

BETTER THAN CRANBERRY SAUCE

THE PERFECT THANKSGIVING RECIPE

I've always loved to cook. It's a form of therapy for me. My folks enjoyed it too, although I draw the line at some things my dad used to make (calves' brains and liver — yuck!). There's something relaxing about prepping all the ingredients and creating a meal. Years ago, I took several cooking classes at Lazarus, the old department store. The classes were run by a lady who did a cooking column in *The Dispatch*. Either she or local chefs would teach and we made everything from barbecue to Cajun dishes to Christmas cookies. One of the best things I ever learned how to make there was cranberry chutney for holidays.

One year, shortly before Thanksgiving, they put on a class dedicated entirely to cooking a full Thanksgiving dinner, but just learning that one recipe made attending all of those classes worthwhile. If your stomach is turning, I have to assume you've had only that canned cranberry jelly nonsense at Thanksgiving. Forget about that monstrosity. This cranberry chutney is made from fresh cranberries, simmered on the stove with sugar, orange zest, and some other ingredients, turning it into a perfect sauce. It's fantastic! Even people who don't care for cranberries really like it.

I make my cranberry chutney every Thanksgiving and Christmas. No Thanksgiving dinner is complete without it. Though I still love to cook, these days I find I do a lot less cooking around Thanksgiving. My kids have gotten to the age where they're hosting Thanksgiving dinner. I suspect my daughter Whitney will be having Thanksgiving at her house this year.

It's nice to be at that stage where the kids are hosting holidays. Generally, it's a lot less stress for the rest of us! I'll bring the chutney, Amy will make her amazing garden salad, and we get to come over and be the grandparents. The kids do most of the heavy lifting. Someone will bake or deep-fry a turkey, there will be sweet potato casserole and mashed potatoes, and my son, Pete, and his bride, Carlie, will likely bring a roasted Brussels sprout dish. My daughter-in-law, Holly, makes an



obscenely good Oreo chocolate pie. Sadly, this year, Garret and Holly may not be able to make it out from Virginia, but we'll see. If they do, I'll be happy even if they only bring themselves!

The food on Thanksgiving is great, but the best part by far is getting to spend the day with my family. It's great to see traditions being passed on around the holidays. With the kids all grown and in their own busy lives, such moments are rare these days. It's wonderful to sit around and share a big meal with everyone I love.

As the kids take over, I'm proud to see how they've made their way and have done their own stuff. There's something satisfying about walking into my daughter's home to be greeted with the smell of turkey and the sound of the grandkids rushing to meet us. It's a mark of success as a parent.

I want to wish a happy Thanksgiving to you all. May you have great food, make great memories, and enjoy a great deal of time with your loved ones this year.

-Jim Monast

Your Vote Matters, and, Someday, Your Kid's Will Too!

TEACH A LESSON ABOUT VOTING THIS ELECTION DAY!

The 2020 presidential election is heating up, but Election Day 2019 still requires citizens' voices to decide the fate of their cities, counties, states, and judgeships. As the U.S. enjoys a relatively quiet election day on Tuesday, Nov. 5, use the opportunity to teach your children about their civic duty and the power of voting.

For the Young Kiddos

There's no reason why children can't be involved in local elections. Let your kids tag along to the voting area, and ask for help from city workers and local representatives to answer your kids' questions. You can even set up your own family election by holding a vote over what to have for dinner or where the next family vacation should be located. If you're looking for bedtime books to feed their curiosity, try out fun reads like "O, Say Can You See? America's Symbols, Landmarks, and Inspiring Words" by Sheila Keenan. Various websites, like KidsVotingUSA.org, also have ample resources for educators and families.

For New Voters

Turning 18 comes with the newfound responsibility of voting for our country's leaders, and, for new voters, the system, ballots, and restrictions can be confusing. Start by walking your teen through the registration process, which can be done in person at your municipality's office or online at USA.gov or Vote.org. Next, talk with

your teen about what's at stake in the upcoming election. Be careful not to seed your language with opinions so your teen can develop their own view. Direct them to resources like Ballotpedia.org, where they can find information, practice voting, and see local sample ballots. And, of course, when Election Day rolls around, celebrate their first vote!



Don't Forget About You!

Voting is a right and privilege that comes with U.S. citizenship. Don't miss your opportunity to have your voice heard. Learn more about your local election by visiting Ballotpedia.org or contacting your municipality, and be sure to register to vote if you haven't already. Remember, your kids learn by watching what you do, not just by listening to what you say. Inspire them to get involved and, when the time comes, exercise their right to vote!

HEAR FROM OUR GOOD FRIENDS

DAVE AND CHRIS' STORY IN THEIR OWN WORDS

This month, we asked our clients Dave and Chris McCabe to share a bit of their story in their own words. They have become special friends of ours over the past three years, since Dave's bad back injury and two particularly outrageous Industrial Commission orders we had to appeal to court. We are thankful for them and glad to report that we were recently able to bring his claim to a successful conclusion.

-Jim Monast

My wife Chris and I have been married for 38 years, and we first knew of each other after we graduated from high school. She ran a pizza house located at a shopping center, and I ran a gas station located on the corner of the shopping center. I would buy sandwiches and pizzas from her.

A couple of years later, I was attending an evening service at a small local church, as I usually did on Sundays, and I was walking to the education building from the sanctuary. As I opened the back door to the sanctuary, Chris was standing there preparing to come in. I looked at her and said, "What are you doing here?" She answered, "You are mine," and that was the start of our relationship.

