

BLAST FROM THE PAST

REMEMBERING MONAST 4TH OF JULY TRADITIONS

Did you know an old M-80 firework has as much explosive power as a quarter stick of dynamite? This is what I was always told, and while it might be an urban legend, it makes you rethink those childhood memories of playing with fireworks.

When I was a kid, Fourth of July was spent at the family lake cabin in Oklahoma. We'd go swimming in the lake, waterski, barbecue, and play with fireworks. I loved throwing cherry bombs in the lake. Something in the fuse would keep the firework lit even after it went underwater. They would go down about 10 feet and explode underwater with this bright flash of light and a deep "whomp" sound. It was really cool to see at night.

Another Fourth of July fireworks tradition we did to entertain ourselves as kids — and one I don't recommend today — was sticking Black Cat fireworks under a tin can and watching how high the can would fly into the air. We'd attach more and more fireworks and send the can higher and higher. One year, my brother Allen, who had just gotten out of the Marine Corps, had the genius idea to stick an M-80 under a can to really get some air. *Warning:* The next part of this story isn't for the squeamish.

After Allen lit the firework, he began to walk away when the M-80 went off. The can exploded and sent shrapnel flying straight through his hand. That's the kind of thing

that could have really messed up his hand. Fortunately, our mom was a tough woman. She grew up on a farm in Iowa and didn't even blink at that kind of injury. Mom took Allen into the concrete lake house to pull out the shards of metal and clean the wound with iodine. From across the cove, I could hear my brother the Marine screaming and hollering the whole time. Needless to say, he never did that again.

Thankfully, bodily harm wasn't a common feature of my family's Fourth of July celebrations. Back when I was a Cub Scout, I would march in our small town's annual parade. Later, when my own sons were in the Boy Scouts, we'd march alongside them in the neighborhood parades as one of the troop dads drove a restored WWII Jeep. These days, I enjoy heading out to the riverfront for Columbus' Red, White, and Boom fireworks display. It's really extravagant and a big upgrade from the fireworks we'd watch at the boy's club ballfield when I was a kid.

"Thankfully, bodily harm wasn't a common feature of my family's Fourth of July celebrations."

Of all the Fourth of July traditions, I look forward to the cookouts the most. I love grilling up some brats and getting together with the family and old friends. There's a sense of patriotic pride as we remember a time when our country was a little more united and realize we live in a pretty good place.

There's a lot to love about this holiday. However you and your family celebrate, may you enjoy a fun, memorable, and safe Fourth of July!



My daughter Whitney with her husband Robby at the Red, White, Boom celebration in Columbus.

-Jim Monast

The Power of Nostalgia

DISNEY'S LIVE-ACTION REMAKES IN 2019



Even if someone doesn't consider themselves a movie buff, they've likely heard about Disney's decision to harness — and capitalize on — the power of viewer nostalgia with live-action remakes of its beloved classics. Back in 1996, Disney tested this formula for the first time, releasing "101 Dalmatians" with Glenn Close starring as the brilliantly deranged Cruella stalking puppies for their fur. After breaking box office records on the first weekend, Disney decided to create a slow trickle of other live-action remakes using the same blueprint: "Alice in Wonderland" in 2010, "Cinderella" in 2015, "The Jungle Book" in 2016, and "Beauty and the Beast" in 2017, among several others.

By promising viewers the storyline they loved as a child, a star-studded cast, some vaguely cheeky references, 3D visuals, and added action, Disney has created a recipe for box office success. Here are three live-action remakes that have been or will be released in 2019.

'Dumbo,' March 2019 Unlike the animated classic released in 1941, this live-action version introduces a former circus star, played by Colin Farrell, and his two children as caretakers of the big-eared, flying mammal. Directed by Tim Burton, "Dumbo" doesn't use real elephants on screen. Disney instead uses a mixture of CGI and live-action. Other major stars in the film include Danny DeVito, Michael Keaton, and Eva Green.

'Aladdin,' May 2019 The original "Aladdin" hit theaters in 1992, ultimately pulling in Oscars for best score and best song. Now, 27 years later, Disney has decided to retain many of the original's musical and narrative elements. While fans of the first film will surely miss hearing the voice of the late Robin Williams, the genie will still play a central role in the film's story and will be brought to life by Will Smith. Actors Mena Massoud and Naomi Scott will play Aladdin and Jasmine, respectively.

