

INSIDE THIS ISSUE

- 1** A Note From Jim Monast
- 2** Declutter Your Kitchen
- 2** Impressive Case Results
- 3** Injured Workers' Rights in Ohio
- 3** Dine-In Fettuccine Alfredo
- 4** The 4-Legged Hero of World War I

A SALUTE TO FREEDOM

Sergeant Stubby: 4-Legged Hero of World War I

In the summer of 1917, a stray pit bull mix fell into the ranks of the 102nd Infantry Regiment while they trained at Yale University. Christened "Stubby" for his short stature, the friendly stray became the regiment's constant companion, participating in drills and learning how to salute.

When the 102nd shipped out that following October, Private J. Robert Conroy smuggled Stubby onto the ship. After being discovered by the commanding officer, a salute from Stubby convinced the officer to let the canine remain as the unit's unofficial mascot.

It wasn't long before Stubby proved himself to be more than a one-trick pit bull. After surviving a poison gas attack, Stubby became very sensitive to the chemical. Early one morning, Stubby began running through the trenches, barking and giving soldiers enough time to put on their — and Stubby's — gas masks and fight off a German attack.

The fearless Stubby became an expert at finding wounded soldiers. During one patrol, Stubby even found a German spy hiding in the bushes and mapping American positions. Impressed, the commanding officer "promoted" Stubby to sergeant right then.



During his 18 months in Europe, Stubby participated in 17 battles, receiving numerous medals and becoming the subject of countless newspaper stories. Sergeant Stubby returned home with Conroy as a hero. He shook hands — paws? — with three presidents, led hundreds of parades across the country, stayed in elite hotels, and received lifetime memberships from the YMCA, the American Legion, and the American Red Cross. When Conroy enrolled in law school at Georgetown University, Stubby also became the mascot of the football team.

After Stubby passed away, his body was preserved. Conroy donated him and his many medals to the Smithsonian Institution, where he remains today as part of the WWI exhibit, titled "The Price of Freedom." Not too shabby for a stray from Connecticut.

ROMANCE, FAMILY, AND NEW BABIES

Marriage and a New Grandchild in the Family

With Valentine's Day right around the corner, I'm taking February to reflect on some of the important relationships in my life. It's the perfect time to take stock of the people we spend time with and think about how much they mean to us.

My wife, Amy, and I knew each other originally — or at least, knew *of* each other — through football, of all things. Two of our sons were on the team together, and actually, her ex-husband was the coach. At the time we became friends, she was attending a divorce care course at Discover Christian, which was my church, not hers. A lot of people end up taking these kinds of courses at a new place, because it's somewhere not everybody knows you. The fact she chose the church I was attending, clear across town, was lucky for me — I bumped into her, we set a dinner date. The rest is history.

It's not the most glamorous or exciting how-I-met-my-wife story, but of course, for us it was life-changing. Not a day goes by that I'm not grateful for Amy's presence and support, through thick and thin. God has really blessed me, especially as I had pretty much sworn off marriage! He's funny that way ...

Also in the vein of romance, I'm happy to report that we recently welcomed a new daughter-in-law into our family — my son, Garrett, and his new bride, Holly, got married in December. Garrett is an engineering student at The Ohio State University and a corporal in the United States Marines. He just finished a stint with a government internship in Washington. Holly has the tougher job: She's a preschool teacher! They were high school sweethearts and made it through about 18 months of being apart — Garrett at boot camp or the California desert for advanced training, with Holly doing mission work in Arizona and Mexico. I guess absence really does make the heart grow fonder!

Holly loves Dr. Seuss, and that was the theme for their reception. When she tells people about it, sometimes they look at her sideways, but it was pretty fantastic with the elaborate decorations and cute little details. In fact, that theme extended all

the way to their honeymoon down in Universal Studios, Florida, where they had a great time.

Oh, and don't let me forget to mention our new first grandchild, baby Oliver. My stepdaughter, Whitney, and her husband, Robby, had him just after Christmas, meaning he'll probably spend his life being convinced he's missing out on extra presents. He's an adorable little guy, so happy, and fun to watch, though he's still just figuring out exactly what's going on around him. Whitney is one tough cookie, as Oliver was a home birth — by choice!

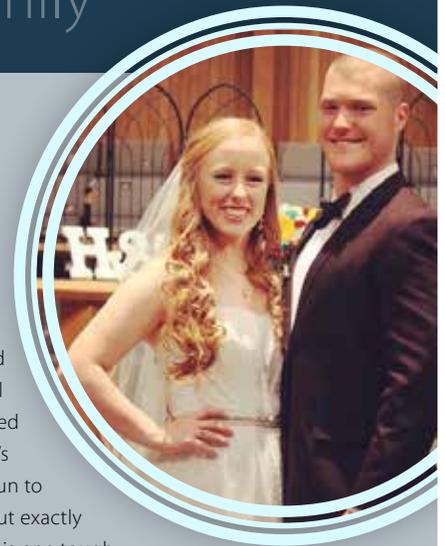
Sometimes I joke that, left to my own devices, I might have been too scared to have kids. But once you have them, they're a hoot — cheap entertainment for the first few years. Then they get kind of expensive, but I'd say it's worth it, especially with the little kids. With teenagers, it gets a little iffier, maybe. I actually overheard my oldest tell his brother when he turned 13, "So, now you're gonna be a teenager. You gotta act like one, so whenever dad says something, say 'huh?'" For crying out loud ...

