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Workers' COMPanion

June 2017

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'SOMETHING ELSE' THINKING OF MY DAD THIS FATHER'S DAY

This Father's Day, I'm thinking about my dad. Ask anybody about him, and you're bound to get the same response: "He was something else." Well, I'm here to tell you they don't know the half of it.

My dad, the quintessential salesman, never met a stranger. He followed in the footsteps of his own father, though I'm not sure whether that was on purpose or if it happened by circumstance. My dad joined the Navy during WWII and moved into the medical corps. The plan was, after he returned home, he'd use the GI Bill to put himself through Oberlin College. He got into the school no problem, but let's just say college wasn't exactly my dad's ball of wax.

After flunking out, he more or less had no choice but to go back and help run his dad's auto dealership out in Iowa. While he was working there, his father passed away, and the dealership moved out of the family. But by that time, my dad knew cars, and he had begun to tap into his otherworldly sales skills, so he moved into automotive aftermarket sales. He sold components of cars that didn't come standard back in the day, like cruise control. He would travel all around the country, selling and selling, covering well over 100,000 miles a year.

When we came into the picture, he set up a home office, and though he still had to travel quite a bit, he remained an active father. I remember, when I was playing football in high school, he was there on the sidelines at most of the games and practices, cheering me on.

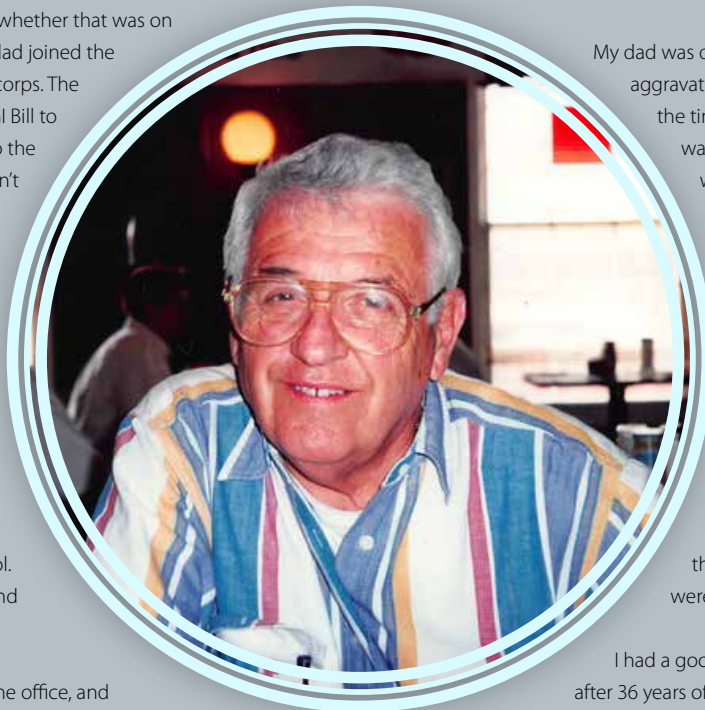
When he was working, you could hear him chatting up customers from almost anywhere in the house, so you could say I learned a lot about the art of conversation directly from him. He was definitely a talker. People used to ask him, "Hey Joe, how you doing?" His reply would invariably be, "Well, I'm still running my mouth" — which was true.

He had one of the loudest voices of anyone I've ever met. I remember once, when one of my sons started playing pee-wee football, he was there with me watching him practice. My younger son was toddling around, just sort of exploring, and he began to wander off. He hollered, with explosive volume "PETE! GET OVER HERE!" I about jumped completely out of my chair. It's a good thing I have a spare ear.

My dad was quite the pistol, and he was prone to aggravation, but he was a great dad regardless. By the time I got divorced and before I remarried, he was living in the same town. He'd help me out with the boys, picking them up from school and spending time with them when I couldn't be around because of work. I was incredibly grateful for that.

