

## PRAISE FOR THE TEACHERS WHO LOVE WHAT THEY TEACH

### THE EDUCATORS WHO LEFT A LASTING IMPACT ON ME

If you've had a generally successful career over the course of your life, chances are there are a few teachers and mentors who helped you get to where you are today. I know that's true in my case, at least. This year, May 4 is National Teacher's Day, and in observance of that day, I thought I would share a little about some teachers that led me to pursue my interests and get on the career path I enjoy to this day.

The first teacher I can remember affecting my life was a high school teacher, a young guy named Randy Pfeiffer. He taught etymology – no, not the study of bugs; that's entomology! Etymology is the study of the origin of words, their meanings, and how those meanings have changed. I was an avid reader before I came to his class, so I ate up all the information he gave us about Latin and Greek roots.

As boring and long-haired as the subject may sound, Mr. Pfeiffer somehow made his class fun and interesting. Understanding the roots of words goes a long way in understanding both medical terminology and legal jargon – two types of information that, as an attorney, I deal with daily! Plus, I'm probably just a word geek.

The second teacher who helped guide me toward the career I have now was an economics professor named Howard Marvel, who also was my advisor during my undergrad years at THE Ohio State University. For a

long time, I thought I wanted to become an economist – I was one of the few people I knew that would nerd out about the subject, so I figured it would make a great career.

I took an honors economics course, which meant ditching the lecture hall for a class with fewer people who were all way more interested in economics than the average person. Professor Marvel's passion for the subject showed and he made it relevant. That got us excited to talk about economics too, and the small classroom made it easy to bounce ideas off of each other. Even though I ultimately didn't become an economist (he said it was too hard to make a living at it), it was one of my majors. I still credit Professor Marvel for helping me think in abstract ways, which is a helpful skill to have in any field.

Finally, there was my trial advocacy professor in law school, Bill Knepper. He was a big, round guy (think Matlock with more belly and less hair) with a booming voice, and he would often captivate our class with a seemingly endless series of stories he had from his time as a trial attorney. I credit him with my ability as a storyteller. Any good lawyer needs to know how to tell a compelling story. When you're presenting to a judge or hearing officer who might hear dozens of statements in a single day, yours has to be interesting if you're going to properly advocate for your client. Bill Knepper taught us that and more. He brought the legal profession alive for us.



When I think of what all these educators had in common and how they had a lasting impact on me, I think it goes back to the obvious passion they had for their subjects. When you're stuck in a big lecture hall with a professor or a TA that's just going through the motions, it's not going to be interesting for anyone. But, if you get an educator who loves their subject in front of a small group of students willing to learn, they can make toenail fungus sound interesting.

At the end of the day, it's not the teachers and professors that just teach you what you need to know to graduate that leave an impact – it's the ones that actually want their students to learn.

*- Jim Monast*

# 5 COVID-SAFE GIFTS FOR YOUR CHILD'S TEACHER

## Don't Miss Teacher Appreciation Month!

When parents first came up with the idea of sending their children to school with an apple as a teacher's gift, they weren't counting on a pandemic. In many places, schools are still operating online or using a mix of virtual and in-person learning, and even kids attending in person don't want to get within 6 feet of their teacher to hand over fruit! So, what are your options for Teacher Appreciation Month? There are more than you might think. If you have the resources, consider gifting one of these pandemic-friendly items that teachers will love.

**1. Virtual Gift Card:** These days, you can easily send gift cards by email, and your options include everything from Amazon to DoorDash. Does your child's teacher have a coffee addiction or a passion for dinosaurs? You can find the perfect gift card with a Google search.

**2. Thank-You Yard Signs:** If you live in a small town or have access to your child's teacher's address, consider "gratitude bombing"

their front yard with signs! You can use a professional sign company like Sign Gypsies or make your own.

