

## Behind the Scenes

### GOOD STORIES FROM BEND, OREGON

Once upon a time, an attorney could just hang a sign outside their office and be in business. In the year 2020, running a successful office calls for more than being able to practice the law well. A lot of what goes into keeping our doors open is done behind the scenes by folks who rarely get enough credit — like Cody Moulton, my digital marketing guru.

Cody makes sure I look good online. Though he lives out in Bend, Oregon, Cody is an essential part of the Monast Law family. If you enjoy our digital newsletter, thank Cody. He's the one who handles all that for me! Cody is also in the process of restoring a 1970 Pontiac Trans Am and getting it back on the road. It should go without saying that he's a cool guy.

Cody and his wife, Kelly, just had their second child, so I figured this was a pretty good time to shine the spotlight on Cody and thank him for all that he does.

*-Jim Monast*

Shortly after Kelly and I were married, we took off to the East Coast for work opportunities. I'd already been working in digital marketing and SEO, but in Virginia, I was able to really embrace the nuances of working in the digital space. I'm a detail-oriented person, so getting to really get involved in projects is a lot of fun for



me. For Jim, I'm able to help run his website, reach new clients through online ads, put together a digital version of his newsletter for readers, and make sure his online reputation matches the good work he does for his clients.

When our boy Jack was born, Kelly and I decided to move back home to Bend. We're both from Oregon, so this is where our whole family is at. I didn't grow up with grandparents or aunts and uncles living nearby, and I wanted to give my kids a childhood with extended family all around. Fortunately, almost all of my work is done on the computer, so I have the flexibility to work anywhere. Working from home means I get to see my boy when he wakes up in the morning and when I take breaks, and I get to be involved with his life. Now that my daughter, Josie, is here, I'm really glad I get to do the work I love and still be active and present in my kids' lives.

We moved into an old home from the '80s, and sometimes it feels like I've rebuilt the whole house. I'm a big DIY and home improvement guy. I like those projects, so I'm constantly working on the property. I don't want to hire other people for these kinds of projects, and I like the challenge of figuring out how to become a plumber, a painter, or a landscaper. We've redone the windows, the roof, the entire door package, the flooring, and tons of landscaping. Having kids makes doing yardwork so much more meaningful. I want my kids to be able to run around and play in our yard.

I'm very fortunate to have a job I honestly love doing that also allows me this kind of time at home. I love reading the reviews for Monast Law Office online and seeing the testimonial videos for clients Jim has helped. Seeing that stuff unfold from behind the scenes is really cool. It feels really good knowing that I'm working with an office that is out there helping so many people. I really enjoy working with Jim and Monast Law. It's one of the most rewarding parts of my job.

*-Cody Moulton*



# DEPRESSED, ANXIOUS, OR ANGRY? TRY LISTENING TO ROCK 'N' ROLL!

## The Power of Music to Shift Your Mood



2020 has been a difficult year. If you're feeling frustrated, angry, or depressed right now, you're not alone! All over the world, people have been trying different strategies to cope with their feelings, including yoga, meditation, exercise, binge-watching their favorite TV shows, and even baking banana bread. But perhaps the most universal outlet and cure for pent-up emotions is music.

Do you remember the clip that went viral in March of Italians in quarantine, singing together from their balconies? If you do, that's probably because it made you smile. TIME heralded it as proof that "the country's spirits are still strong," and it's just one small example of how music uplifts people. This isn't just an anecdotal effect, either. According to the National Alliance on Mental Illness, music can help us process emotions and fight mental health conditions like anxiety, dysregulation, depression, trauma, sleep disorders, schizophrenia, and more.

So, how can you take advantage of music's power to turn your mood around? One option is to create music of your own, but another is simply to listen. When it

comes to flipping a bad mood on its head, a survey conducted by the Family Center for Recovery (FCR) suggests that rock is the genre of choice.

"During any given year, depression affects approximately 5%–8% of Americans," FCR reports. "According to our survey participants, the vast majority — around 89% — turn to music in order to feel better. The top genre for depressed listeners is rock, followed closely by alternative, pop, and hip-hop/rap."

Perhaps unsurprisingly, the blues came in last on the list.

