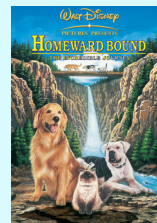
Most people remember "Air Bud" for the wild loophole, "Ain't no rule says a dog can't play basketball," but this movie is about much more than a dog playing ball. After the death of his father, 12-year-old Josh Framm feels depressed and distant from his family. Enter a stray golden retriever named Buddy, who teaches Josh how to open his heart again. The two bond and learn lessons in overcoming loss, fighting for what you love, and, yes, playing basketball. "Air Bud" spawned a number of sequels and spin-off movies, but this first film is a true classic.



'Lady and the Tramp'

"Lady and the Tramp" is the classic story of two dogs who come from different worlds: the refined, loyal Lady and the rogue with

a heart of gold, Tramp. This movie has music, laughs, and a spaghetti scene that rivals the balcony monologues from "Romeo and Juliet." One of the few animated Disney classics about animals that *won't* have you in tears, this is a movie the whole family can enjoy together.



'Homeward Bound: The Incredible Journey'

Looking for a bit more action in your animal movies? "Homeward Bound: The Incredible Journey" delivers! After

three beloved pets are left behind when their family goes on vacation, they trek across the Sierra Nevada wilderness to be reunited with the humans they love. Their adventure has thrills, close calls, and a heartwarming ending that will make you want to hug your pets close.

When it's too hot to go outside, make some popcorn and enjoy these great movies with your family. Don't worry, none of the dogs die at the end.

