

## DUTY, HONOR, COUNTRY

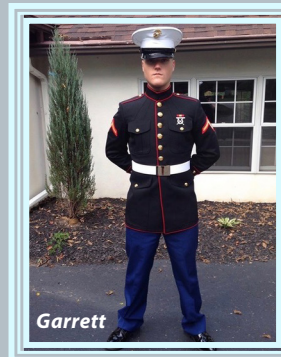
### REFLECTING ON MY FAMILY'S LONG MILITARY HISTORY

As the Fourth of July rolls around and everybody breaks out the hot dogs and mild explosives, I always think of the many members of my family who have served in the armed forces. I think, as a non-military man myself, it's difficult to grasp the sacrifice they and the millions of other men and women who fight overseas make for our great country. Perhaps that makes it all the more important for us to try to understand — to be grateful that we have these amazing people willing to put their lives on the line for us.

My family's history of military service began with my grandfather, who served in the Army during World War I. From his post in the trenches, he nearly died in a cloud of mustard gas and was laid up in the hospital for weeks. Throughout his experience of the Great War, he kept a pencil diary, a memento that has stayed in the family for decades, long after it became faded and nearly impossible to read.

His son, my own father, Joe, enlisted in the Navy on his 18th birthday: June 1, 1944. He became a nurse in the medical corps, and for a time was training to join the Navy SEALs before WWII ended and his training program was discontinued. Meanwhile, my wife Amy's dad was in an Army tank battalion in Germany and lost some of his hearing in the immense noise of the conflict. And then there was my older brother Allen, who signed up to become a Hollywood Marine (meaning he went to boot camp in San Diego) the year I was born. And obviously, I can't forget my own son Garrett, who's making us proud as a Sergeant in the Marine Corps reserves while studying for his engineering degree at The Ohio State University. He's a tough, intelligent, fit, and driven kid, and there's no one I know who's better with a Swiffer around the house (the things you learn in basic training!).

Coming from a family of such men of duty, I always felt the urge to enlist, but never actually joined the military — though I got close. One day, fresh out of law school, I headed to the Marine Corps recruiting office to speak with the recruiter there. To say the guy was intense would be the understatement of the century. He was an adrenaline junkie to a T, eager to show off his right hand, which had somehow become mangled while he had been in boot camp. He regaled me with terrifying tales of bullets whizzing above his head and the "thrill" of the battlefield, and I felt he was maybe more than a little cracked.



The whole encounter put me off, and I chickened out. Frankly, it was one of the biggest regrets of my life.

Later in life, I went through tests to join the FBI. My law degree set me up well for the position, and in the tests I proved to be a decent shot, but when it came to actually committing, I had second thoughts. They were doing a lot of white collar crime investigation and talked of stationing me down in Miami in their fight against the local drug lords. That was fine, except that I'd recently seen "Scarface," and I couldn't help but imagine myself in that scene, tied up in the shower, experiencing firsthand some "creative" uses for a chainsaw. Plus, as a law school professor used to tell us, the problem in confronting drug dealers is they always "have concrete ways of dealing with you." I didn't want them making cement shoes in my size ...

To this day, I regret never making that leap to serve my country, but I'm proud to be among my son Garrett and all the others in my family who made it a huge part of their lives. Though it's impossible for any of us civilians to adequately express our gratitude for the honorable men and women in the armed forces, I'll do my best this Independence Day.

*- Jim Monast*



# LEARNING THAT DOESN'T FEEL LIKE SCHOOL

## MENTALLY STIMULATING ACTIVITIES FOR SUMMER

Every summer, parents across the country have to deal with the same delicate problem. They want to make sure their kids continue to learn without feeling like they're being assigned tasks. After all, summer homework is every child's worst nightmare. Luckily, you don't have to rely on math problems and book reports to keep your child's development from taking a two-month vacation. Here are a few mentally stimulating activities that are as educational as they are fun.

### FOR LITTLE ONES: HOMEMADE BUBBLES

Bubbles fascinate young children, so why not spend a day making your own solution and experimenting with different types of bubbles? The formula is simple: 1 part dish soap (Dawn or Joy work best) to 10 parts water. Optionally, you can also include 1/4 part

glycerin. The process of making the solution will teach ratios, and finding creative ways to blow bubbles fosters problem-solving skills and creative thinking.