One memory especially sticks out to me: the time he went along with me on a 20-mile Boy Scout hike over southern Ohio. He was probably 50 years old at that point, but he kept up, continuously trucking along. That's not to say he didn't look worse for wear — he looked more than a little like Sasquatch by the time we were done.

I had a good relationship with my dad, even when, after 36 years of marriage, he and my mom parted ways. I strive to maintain that kind of closeness with my own kids, ensuring that they have the security of love that I was granted. I never want them to doubt for one second how much I care about them.



- Jim Monast

4 DRINK HACKS

To Keep Your Beverage Cool



The sun is summer's greatest ally — and greatest enemy. For every sun-soaked day at the beach, there are sunburns trying to ruin the party. For every excuse to drink an icy beverage, the sunshine's more determined to keep the drink from staying cool.

These hacks will allow you to enjoy the benefits of the summer sun without the side effect of a warm beverage.

First, let's say you just got home from the grocery store where you purchased a 12-pack of your favorite soda. You're thirsty and it's room temperature at best, right? Patience is a virtue, but there's nothing wrong with accelerating the process.

Fill a bowl with ice water and add a teaspoon of salt, then submerge a can of soda in the bowl. This

process will cool your drink more than twice as fast as just putting it in the freezer.

This other example requires less work, but it takes more freezer space. And if you're like the rest of us, your freezer is pretty packed in the summer! **Wet a paper towel and wrap it around a bottle or can before you place it in the freezer.** The contents inside will cool much more quickly.

If you have more time to plan, this hack will keep your drink cold for longer. Ice doesn't fit in a bottle, and freezing your beer or other beverage will get you to Slushy Town in a hurry. **Fill an empty bottle about halfway, put the cap on, and place it in the freezer on its side.** When it's frozen, pour your favorite beverage inside — the ice from top to bottom will keep the contents cool on the go.

Bonus Hack: This has nothing to do with the sun, but is still a neat way to make drinking your beverage easier. If you go fancy and use a straw when you drink from a can, you know how hard it is to get the straw to stay put. **Spin the can's tab around and feed the straw through it.** Now you'll have a well-behaved straw that doesn't shift around when you need it to be there for you.

The sun is hot, and the summer is long. You need the comfort of a cool beverage to help you get through it. Keep cool, wear sunscreen, and have fun!

Success Story

IMPRESSIVE CASE RESULTS

Don C. from Crooksville, Ohio, suffered injuries to his wrist and low back while working as a semi truck driver for a national pizza chain. At age 44, he underwent a carpal tunnel release and a series of nerve blocks for his back. Having quit school in the 10th grade, and without a GED, Don's employment options were limited to begin with, and further reduced when he sustained his injuries at work. His back continued to worsen, and he was diagnosed with chronic pain syndrome. Eventually, he needed a cane to assist with walking. After failing to improve in spite of extensive medical treatment, Don became depressed when his injuries prevented him from providing for his young family. In his claim, we were able to have depression recognized as a result of his injuries, which allowed Don to begin receiving treatment to improve his quality of life. Ultimately, when it became clear he could no longer return to work in any capacity, we were successful in obtaining Social Security benefits for Don, as well as permanent total disability under his workers' compensation claim.



DO I NEED AN ATTORNEY For My Workers' Comp Case?

After a nasty tailbone-to-concrete workplace fall, or an injury caused by machinery on the jobsite, you may be wondering whether to get an attorney involved.

To tell the truth, it depends. Not all claims involve serious injuries, and certainly not all claims require an attorney at the helm. If you're rushed to the ER, patched up with a stitch or two, and sent on your way with a lollipop, you might be fine handling the case yourself. If your employer certifies your injuries and the BWC doesn't find anything to object to, you're probably in good shape moving forward, even if you miss a day or two of work.

However, if your injury is particularly serious, involving extended time out of work, or is being contested by your employer or the BWC, it's likely you'll want an attorney specializing in workers' compensation claims steering your case in the right direction. In these cases, it's important to remember that your employer will almost definitely have a legal representative appear on their behalf should your contested claim be scheduled for a hearing before the Industrial Commission of Ohio. The BWC also has staff attorneys who appear at these hearings to represent the interests of the state insurance fund.