I'm grateful to have such a close-knit family. It's tough when you're blended — and even when you're not. Amy and I have always worked hard to create a solid family environment, and looking around at the people in my life, it's gratifying to see some good fruit from those efforts.

I hope you find the time to take stock of your own relationships this month.

Happy Valentine's Day!

Jim Monast



DECLUTTER YOUR KITCHEN

Streamline Your Space to Maximize Efficiency



The kitchen can be an organizational nightmare. Sometimes it feels like you can find everything except the utensil you need. Sound familiar? If so, it's likely because your kitchen is filled with things you don't use often or don't use at all. Below are a few tips to declutter so this room will work better for everyone in your household.

First, clear counter space. Only your most essential kitchen items should be hogging this precious real estate. When you have space to work, you make much less of a mess. Open counters will also keep you from having to move items around.

Next, eliminate or stow away rarely used and seasonal items. While that custom pineapple slicer might seem cool, how often are you really using it? Take it out when you need it, and put it back when you are done. Keep it somewhere you actually have room to store it.

Drawer dividers are great for keeping utensils separated by size or function. If something comes from a distinct place, it is easier to remember where it goes back after being washed. It also makes it much easier to find the next time you need it. Dividers are especially useful for keeping sharp items from accidentally poking you.

As far as food goes, make sure you are labeling and dating things to avoid pileups in the pantry or fridge. If you can tell how long food has been hanging out, you are much more likely to throw it out when it's expired.

These few simple suggestions will have your kitchen running much smoother in no time. You will be shocked at how many items are just wasting space.

Tommy W.

IMPRESSIVE CASE RESULTS

Tommy W. is a longtime client from Columbus, Ohio. Over the years, he worked as a plumber. Tommy sustained injuries resulting in 11 claims filed between 1991 and 2011. The injuries ranged from sprains and strains to meniscal tears, disc herniations in his back, and reflex sympathetic dystrophy, an exceedingly painful neurological condition. Tommy was able to return to work following most of these injuries, and we were successful in obtaining sizable settlements on those claims.

In 2011, however, he suffered a massive disc herniation in his lower back after filling in several tons of gravel and cranking a wrench to stop a leak in a pipe. He underwent emergency surgery, resulting in a fusion of his back. Despite extensive therapy and rehabilitation, his condition did not substantially improve. Tommy had a 10th grade education with no GED, but he worked very successfully as a plumber all his adult life after being honorably discharged from the United States Army. He became depressed following this final injury that failed to improve, which required the use of a cane and, at times, even a walker.

His employer vigorously fought his claim, even filing into court after we obtained his claim allowance before the Industrial Commission. After several years of temporary total disability and failed efforts at vocational

rehabilitation, we were successful in having Tommy awarded permanent total disability benefits, even though the Industrial Commission's examining doctors said Tommy's disability was not work-prohibitive. Tommy is a good man who overcame many injuries and a limited education to be very successful in a skilled trade until his final injury. We are honored to have him as our client and to have helped secure future income for him and his family.



KNOW YOUR RIGHTS

Injured Workers' Rights in Ohio

If you're injured at work, you deserve to be treated fairly and receive the benefits to which you are entitled under the law. Every employee should receive whatever they need to get back on their feet, back into life, and back to work. To that end, it's important to know your rights as an injured worker in the state of Ohio. If you're injured at work in Ohio, the Bureau of Workers' Compensation lays out 10 specific rights you have:

1. The right to **workers' compensation benefits** if you sustain a work-related injury or contract an occupational disease.
2. The right to **quick access to high-quality health care** from any bureau-certified health care provider.
3. The right to **have your approved medical bills paid**.
4. The right to prompt, professional, and courteous customer service from BWC employees.
5. The right to **access your records** either in person or online.
6. The right to **receive timely payments** for the conditions of your claim.
7. The right to be **considered for all benefits** and rehabilitation services for which you are eligible.
8. The right to a **quality independent medical examination** when required in your claim.
9. The right to **appeal a decision** made in your claim.
10. The right to **represent yourself or hire a lawyer** at your own expense.

When you're injured at work, you have too much on your plate — and too much at stake — to not be aware of your workers' compensation rights. Make sure you have these down pat before you file or dispute a claim.

SUDOKU

	6	7	8	4				
		3						
4		8	1		2			
	1	2		6		7	3	
				7		9		4
2		6	4		7			
		4	6	9			7	
3								

ANSWERS

1	6	7	8	4				
2		3						
3	4	8	1		2			
4	1	2		6		7	3	
5				7		9		4
6	2		6	4		7		
7			4	6	9			7
8	3							
9								

DINE-IN FETTUCCHINE ALFREDO



February is the month of love, and that means loving yourself, too. Treat yourself to a meal that will warm your heart and your stomach, with this delicious and creamy fettuccine Alfredo.

INGREDIENTS

- 24 ounces dry fettuccine pasta
- 1 cup butter
- $\frac{3}{4}$ pint heavy cream
- 1 dash garlic salt
- $\frac{3}{4}$ cup grated Romano cheese
- $\frac{1}{2}$ cup Parmesan cheese
- Salt and pepper to taste

DIRECTIONS

1. Bring a large pot of water to a boil. Add fettuccine. Cook for 8–10 minutes or until just done, then drain.
2. In a large saucepan, combine butter and cream over low heat. Add salt, pepper, and garlic salt. Stir in cheese over medium heat until both cheese and butter are melted.
3. Add in cooked pasta and stir until pasta is thoroughly coated.
4. Enjoy!

Recipe inspired by AllRecipes.com.