



THE DELIGHT OF DRIVE-IN THEATERS

A MOVIE AND SOCIAL HOUR ALL IN ONE

Whenever the summer season rolls around, I find myself reminiscing about previous summers. Who could forget the excitement that we felt as children when the bell rang dismissing us from school for the summer? Those youthful summer days were filled with adventure, but when night came, many of us made our way to the local drive-in movie theater to see a film or two. On June 6, we recognize National Drive-In Movie Day, which provides the perfect opportunity to reflect on my favorite drive-in memories.

When I was a child growing up in Joplin, Missouri, drive-in movies were incredibly popular. I can still vividly remember seeing Vincent Price's "House of Wax" as well as "The Love Bug" at that outdoor theater. Most of the time, the movies they would play were really cheesy B-movies, but they were still a lot of fun to see in that environment. In most cases, you really went for the atmosphere at the drive-in rather than seeing the featured film.

Drive-ins are not like the standard theaters you see today. They were quite the social outing for everyone involved. As a kid, I used to tag along

with my sister and her boyfriend or my brother and his wife to the drive-in. We would fill up a paper grocery sack with popcorn, load it with butter, and drive over to the drive-in. If I wasn't really interested in the movie, I would wander around or hop on the swings that they had. It was almost like going to a high school football game. Everyone congregated at the drive-in theater, so if you wanted to hang out with your friends, you had to tag along.

When we moved to Columbus, they actually had a drive-in theater located in the middle of Grandview. At that point, I was old enough to drive myself to the drive-in, but the main genres that they showed, as well as my interests, had changed. There was a fence that ran along the side of the drive-in that you could pull up to and watch a movie if you were too cheap to buy a ticket. That's how we saw R-rated movies that we couldn't get into.

Unfortunately, drive-in theaters are a thing of the past. While they do still exist, they are few and far between. It's just easier for people to watch movies in standard theaters or in their homes. At the end

of the day, while the social hour at the drive-in was enjoyable, it was still all about the movies.

I've been fascinated by movies since I saw my very first one in the Fox Theater in Joplin. I would have been around 6 years old when I watched "Dr. Zhivago," and while I was fascinated with the film, I felt much more intrigued by Julie Christie. That movie helped ignite my interest in the film industry, and movies like "Casablanca" and "The Shawshank Redemption" helped maintain my enthusiasm. We're all wired to enjoy a good story, and that's part of the delight of going to the movies.

While drive-in theaters may be a thing of the past, they did see a slight resurgence in 2020 due to the pandemic. If you are interested in seeing a movie at a drive-in, you're in luck. We have the South Drive-In Theater in Columbus that shows new movies in an old-school drive-in setup. If you plan on going this summer, or have been to the South Drive-In, let me know what you thought of it! I might make a trip over there myself this year!

-Jim Monast

3 EASY COOKING HACKS FOR BETTER NUTRITION

Making a meal plan is a pain, but you still want to get all your necessary vitamins, minerals, and protein through everyday foods. Even if you're not a cooking expert, you can employ a few very simple cooking hacks in the dishes you commonly prepare! You'll be surprised how these little boosts can reap big, nutritious rewards.

No. 1: Add quinoa to recipes.

Want to add extra texture or color to your steamed white or brown rice? Mix it up with 1 cup of quinoa (any color) and another 2 cups of water or broth. Or, simply throw quinoa into any grain-friendly soup you're preparing, like a simple chicken soup! Quinoa is rich in antioxidants and filled with fiber to lower cholesterol and blood sugar levels, reducing your risk of diabetes and heart disease.

No. 2: Replace cream with almond, walnut, or oat milk.

Cream is a popular mainstay in any American kitchen, but it doesn't have to be dairy cream. Plant-based milk and creamer (such as almond, walnut, or oat milk) are often extra rich in vitamins and minerals and low in fat. They contain no cholesterol and are easy on your digestive system. Because they all have slightly different flavor profiles, you can pick your favorite! Walnut milk works surprisingly well in a creamy pasta sauce.