### FOR TEENAGERS: FAMILY DINNER PARTY

Cooking teaches so many important skills: math, science, nutrition, concentration, cultural understanding, following directions, creativity, time management, and more. Even better, it doesn't feel like learning; it feels like fun. Encourage your older children to take the reins for preparing regular meals throughout the summer. You can pick guiding themes, like "a trip to Mexico" or "pasta party," but let them choose the recipes and prep the meals on their own.

### FOR THE ENTIRE FAMILY: AN EDUCATIONAL FIELD TRIP

Field trips always inspire excitement in students, and you'll find the same goes for your family members. You can tailor your destination to the interests of your kids for maximum engagement. If you have a family of art lovers, head to a museum for some inspiration and discussion. Kids who prefer the outdoors will enjoy a nature walk or hike. You can bring along a field guide to identify flora and fauna. These trips may not pack the thrill of a water park, but they're fun in an entirely different way.

## CASE STUDY

### FAITH W.

Faith W. from Washington Court House had a 10th-grade education and additional training from a business college and in cosmetology. She worked as a keypunch operator, hairdresser, factory assembler, and prep-cook.

She fell at work, first hitting her back on a metal rack and then falling onto a cement floor, tailbone first. In addition to a fractured coccyx, she injured her back and ankle. She developed gastritis from her pain medication and low-grade depression.

What makes her case particularly noteworthy is how she came to be declared permanently and totally disabled under her claim. She continued to work on and off for many years until her condition worsened significantly. She went through months of rehabilitation efforts, including vocational retraining. Having worked a variety of jobs beginning at a young age, Faith was always open to trying something new. When the BWC vocational experts concluded she was unemployable, we applied for permanent total disability.

As proof that the Industrial Commission (IC) is not bound by decisions of the BWC, Faith's application for PTD was denied, even though the vocational program had already concluded she was unemployable. We filed an action in Mandamus with the Franklin County Court of Appeals, asserting that the Industrial Commission's decision contained a clear legal error: namely, the doctor who examined Faith for the IC failed to examine her on all the conditions allowed in her claim. (An "action in Mandamus" alleges that the

Industrial Commission abused the discretion it has to decide disputed issues. Essentially, we argued that the IC had no legitimate basis to rely upon a defective medical report from its own doctor to deny the PTD application.)

The Ohio Attorney General's office (which represents the BWC and the IC before the Ohio Courts of Appeal) agreed to have the court vacate the IC's denial order and remand the case to the IC for a new hearing. With a new exam and a new hearing officer, we were successful in obtaining Faith's PTD benefits and back pay. One lesson here is that sometimes "you gotta keep on keepin' on" to win your case — and that the IC sometimes has to be ordered to follow its own rules.







# DON'T LET FRIENDSHIPS GET IN THE WAY OF YOUR CLAIM

## FILING A CLAIM AS A SMALL-BUSINESS EMPLOYEE

Under Ohio law, any business with more than one employee must purchase workers' compensation insurance to cover the medical expenses of workers injured or who fall ill on the job.

But if you're an employee of a small business, you may feel uncomfortable filing a claim after getting injured at work. Small businesses often have a friendly, family-like atmosphere, and you may worry that seeking workers' compensation for your recovery will damage your relationship with the owners. However, it's important to remember that filing an Ohio workers' comp claim isn't an attack on your employer. The coverage is there to protect both parties, and there's no reason to worry.

### Ohio Workers' Comp Is Insurance

When your home is damaged in a storm or your car banged up in a crash, you file a claim with your insurance company to pay for repairs. Workers' comp functions in much the same way. To put your mind at ease, remember:

- This is a no-fault situation. When you file a claim, you're not accusing your employer of causing your illness or injury. You're merely requesting the benefits you were guaranteed when you accepted the position.

- Your employer has benefits too. In exchange for workers' compensation insurance, your employer is protected from any personal injury lawsuits that might have arisen from the situation.