**3. Quarantine Kit:** Teachers working in person put themselves at risk every day, and a quarantine kit is the perfect gift in case the worst happens. You can include helpful items like hand sanitizer or personalized masks along with goodies like adult coloring books, novels, and more. Simply email the teacher to find out how to get your gift to them.

**4. Sanitizer and Other Learning Tools for the Classroom:** Many school districts are underfunded, and the money for sanitary supplies, pencils, markers, glue sticks, and more comes out of the teacher's pocket. Buying items like this for when they're back at school will really brighten their day.

**5. A Note From You and Your Child:** According to a teacher survey done by The Strategist, handwritten notes are one of the best gifts a teacher can receive. To really make an impact, sit down with your child and write a note from both of you, thanking the teacher for their hard work. Then, send it via snail mail or scan it and email it their way!



## CLIENT STORY: JESUS SANDOVAL

We are blessed to represent people who've moved to the United States from all over the world: Vietnam, Morocco, Canada, Nepal, India ... even That State Up North! They all have fascinating stories of moving here for better work and better lives. America is still a land of opportunity.

We have several folks from South America and Mexico, including Jesus Sandoval. Jesus came to us in 2016 after suffering two injuries at a large grocery chain headquartered in Pennsylvania named after a large national bird (C'mon, you can guess!).

Jesus moved from Mexico as a young man with training as a chef. He did lots of catering events for the grocery chain and also worked a second job at Sears. In 2013, working as a sous-chef, he was running a tray of six plates

of food when a customer thought it might be funny to trip him (I wouldn't be surprised if the customer was influenced by his friend, "Al K. Hall"). The result was no laughing matter. Jesus twisted and reached out, trying to maintain balance of the tray, and herniated discs in his lower back.

He originally tried handling the claim with a union representative, but the company fought his claim and treatment hard, so he called us. Under the care of an Ohio State neurosurgeon, Jesus underwent epidural injections, lots of therapy, and ultimately a fusion involving several levels of his lower back. Years after surgery, he still wears a back brace and has constant pain into his leg and foot, back spasms, and tingling into his toes.

While being treated for his back, Jesus was promoted to running the seafood department of one of the chain's new, trendy, premier locations. In 2016, he was coming out of the cooler, getting something to help a customer, when he fell on the wet floor with an outstretched left arm. He tore the three tendons comprising his rotator cuff, and yet was called back to do one-armed work at the store! Not long after, he had surgery for the tear. While he was off, the department revenue dropped 40%; obviously, his customers really missed him!

While he still requires treatment for both injuries and lives with considerable pain, his upbeat attitude and quick smile make him a favorite with customers and coworkers. He has left the store with the large bird mascot and now works as head chef at Buca de Beppo. He's a man who doesn't let his injuries get him down — he just keeps on going, like the Energizer bunny. We are fortunate to know him, and talking with him always brightens our day.

# COFFEE, COATS, AND COMMUNITY ENGAGEMENT

## CHICAGO COFFEE SHOP OWNER DONATES 6,000 COATS TO THE CITY'S HOMELESS

"I love working with coffee as a tool of motivation to fuel and ignite people to soar beyond their expectations and to soar beyond society's expectations."

That's what inspires and drives the Pilot Pete's Coffee and Treats owner, Peter Thomas, to look for ways to serve the people who need help the most in the Chicago area. While many early morning patrons consider a hot, fresh cup of joe a service to the community, Thomas has exceeded his customers' expectations in every way — especially when it comes to helping Chicago's homeless population.

For the past seven years, Thomas has been the primary energy behind "Coffee With a Purpose," an annual community initiative that collects winter coats and other warm clothing and hygiene products to distribute among Chicago's homeless populations. It's all free of charge, and everyone who stops by to pick up a coat, hat, or good pair of socks also gets a fresh cup of Pilot Pete's Coffee.

This is such a solid initiative to serve the downtrodden of the Windy City during their blustery winters that other local businesses have since joined Thomas in his efforts. During its most recent run, a local bakery donated treats to serve with the coffee, a local moving company provided a truck to haul the coats and coffee around the city, and a local design studio made the custom signs advertising Thomas and his company's purpose. It's become such a success that earlier this year, they donated around 6,000 coats to homeless people throughout the city.