I often say, I know you aren't having a good day when you have to contact an attorney. I've been through a divorce; I understand why people are averse to

lawyers. However, in many cases, it's a good idea to talk with a professional, even if it's only to get all your options out on the table.

I don't accept every case that comes through the door, and it doesn't cost you anything to call us. If you give us a call and I think we or someone else can help you, I'll let you know and explain why. I'll also tell you if you don't need us or if we can't help for any reason. Feel free to call us at **614-515-2595**, obligation-free.



ABBY'S APPETIZERS

DAD'S WHISKEY BURGER



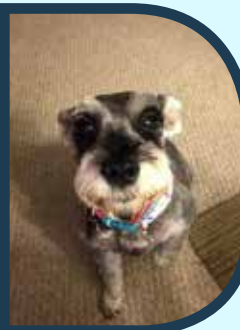
INGREDIENTS

- 4 (6–6 ½ ounce) hamburger patties
- ¼ cup whiskey
- 3 garlic cloves, chopped
- 4 strips bacon
- 8 thick slices American cheese
- 2 large Vidalia onions, peeled, cut in half, and thinly sliced
- 2 tablespoons olive oil
- 2 tablespoons reserved bacon fat
- 1 teaspoon salt
- 4 hamburger buns

DIRECTIONS

1. Cook bacon until crisp. Remove and cool. Reserve 2 tablespoons bacon fat.
2. In a large skillet, combine olive oil and bacon fat, then add onions. Cook over low heat. Add salt and turn onions often for 30–40 minutes until caramelized.
3. Place whiskey and chopped garlic in a shallow dish and add hamburger patties. Marinate for 15 minutes, then flip and marinate another 15 minutes.
4. Grill burgers over medium-high heat until cooked to desired doneness.
5. Add two slices of cheese to each burger in the last minute of grilling.
6. Put hamburgers on buns, then top with a large spoonful of caramelized onions. Top with bacon.

Recipe inspired by Mantitlement.com.



SUDOKU

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ANSWERS

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DEAR DIARY ...

How to Journal if You Don't Like Journaling

What do Thomas Jefferson, Charles Darwin, Winston Churchill, and Virginia Woolf all have in common? They all kept journals. In fact, many of history's most celebrated figures journaled long before science connected journaling with personal growth and learning enhancement. However, traditional journaling isn't for everyone. If you hit a wall every time you try to put pen to paper, or worry you'll have to burn your journal when you're done, there are other ways you, too, can enjoy the benefits of journaling.



Write Letters to Your Kids

Framing journal entries as letters to children can help provide a starting point for you. Many parents journal like this with the intent of letting their kids one day read the letters, but that doesn't have to be your end goal. Nor do you have to write to your kids. You can address your letters to your spouse, a close friend, your mother, or even a loved one who's passed away.

Record Quotes

Quotes are special because they capture a profound feeling in just a few words. By recording some of your favorite quotes, you're able to capture those feelings and

reflect on why they resonate with you. Include quotes from historical figures, books, song lyrics, something you heard waiting in line at the coffee shop, or some of the "darndest things" your kids say.

Collect Photos

The advent of camera phones made capturing life's precious memories easy, but more often than not, those precious memories are trapped in old cellphones, desktop folders, or dusty social media feeds. If you're a visual person, why not start printing your favorite pictures out? Try organizing old photo albums or resurrect the art of scrapbooking. If you need help getting pictures off your computer, Snapfish.com specializes in turning digital pictures into quality prints.

Go Digital

Apps like Day One for iOS or Journey for Android are perfect for recording your thoughts quickly. Journaling apps are as easy as scrolling down social media, but they can be locked for your eyes only. Integrate written segments with photos to create entries you can reflect on from your phone, tablet, or computer.

There are as many reasons to journal as there are options for alternative journaling. Whatever you decide, just make sure it's something you'll enjoy doing every day. Happy journaling!