- Families take care of each other. If your employer has created a family atmosphere at work, they should have no problem taking care of their employees. Workers' comp is a great way to do this.

### Even Small Businesses Sometimes Will Dispute Your Claim

While Ohio workers' comp is no-fault coverage, you have to show the injury happened while you were performing the duties of your job or that your illness was caused by workplace exposure. It's possible an employer — even a friendly one — might dispute your claim if they don't believe your injury or illness is work-related. Or, they may take advantage of your close relationship and try to convince you not to file because they're worried about increased premiums.

If you hit a snag in the application process, **please contact me at 614-515-2595**. I've helped hundreds of workers receive rightful compensation and can assure you that you'll have the attention and counsel you deserve for your unique circumstances.

# SUDOKU

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ANSWER



## ABBY'S APPETIZERS

### PALEO BALSAMIC PORK CHOPS

*This flavorful take on pork chops is the perfect centerpiece for your meal. You can serve the chops alongside a simple salad, charred asparagus, or any other summer veggies you want.*

#### INGREDIENTS

- 4 boneless pork chops
- 1/4 cup balsamic vinegar
- 3 tablespoons raw honey
- 2 cloves garlic, minced
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon fresh thyme
- Salt and freshly ground pepper, to taste

#### DIRECTIONS

1. Heat oven to 400 F.
2. Generously season pork chops with salt and pepper.
3. In a saucepan, combine balsamic vinegar, honey, garlic, red pepper flakes, and thyme.
4. Bring to a boil, reduce heat, and simmer gently for 5–6 minutes.
5. On high heat in an oven-safe sauté pan or skillet, sear the pork chops for 1–2 minutes on each side.
6. Brush chops with half of glaze and transfer to oven.
7. Roast 6–8 minutes.
8. Remove from oven and brush with another coat of glaze. Let cool 5–10 minutes and serve.

Inspired by [paleoleap.com](http://paleoleap.com)

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# CAN I HAVE S'MORE?

## CREATIVE TWISTS ON THE CAMPFIRE CLASSIC



You're just three ingredients away from the perfect summertime treat: chocolate, graham crackers, and marshmallows. The s'more is a fan favorite on camping trips and at backyard bonfires alike. Though they say you can't improve perfection, we've found a few creative twists on the classic treat that will make your summer a little sweeter.

**The Elvis** A campfire snack fit for a king — of rock 'n' roll, that is. This s'more pays homage to Elvis Presley's love of peanut butter and banana sandwiches.

Swap out the chocolate bar for a peanut butter cup candy and add a few slices of fresh banana between the graham cracker and marshmallow. If you're feeling particularly adventurous, you can even add some bacon.

**S'mores in a Jar** Here are s'mores you can enjoy all year long. Layers of crushed graham cracker, melted marshmallow, and creamy chocolate turn a simple jar into a great dessert! Learn how to make the perfect s'mores on the go at [family.disney.com/recipe/smares-in-a-jar](http://family.disney.com/recipe/smares-in-a-jar).

**Strawberry S'more-cake** If you really want to wow your guests at the next bonfire, try your hand at this creative take on the summertime classic. Goopy s'mores meet fresh strawberry shortcake in a dessert that's as delicious as it is original. Find the whole recipe, including tips on making the perfect shortcake, at [aspicyperspective.com/smares-strawberry-shortcake-recipe](http://aspicyperspective.com/smares-strawberry-shortcake-recipe).

**S'mOreo** A simple but memorable twist on the campfire classic. Grab a box of Oreo cookies, pull a cookie apart, and use that in place of your graham cracker. The cream filling will pair nicely with the chocolate and toasted marshmallow.

**S'mores Milkshake** Too hot for a campfire? Cool down with a s'mores milkshake! The trick is to lightly toast the marshmallows in the oven so they mix well with the other ingredients in the blender. Get the recipe at [spoonfulofflavor.com/2013/08/30/smares-milkshake](http://spoonfulofflavor.com/2013/08/30/smares-milkshake) to enjoy this sweet treat even in the heat of summer.

It's the simple recipe that opens the door for creative interpretations of the classic s'more. Be adventurous this summer and see what great new s'mores you can create!