To put the power of music to work, create playlists for each mood that you want to turn around, like "Anger," "Frustration," "Sadness," "Anxiety," or "Grief," and fill them with songs from genres associated with fighting that feeling. According to FCR, rock is the most popular antidote to sadness and anxiety, and it's also high on the list for anger, along with pop and country. Frustrated people opt for variations of rock, pop, punk, and heavy metal, and those stricken by grief turn to soft rock or soul. The artists are up to you, so fill up your lists, press play, and let the music do its work.



Steve and his dog Suzie-Q

## STEVE BLANTON

I admire Mike Rowe. I suspect most of us learned about him through "Dirty Jobs," where he'd highlight folks who do work a lot of us wouldn't want to do or that we don't even think about. Sewage cleaners, disaster clean-up peeps, bug exterminators — yuck. Through the mikeroweWORKS foundation, which facilitates granting millions of dollars in work ethic scholarships, Rowe continues to extol the virtue of hard work and using your body, hands, and brain to build, shape, and beautify.

I learned a few basic home-improvement skills from my dad and my father-in-law, but my capabilities compared to my client Steve's are like a little leaguer to Derek Jeter ... not in the same ballpark.

Steve Blanton is a plasterer by trade and experience. I've done some drywalling in my day, but Steve is an artisan. School wasn't easy for him, but he knew he could work with his hands. He left high school in Mt. Vernon after 10th grade (later completing his GED) and became a plasterer's apprentice. He later became a journeyman, and over 25 years, he'd seen it all: high rises and homes,

residential and commercial, ceilings, walls, and fine decorative work. There's a real skill to plaster work, and Steve was good at it — and he earned a good living for himself and his family.

To work on ceilings like Michelangelo, scissor trucks are often a must. But like all machines (and people), sometimes they get temperamental. Steve fought with one that stuck, and it won. He wrenched his back, herniating a lower lumbar disc. He returned to work after a month but continued with therapy and epidural steroid injections. His job duties, including carrying heavy loads of plaster and drywall mud, didn't let up. His pain worsened. The spine surgery didn't help either, nor did more epidurals, therapy, trigger-point injections, or heavy-duty pain meds.

With constant pain levels of 8 out of 10, loss of motion in his back, and weakness in his legs, Steven couldn't do the only work he'd ever done. We filed for permanent total disability (PTD). Although the Industrial Commission's doctor said he could do a sit-down job, the vocational folks said it was unrealistic to attempt retraining to do less physical work.

PTD was granted, so at least future income isn't an issue. Still, Steve misses his work. The willingness to get dirty has always defined both him and us as a nation. It's a hallmark of hard work and a hallmark of fun. Dirt is not the enemy. I admire guys like Steve who build things; it's a skill set that doesn't come easy, at least not for me.

As Mike Rowe says, "We don't need American Idols. We need American icons. Icons of work." In other words, we need guys like Steve.

# 15-Year-Old Karate Expert Continues to Teach in Ohio



Many older adults have felt more isolated than ever during the recent pandemic. But native Ohioan Jeffrey Wall is working to help combat that isolation and help them stay in shape by improving their karate skills.

Last October, Jeffrey Wall founded Golden Age Karate to teach at the Friendship Village nursing home in his hometown of Dayton, Ohio. He also just turned 15 years old. His personal karate journey began when he was 6, and he had earned his black belt by the time he was 13. But the most telling sign of his dedication? His teaching has endured through the pandemic. Two days before his final class at the nursing home, the shelter-in-place order was given. "I knew that [the seniors] would be super disappointed," Wall said. That's why he started a YouTube channel — to stay connected with his elderly students, who are greatly dedicated to the practice.

## EVEN FROM A DISTANCE!

For example, at the start of his hourlong classes, Wall demonstrates his exercises so seniors know what to expect. One of his very first examples: doing pushups with his knuckles, in order to relieve pressure from the wrists. Suddenly, his older adult students were on the floor doing the pushups with him.

"My mom and I tried to help them up, but they wanted to keep going. One 95-year-old student did 10 pushups in her nice sweater and pearls, and she did great! We laugh about that at every class," Wall told the Good News Network.