This year, there were more people in need than ever before, with many shelters on lockdown because of the pandemic. But Thomas felt good about their efforts. In



donating warm coats and coffee to the homeless, he feels as though he establishes a deeper connection with a group of people that often go overlooked in the city. And honestly, what better way to get to know someone and their story than over a good cup of coffee?

# SUDOKU

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

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

ANSWER

## NIBBLES WITH NUG



# EASY & HEALTHY GREEN RICE

Inspired by 101Cookbooks.com

### INGREDIENTS

- 1 cup tightly packed spinach leaves
- 1 cup tightly packed kale leaves, stems removed
- 1 1/2 cups vegetable stock
- 2 tbsp full-fat coconut milk
- 1 tsp kosher salt
- 1/2 cup yellow onions, finely diced
- 1/2 cup green peppers, diced
- 1 tbsp extra-virgin olive oil
- 3 cloves garlic, peeled and minced
- 1 cup long-grain white rice

### DIRECTIONS

1. In a blender, purée spinach and kale with vegetable stock, coconut milk, and salt. Set aside.
2. In a medium saucepan over medium heat, sauté onions and peppers in olive oil until soft. Add the garlic and cook until fragrant, about 2 minutes.
3. Stir in rice and cook and toast for 1–2 minutes before adding the blended mixture. Increase heat to bring to a boil.
4. Reduce heat to low, cover, and simmer until liquid has evaporated, 15–20 minutes.
5. Remove from heat and let sit for 10 minutes. Fluff with a fork before serving.

## INSIDE THIS ISSUE

- 1** Praise for the Teachers who Love What they Teach
- 2** 5 COVID-Safe Gifts for Your Child's Teacher
- 2** Client Success Story
- 3** Coffee, Coats, and Community Engagement
- 3** Green Rice Recipe
- 4** 99-Year-Old Betty White's Secrets of Longevity

# How to Live to 99

## BETTY WHITE'S SECRETS OF LONGEVITY

Beloved “Golden Girls” actress Betty White is still enjoying her golden years. The famed actress celebrated her 99th birthday this January. While she told People magazine that she’s “blessed with good health, so turning 99 is no different than turning 98,” she also had a few tips for folks looking to make it to their centennial birthday.

### Keep Laughing

“Don’t take yourself too seriously,” White says. “You can lie to others — not that I would — but you cannot lie to yourself.” White has undoubtedly provided many laughs to viewers over the years, but she’s not just playing it up for the camera. Laughter is part of what keeps her young.

### Be Optimistic

White says a good sense of humor also helps her keep a good attitude and look for the positive rather than “dwelling on the downside.” Avoiding negativity also gives her energy. “It takes up too

much energy being negative,” she told People magazine.

### Stay Busy

With nearly eight decades of acting under her belt, six Emmys on her shelf, and over 120 screen credits to her name, White is no stranger to hard work. As she told Parade in 2018, “I just love to work, so I’ll keep working until they stop asking.”

### Exercise Your Mind

In addition to her busy work schedule, what keeps Betty White sharp? Crossword puzzles! She told Katie Couric in an interview, “I’m addicted. An admitted addict. I just can’t put ‘em down.”

### Find a Cause

White is a lifelong animal lover. She calls her golden retriever, Pontiac, “the star of the house.” While pet ownership itself comes with proven health benefits, White has channeled her love for



animals in bigger causes. She’s been a trustee and board member of the Greater Los Angeles Zoo Association for over 40 years and has done work to help protect endangered species in the wild. Funds raised from White’s official fan club, Bet’s Pets, all go to support animal charities.

### Embrace Your Vices

White told Parade she loves vodka and hot dogs “probably in that order,” which just goes to show that you don’t have to forgo your treats to live to 99.