

WHY I TELL THE TRUTH (EVEN WHEN IT'S HARD)

The One Thing That Guides Me as a Lawyer, Husband, and Human

July 7 is Tell the Truth Day, a fun little holiday that gets people thinking, and for me, it's personal. Honesty isn't just a one-day thing. It's the bedrock of how I try to live at work, at home, and everywhere in between. It's hard to separate truth-telling from being a good lawyer, a decent friend, and, frankly, a trustworthy human.

Just today, someone who works for me mentioned that their spouse was sent home early from a government job because of expected protests downtown. Everyone's tired, confused, and wondering: *What's actually true anymore?* That hit me because in our current world of polarization and endless "news," the truth often feels like it's getting drowned out. These days, when the world feels louder, more divided, and a whole lot murkier, truth matters more than ever.

That uncertainty makes me appreciate the importance of truth in my own work. Look, no one comes to me because things are going great. They're dealing with injury, stress, and confusion. They're trying to navigate a legal process they never asked to be part of. My job is to be a guide, and that means telling them the truth, even when it's not what they want to hear.

I've been working on a heartbreaking case lately, one where a man suffered a traumatic injury at a work event and didn't survive. I've spent days knee-deep in paperwork and legal back-and-forth, and I can already see the opposing side playing with language to soften the facts. It's frustrating, but not surprising. The legal world has its share of word games. But I don't play that way. My clients deserve honesty. They deserve the full picture.

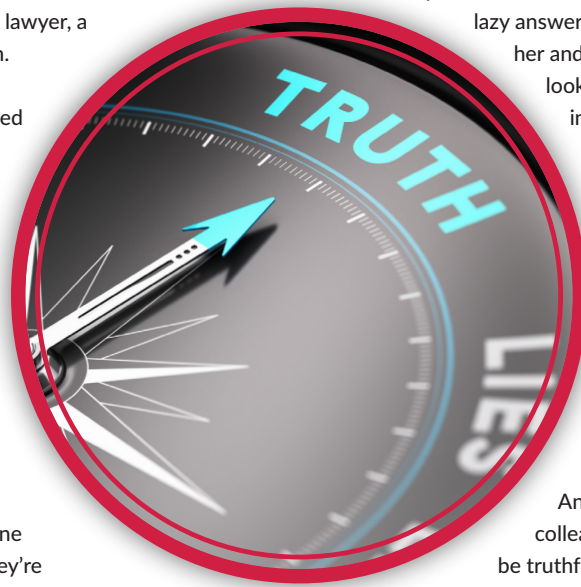
Don't get me wrong; being honest doesn't mean being harsh. There's a way to speak the truth with kindness. For example, in a tale as old as time, when my wife asks how she looks before we go out, I could give the quick, lazy answer: "You look fine." But I don't. I try to really see her and say something meaningful, something true. "You look beautiful, but maybe you'd be more comfortable in this" or "That dress is perfect on you." Because I know it matters to her, and because she deserves to feel seen, not brushed off.

That's how I treat my clients, too. I will not make promises I can't keep or sugarcoat the truth to make someone feel better in the short term. That doesn't help them in the long run. I'd rather be gracefully honest, even if it's hard, and help them prepare for what's ahead.

Honesty builds trust. Trust builds relationships. And relationships, whether with clients, family, or colleagues, are everything. It's not always easy to be truthful, especially when the truth is complicated or uncomfortable. But I truly believe that honesty, delivered with compassion, is the most respectful and powerful thing we can offer each other. I think back to John Adams and his view that our system only works when moral people uphold it. Or to Adam Smith, who believed all our choices should be rooted in honesty and empathy.

So yeah, Tell the Truth Day may be just another day on the calendar, but for me, it's a reminder of why I do what I do and how I want to keep doing it — with honesty. Always.

-Jim Monast



BUDGET BRILLIANCE FROM A BYGONE ERA

RETRO HABITS MAKE MODERN LIFE (AND PRICES) EASIER

In a world where you can have anything delivered in a day, it's easy to forget that less can be more. But our grandparents and great-grandparents knew the art of stretching a dollar. These timeless frugal habits aren't just budget-friendly; they're resourceful and surprisingly satisfying. Ready to channel your inner penny-pincher? Let's bring these throwback habits back to life.

MEND IT, DON'T END IT.

Once upon a time, people didn't just toss a sock with a hole. Instead, you sewed it right back up! No need to rush to the store — just a few basic mending skills can save you from countless unnecessary purchases. It's also more empowering to fix something with your own hands than tossing it — not to mention much more eco-friendly.

MASTER THE MAGIC OF HOMEMADE MEALS.

Fast food might be convenient, but cooking from scratch is where the real savings (and flavor)

happen. Think soups from veggie scraps and hearty meals made from simple pantry staples. Not only does it cut costs, but it puts you in control of your ingredients and nutrition — a win-win.