One of Wall's students was so inspired by him that she shared this on his YouTube channel: "My goal is that other seniors get the confidence that Jeffrey has given me, to step out of their safety box and face the world without fear." While his students clearly miss him, their enthusiasm and Wall's YouTube channel has helped many keep up the practice on their own time.

His popularity has grown and now people of all ages are relying on his YouTube channel for guidance. Some are even requesting Wall's lessons from outside Dayton. Wall says that will have to happen after the pandemic, but he has big dreams for the future. "I hope that I can help in different cities and, eventually, countries." Amazing work, Jeffrey Wall, and thank you for everything you do for your community!

# SUDOKU

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ANSWER

## NIBBLES WITH NUG



### WEEKNIGHT CURRIED APPLE PORK CHOPS

Inspired by The Primal Desire

*If you've never had apples in a savory dish, this is a great way to try it! Perfect for a lazy weeknight, this easy paleo dish will make your kitchen smell heavenly. You can even watch a sitcom episode while it cooks.*

#### INGREDIENTS

- 2 tbsp coconut oil or ghee
- 1 cup onion, diced
- 1 tbsp garlic, crushed
- 1 tsp ginger, finely chopped
- 1 tsp salt
- 1/2 cup water or apple juice
- 2 tbsp hot curry powder
- 3 cups diced apples (peeled or not, your choice!)
- 6 pork chops
- Cilantro, roughly chopped

#### DIRECTIONS

1. Preheat oven to 375 F.
2. In a large pan over medium heat, melt coconut oil or ghee.
3. Add onions, garlic, ginger, and salt. Sauté for 10 minutes or until onions are soft and mixture is fragrant.
4. Mix in water or apple juice and curry powder. Then add apples, ensuring they get coated in sauce.
5. In an oven-safe dish, arrange pork chops, cover with sauce and apple mixture, and cook for 20 minutes (if using bone-in chops, cook for an additional 10 minutes) or until the meat reaches an internal temperature of 145 F.
6. Garnish with cilantro. Enjoy!

## INSIDE THIS ISSUE

- 1 Who is Cody Moulton?
- 2 The Best Genre of Music to Combat Depression
- 2 Client Story: Steve Blanton
- 3 15-Year-Old Karate Expert Continues to Teach From a Distance
- 3 Weeknight Curried Apple Pork Chops
- 4 Rob Kenney Is a Father to Many

# ‘DAD, HOW DO I?’

## HOW 1 FATHER IS PASSING ALONG LIFE LESSONS

Being abandoned by a parent is one of the most devastating things that can happen to a child. Rob Kenney experienced this trauma firsthand when his father said he no longer wanted any of his eight children. Kenney was only 12 years old when his father walked out of his life. In an interview with Q13 News in Seattle, Kenney explained that after that experience, he decided that when he had children of his own, he would raise them into good adults and make sure they didn't have a fractured childhood. But he didn't stop there.

Now 50, Kenney has a 29-year-old daughter and 27-year-old son who are living successful lives thanks to that decision he made many years before. However, even with an empty nest, Kenney realized he still had life lessons to pass on. After thinking about other young people in the world who have gone through the same unfortunate experience as he did, he decided to do something about it.

In early April 2020, Kenney created a YouTube channel called “Dad, how do I?” and uploaded his first video, titled “How to tie a tie.” In the video, he gives a helpful hint for choosing a tie. Then he talks viewers through the process of how to tie a tie



while demonstrating it on himself. As April progressed, Kenney uploaded a number of videos on other seemingly simple tasks, including how to unclog a sink, check the oil in a car, install a shelf, and even how to shave. As he continued uploading videos, he started to include dad jokes along the way.

“So today I’m going to show you how to use a stud finder,” Kenney begins in one video. “If you came here looking for help finding a boyfriend, that would be a *different* stud finder.”

Kenney hopes that, by uploading these videos, he can be there for someone who doesn't have a parent around to teach them these things. And in the course of just two months, it looks like he is already doing just that. At the end of May, Kenney's channel had over 2 million subscribers and thousands of people have reached out to Kenney to share their own similar experiences and express their gratitude and appreciation for everything he's doing.