We dated for a couple of years and then split up, going our separate ways. After about five years, God brought us back together, which led to us being joined in marriage.

After 30 years of working maintenance in the personal care industry, I ended up coming to New Albany, Ohio, to help with the startup of a new facility. I commuted 100 miles six days a week to work a 10- or 12-hour shift and then drive the same back home. After two years, we moved to the Columbus area to eliminate my commute to work.

Little did we know that on Aug. 8, 2016, my career would come to a tragic end. In the years since, we have suffered through many lows, including financial difficulties, surgery, and my inability to walk unassisted. But in spite of all these things, we trust that God will be by our sides and bring us through all the tribulations. One thing is for sure: We still have each other.

-Dave McCabe



I Was Fired While Recovering From My Injury. Is That Legal?

If you have suffered a work-related injury and were fired for filing a workers' compensation claim, call 614-334-4649 and talk to us today. Workers cannot be fired in retaliation for filing for workers' comp. However, it's important to understand that filing a workers' comp claim does not protect your job permanently. You can still lose your job after filing for workers' comp.

In Ohio, workers have "at-will" employment. This means you can leave your job for any or no reason at all. However, this also means that your boss can fire you for any legal reason, including no reason. It's not unheard of for injured employees

to be released back to work by their doctor to find they no longer have a job waiting for them. While recovering from an injury, employees can be replaced because work needed to get done and their boss found someone else to do it. The position can also be cut entirely while the injured employee was recovering. This is frustrating, but it's all well within an employer's legal rights.

HOW DOES LOSING MY JOB IMPACT MY WORKERS' COMP BENEFITS?

Workers' comp is not unemployment insurance. If your doctor clears you to return to work but you no longer have a job, your temporary total disability benefits will stop. Fortunately, the claim is still open, so you may be eligible for other compensation. And if your doctor releases you to light duty or modified work but you no longer have a job to return to, you may still be eligible for wage loss benefits.

It is legal for an employer to fire you while you are recovering from a work-related injury. However they cannot fire you for filing for workers' comp because of your injury. If you believe you were fired in retaliation, contact the Monast Law Office today to discuss your legal rights. We can also help you determine if you can continue collecting certain benefits after losing your job.



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ANSWER

NIBBLES WITH NUG

JIM'S CRANBERRY CHUTNEY



Yields about 2 cups

INGREDIENTS

- 1 cup water
- 1 1/2 cup granulated sugar
- 2 cups fresh cranberries, rinsed
- 2 tbsp cider vinegar
- 1/2 cup seedless golden raisins
- 1/4 cup slivered almonds
- 1 tbsp light brown sugar
- 1/4 tsp ground ginger
- 1/2 tsp garlic, finely chopped
- 1/2 tsp orange zest

DIRECTIONS

1. Combine the water and granulated sugar in a heavy 3-quart saucepan over medium-high heat. Stir to dissolve the sugar, and then bring to a boil without stirring.
2. Add all remaining ingredients. Boil very slowly, stirring occasionally, until fairly thick, about 5 minutes or longer.
3. Allow the chutney to cool, then cover and refrigerate. (The chutney keeps well for 5-7 days in the refrigerator.)



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CELEBRATING GIVING TUESDAY

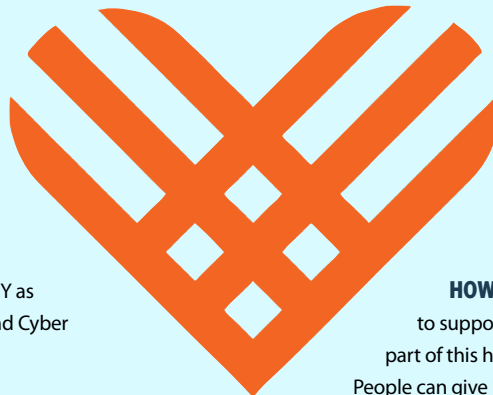
SUPPORTING THE PEOPLE YOU BELIEVE IN

November is usually all about Thanksgiving, but it isn't the only holiday that encourages generosity. Giving Tuesday is a phenomenal celebration in which millions of people from across the globe are inspired to spend 24 hours giving back to the communities they love.

ORIGIN AND GOAL Giving Tuesday is celebrated every year on the Tuesday following Thanksgiving, and this year, the holiday lands on Dec. 3! It was established in 2012 by the United Nations Foundation and New York's 92nd Street Y as a response to consumer-driven holidays like Black Friday and Cyber Monday.

The purpose of the holiday was to spread the spirit of giving, not only for the people in our nation but individuals across the world. The goal is "to create a massive wave of generosity that lasts well beyond that day and touches every person on the planet."

TECHNOLOGY AT ITS BEST Through the use of social media and technology, the organization hopes to encourage and spread generosity on a global scale using



the hashtag #GivingTuesday. The website states that "... technology and social media could be used to make generosity go viral; that people fundamentally want to give and talk about giving." Through massive social media platforms like Facebook and Twitter, the individuals and companies participating in Giving Tuesday can spread their missions and messages all over the world, encouraging others to do the same.

HOW YOU CAN CELEBRATE Now is the perfect opportunity to support your community and the causes you believe in. The best part of this holiday is that "giving" doesn't just refer to donating money. People can give back by volunteering their time to help a nonprofit business, donating goods and food, or just buying a stranger some lunch. Even the smallest actions can have the biggest impact.

If you're interested in participating in Giving Tuesday, get together with your friends, family, sports team members, or neighbors to brainstorm on how you can give back. To learn more about how you can participate, visit GivingTuesday.org.