REINVENT YOUR LEFTOVERS.

Gone are the days of letting food wilt in the fridge. Old-school frugal folks gave every last bite a second act. Roast chicken becomes broth. Rice gets turned into stir-fry. Stale bread transforms into French toast or bread pudding. Get creative! You'll waste less and eat better.

CHOOSE CASH OVER CARD.

There's something about handing over \$20 cash that makes you think twice before spending it. Cash budgeting may feel outdated, but it's one of the simplest ways to curb impulse buys. Envelopes marked for groceries, gas, or coffee dates give you a clear snapshot of your spending — and what's left. No more senseless swiping!

SAVE WITH SECONDHAND SAVVY.

Hand-me-downs were once a household norm! Today, thrift stores and vintage finds are trending again, and for good reason. Whether it's clothing, furniture, or kitchenware, buying secondhand is kinder to your wallet and the planet.

So, channel some old-school genius and start living a frugal, intentional lifestyle!



When your job takes you beyond the office, whether it's to a conference in Cleveland, a sales pitch in another state, or across the country behind the wheel of a truck, knowing when you're protected by workers' compensation becomes especially important. At Monast Law Office, we help clients navigate the gray areas of business travel injuries with clarity and care.

WORK TRIPS AREN'T ALWAYS CUT AND DRIED.

Ohio law generally protects employees injured while performing their job duties, but travel can blur the lines. Unlike the "coming and going" rule, which states that commuting to and from work isn't covered, business travel has different

Work Trip Gone Wrong?

YOUR GUIDE TO WORKERS' COMP ON THE ROAD OR OUT OF STATE

rules. If you're on the road or in the air for your employer, chances are higher that you're covered. But it all depends on what you were doing at the time of your injury.

WHAT COUNTS AS WORK-RELATED?

Situations that may qualify include being in a company-paid hotel between meetings, entertaining clients on the company dime, driving a rental car to the airport, or grabbing a business lunch with coworkers. But if you're injured during a personal errand, after-hours drinks, or while under the influence, your claim could be denied. These cases can be tricky, which is why documentation, timing, and legal guidance are key.

TRUCKERS & FLIGHT ATTENDANTS: YOU'RE COVERED DIFFERENTLY.

Unlike traditional office employees on business trips, traveling workers, like truck drivers and

flight attendants, are usually covered during the full duration of their shift or assignment, wherever that may take them. As long as they're acting in the employer's interest and not off on personal business, their injuries are often eligible for compensation.

WHAT SHOULD I DO IF I'M INJURED WHILE TRAVELING?

First, get medical help right away and let the provider know it's work-related. Next, tell your employer as soon as possible, even if you're out of state. Take notes about what happened and keep all documentation. To begin a claim, a First Report of Injury (FROI) must be filed with the Ohio Bureau of Workers' Compensation.

If you encounter resistance from your employer or have questions about your case, our team is here to help protect your rights and guide you through every step.

BARBY'S 10,000 RESCUES AND COUNTING

THIS 90-YEAR-OLD ANIMAL HERO RUNS A 12-ACRE SANCTUARY

At 90 years young, Barby Keel is living proof that love and a little stubbornness can move mountains (or at least build an entire animal sanctuary). Over the past 54 years, this unstoppable animal lover from Sussex, United Kingdom, has rescued over 10,000 animals from abandonment, neglect, and heartbreak, and she's showing no signs of slowing down.

Barby's incredible journey began in the 1970s with a simple favor: a British soldier asked her to look after his dog while he was deployed. Well, the dog never left, and neither did Barby's calling. One animal led to another, and soon her home blossomed into a full-fledged haven for four-legged (and two-legged) friends in need. Today, her 12-acre sanctuary is bustling with over 600 animals, including everything from cats and rabbits to pigs, horses, and even chickens.

For years, Barby cared for every animal herself. Now, she has a lively team of volunteers helping her keep the sanctuary humming along. And while most cats, dogs, and rabbits eventually find forever homes, many animals stay to live out their golden years under Barby's watchful, loving eye.

Rain or shine, Barby tends to the sanctuary daily and only takes the rare day off to grocery shop or show off her skills with her local darts team. Cancer may have knocked on her door three times, but she sent it packing every

time with the same grit she's given to her beloved rescue work.

The Barby Keel Animal Sanctuary runs purely on donations and is now open to visitors every Sunday through October 2025. Guests can meet the animals, visit the cozy café, or snag souvenirs from the gift shop. At her shop, you can also find significantly discounted pet food that Barby buys with her own pension so that local pet parents can afford to feed their furry companions.

If you ever needed a reminder that one person really can make the world a better place, just look for the woman in Sussex with mud on her boots, kindness in her heart, and 600 furry friends trotting along behind her.