No. 3: Add frozen spinach to almost anything.

Fresh spinach quickly loses its folate, powerful vitamins, and nutritional benefits over time, but spinach, frozen at its peak freshness, saves the day. That's why frozen spinach is actually more nutritious than most fresh spinach at the supermarket! Whether it's for pasta, pizza, scrambled eggs, cheese dip, a smoothie, or curry, frozen spinach is more versatile than you might think. Plus, studies show spinach may have amino acids that help reduce stress and depression!

(Bonus) No. 4: Add chia seeds to cold drinks, yogurt, baked desserts, and more!

It's easy to feel guilty for indulging your cravings for sweet tea, pudding, cookies, and cake. But if you add chia seeds, you might feel a little better about it! These small seeds are densely packed with antioxidants, minerals, fiber, and omega-3 fatty acids, all of which may promote heart health, support strong bones, and improve blood sugar management.

We hope these tips help make your favorite dishes a little more fun and guilt-free! Enjoy!



CLIENT STORY: AMY LONG

For years, beginning around October, catalogs have arrived in the mail advertising holiday gift baskets. Sugarbush, Hickory Farms (love their summer sausage!), Sugar Plum, Cheryl's Cookies ... Yum!

I get lots of these at home, but I get even more at my office. Corporate gifts are still a thing, although I think that noticeably declined during the COVID-19 pandemic. It's nice to give an annual "thinking of you and appreciating your hard work" to doctors' and lawyers' offices we work with, among others. We associate these things with happy seasons of the year.

Harry & David has been around for years. I thought they just did fruit baskets, but it turns

out that they have chocolate, cookies, and even flowers! Who'd a-thunk it's a place where on-the-job injuries can happen?!

Our dear friend and client, Amy Long, worked there as a line inspector. She was born in Columbus, raised in Obetz, and met her husband Steve at work. While packing apples, one fell. As she turned to get it, she slipped on one of those pieces of wax paper used to separate the fruit, and fell, injuring her back. In fact, she herniated a disc in her low back!

Having never had back problems, she hoped it would quickly heal. But it worsened, requiring lots of hearings and even more treatment. She had physical therapy, injections, a TNS unit, and medications, but her pain and limitations have persisted. Steve now prepares the meals and does the yardwork while their daughters do most of the housework. (I've seen her daughters grow from kiddos to young women over the years as they've helped their mom when she had hearings at the Industrial

Commission). She needs a cane to walk and a motorized cart to shop.

When it recently became clear that even the Bureau of Workers' Compensation doctors agree Amy could lift no more than two pounds and can barely stand or walk, let alone sustain one position for a significant length of time, we filed for permanent total disability. The BWC then offered to settle Amy's claim. After lengthy discussions, and lots of thought and prayers, she did so.

Neither being granted permanent total disability nor settling a claim magically heals someone ... but it can help ease some of the financial burden associated with a work injury.

We expect to keep in touch with Amy and Steve as their family moves forward (they now have three grandbabies, too!). Our relationships with our clients, our friends, don't end when their claim does. And this is happy news at any time of year!

ONE CUP AT A TIME

SELLING LEMONADE TO DONATE TO A WORTHY CAUSE



Many of us have fond memories of the first job we “held” as children. For some, it was mowing lawns in our neighborhood, and for others, it was shoveling snow. Possibly the most popular summer job for kids has to be opening up a lemonade stand. It’s been re-created countless times in popular culture, and there are many kids all over the country who open their own stands in their front yards when summer rolls around. That’s exactly what one boy in Boise, Idaho, did. But he didn’t plan on keeping the profits for himself.

Since 2019, 9-year-old Ben Miller has held a lemonade stand fundraiser in which he donates all of the money he makes to The Humane Society. A few years back, Ben visited the Idaho Humane Society with his grandmother, where they discovered that many of the cats did not have toys. This didn’t sit well with Ben, so he wanted to do whatever he could to help.