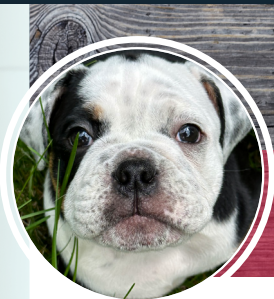


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ANSWER



EATS WITH ELLIE

CHEESY TOMATO-BASIL STUFFED CHICKEN

INGREDIENTS

- 4-6 boneless, skinless chicken breasts
- 1/2 cup basil pesto
- 1 cup shredded mozzarella cheese
- 1/3 cup oil-packed sun-dried tomatoes, drained, oil reserved
- 2-3 tbsp sun-dried tomato oil
- 2 cups cherry tomatoes, divided
- 2 cloves garlic, smashed
- 2 tbsp balsamic vinegar
- Chili flakes, to taste
- 1/4 cup fresh basil, chopped
- 1 tbsp fresh thyme leaves
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 425 F.
2. Slice chicken down the middle horizontally; (not cutting all the way through).
3. Spread pesto inside filleted chicken, then stuff with cheese and tomatoes before closing chicken, covering filling.
4. Place chicken in a large oven-safe skillet. Drizzle with oil.
5. Set the skillet over medium heat; cook 5 minutes.
6. Add 1 1/2 cups tomatoes, garlic, balsamic vinegar, and season with chili flakes. Cook 2-3 minutes, then remove from heat.
7. Bake in oven for 7-10 minutes until chicken is cooked through and tomatoes burst.
8. Toss remaining 1/2 cup tomatoes with basil, thyme, salt, and pepper.
9. Serve the chicken topped with fresh tomatoes.

Inspired by HalfBakedHarvest.com

INSIDE THIS ISSUE

- 1** Forget the Easy Answer: Why the Real Truth Always Wins
- 2** Old-School Habits That Will Save Your Wallet

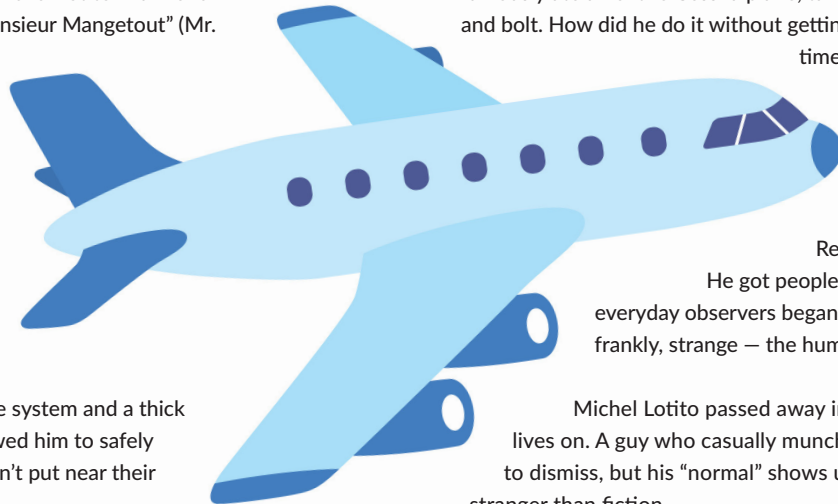
Injured While Traveling for Work? Here's When You're Covered
- 3** This 90-Year-Old Animal Rescuer Is Still Going Strong

Cheesy Tomato-Basil Stuffed Chicken
- 4** One Man's Very Strange Appetite

MICHEL LOTITO: THE MAN WHO ATE AN AIRPLANE

Would you snack on a bicycle? How about a TV set or a shopping cart? Sounds completely absurd, but Michel Lotito — a French performer known to fans as “Monsieur Mangetout” (Mr. Eat All) — did exactly that.

Although he certainly got attention, Lotito wasn't just looking for it; his peculiar diet came from a rare condition called pica. People with pica crave non-edible objects, though very few act on these cravings. But Michel didn't hold back. Doctors found he had an unusually strong digestive system and a thick stomach lining. These traits allowed him to safely digest things most people wouldn't put near their mouths, let alone swallow.



The list of items Lotito managed to consume is hard to believe. He once famously ate an entire Cessna plane, taking two years to finish every last nut and bolt. How did he do it without getting hurt? Carefully and one bite at a time. Michel chopped objects into tiny bits and sipped mineral oil to help everything slide down smoothly.

Lotito's feats earned him a place in the “Guinness Book of World Records,” but his true legacy is simpler:

He got people thinking. Scientists, doctors, and everyday observers began to wonder how adaptable — and, frankly, strange — the human body can be.

Michel Lotito passed away in 2007 at 57, but his legend lives on. A guy who casually munched on bicycles might seem easy to dismiss, but his “normal” shows us that reality is sometimes far stranger than fiction.