Ben created a lemonade stand that offered two flavors, original and lavender, while his mom created an event on Facebook to

attract more attention. Her plan worked as people from all across the valley visited the stand, while others who couldn’t attend in person sent money to the cause.

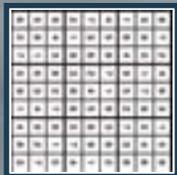
Ben has donated a grand total of \$1,950 to the cats in the Idaho Humane Society after earning \$1,150 in one weekend recently. Ben currently has no plans to stop his charity work.

When discussing their most recent fundraiser, Ben’s mom, Amy, posted on Facebook, “It was such a fun day meeting so many awesome people and their pets. We had a car full of people pull up saying they had just heard about it on the radio.” She also claimed that the highlight of the day for Ben was when his teacher showed up.

If your children are starting their first summer job this year, figure out if there’s a cause they believe in and encourage them to donate. It could make a big difference in someone else’s life while teaching your child the importance of charity.

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ANSWER



MUNCHIES WITH MOLLY SWEET AND SPICY BBQ CHICKEN SKEWERS

Inspired by RecipeRunner.com

INGREDIENTS

For the Marinade

- 1 tbsp olive oil
- 2 tbsp soy sauce
- 2 tbsp chili garlic sauce
- 2 tbsp rice vinegar
- 3 tbsp honey
- Juice of 1 lime

- 3/4 tsp smoked paprika

- 1/2 tsp salt

For the Skewers

- 2 lbs chicken breast, cut into bite-size cubes
- 1 small pineapple, cut into 1-inch cubes

DIRECTIONS

1. In a bowl, whisk together marinade ingredients.
2. In a reusable freezer bag, combine cubed chicken and all but 1/4 cup of the marinade.
3. Seal bag and massage marinade into the chicken. Chill in the fridge overnight.
4. The following day, preheat the grill to 400 F. Thread chicken and pineapple onto skewers, adding two cubes of chicken for each cube of pineapple.
5. Grill the skewers for 3–4 minutes per side, brushing with the reserved marinade in the final minutes.
6. Serve over rice or with your favorite barbecue sides!

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FALSELY ACCUSED AND CONDEMNED

THE SALEM TOMATO TRIALS

Surely, you've heard about the Salem witch trials in Massachusetts, but did you hear how the people of Salem, New Jersey, put tomatoes on trial in the 1800s, believing that they were poisonous? It sounds like a fictional movie plot, but it really happened!

Even back in the 16th century, people were very suspicious of tomatoes. As if enough confusion didn't already surround the tomato — is it a fruit? Is it a vegetable? Deemed a fruit but treated as a vegetable, the tomato is a bit of a contradiction. To make matters worse, in the 1800s, it was discovered the stems and leaves of tomatoes contained tomatine, a toxin. Within the fruit itself, a small amount of the toxin exists in a much lower concentration. However, people feared being poisoned if they were to consume any part of a tomato. Today, we know there isn't nearly enough of the toxin to create a problem for us.



In 1820, wary of the poisonous red fruit, tomatoes were put on trial in the town courthouse, made to answer for their toxicity. But, there's always one who goes against the grain. Colonel Robert Gibbon Johnson, a farmer and historian, refused to believe that the tomato was harmful and ate them on a regular basis. In fact, he even hosted tomato competitions, granting a prize to the person who could grow the largest tomatoes. People thought he was simply mad.

To prove his point and redeem his reputation, he showed up at the Salem tomato trial with a giant basket of tomatoes, frantically eating them in front of the crowd. He ate the entire basket full and stood before everyone, as healthy as can be, hoping to coax the crowd into dropping the "charges" on the healthy fruit. When he remained healthy months later, tomatoes were no longer regarded as evil and poisonous.

Today, the tomato is actually the fourth most popular "vegetable"; after all, how could we live without salsa and marinara sauce?