'The Lion King,' July 2019 The original film became one of the biggest animated features at the time of its release in 1994, and all of the beloved characters will return in a live-action/CGI version. While James Earl Jones will return as the voice for Mufasa, the remake will also feature Donald Glover as Simba, Beyoncé Knowles-Carter as Nala, Chiwetel Ejiofor as Scar, John Oliver as Zazu, and Seth Rogen as Pumbaa, as well as a long list of other talented men and women.

Hopefully these three remakes will dredge up some of the same wonder and joy the original stories evoked.

CLIENT STORIES

CHRIS C.

I've written before about clients suffering from reflex sympathetic dystrophy (RSD, aka complex regional pain syndrome), a devastating condition that results from relatively minor injuries, causing profound pain and disability.

Thirty years ago, much like carpal tunnel syndrome, RSD was considered a controversial diagnosis; doctors and the Ohio Bureau of Workers' Compensation (BWC) were split on whether the condition was legit. Some thought it was "all in your head" or just something doctors diagnosed when they couldn't figure out "the real problem." Such thinking also led to wholesale denial of treatment requests. Whereas spinal cord stimulators and morphine pain pumps are recognized as proper treatment today, they were considered experimental back in the day and routinely denied.

The first client I recall breaking through the approval barrier is Chris C. (An alias has been used per request.) Chris was an attorney representing Ohio in multimillion-dollar utility cases. She became a client after suffering what seemed to be a fairly minor injury: She tripped getting into an elevator at work that stopped 2–3 inches above floor level, falling and bruising her knees. Though she remained at work, she rapidly developed significant pain in her knees that spread to other areas of her body. She worked at home



for a couple months and intermittently had arthroscopies with shaving of both patellas, epidural blocks, and bilateral lumbar sympathectomies (cutting a nerve to relieve pain). She became extremely sensitive to light and required enormous amounts of opioid pain medicine with little relief.

Ultimately, a pain specialist and her orthopedist (one of the finest in the state) requested the BWC approve a pain pump. Initially denied, we won on appeal, and the pain pump was installed over 20 years ago. She's required several replacements since then. While Chris could not return to any work despite her high level of education — we succeeded in having the Industrial Commission award her permanent total disability — she improved to the point of enjoying some quality of life again. She's a member of several online support groups for people suffering from RSD, and she encourages all of them to seek medical attention and find help for their condition. She's a great inspiration as she continues moving forward one day at a time.

Tell Your Story

QUESTIONS TO EXPECT IN YOUR WORKERS' COMP HEARING

Walking into a workers' compensation hearing can be intimidating. For many workers, it feels like their performance in this hearing will determine the fate of their case. In some ways, it does, but don't go in blind. The questions you need to answer will depend on what kind of hearing you're going into. This month, we will take a look at the questions you may have to answer during an initial allowance hearing (claims disputed by your employer and/or the Ohio Bureau of Workers' Compensation [BWC]).

- How did your injury happen?
- What job you were doing?
- How long have you done that job?
- Have you had problems of this sort before or previous injuries, whether to this part of the body or anywhere else?
 - If so, how is your condition different than before?
- When did you report the injury to your employer?
- When did you seek medical treatment?
 - How did you get there?
 - Who sent you?
- If you didn't see a doctor or report the injury right away, why not?
- Do you have other underlying medical conditions?

- Were there witnesses to your accident?
- Did you tell anyone else about your accident?

Additionally, you may be asked to describe your work history for the year prior to your injury.

It can be stressful to stand before a hearing officer and tell your story. The good news is that hearing officers are typically sensitive to your unfamiliar situation and strive to treat you with respect and make sound decisions based on the facts.

The most important thing to remember is to be honest. You need not be a doctor or a legal expert when answering these questions — you only need to tell your story. If you are nervous or need help going over the details of your accident, call Jim Monast at **614-334-4649**. An experienced workers' comp attorney can help you tell your story in any hearing you walk into.



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ANSWER



NIBBLES WITH NUG

JUICY LUCY SLIDERS

Inspired by Bon Appétit Magazine

The Juicy Lucy is a burger with cheese hiding in the patty, and it is a staple in Minnesota. We think it should be a Fourth of July favorite nationwide.

INGREDIENTS

- 2 lbs. ground chuck beef, 20% lean
- 8 slices melting cheese (like American, Swiss, Muenster, or cheddar)
- 16 small potato rolls, toasted
- Salt and pepper, to taste
- Your favorite burger accompaniments

DIRECTIONS

1. Divide beef into 16 evenly sized balls.
2. Rip cheese into roughly equal pieces, creating 16 equal portions.
3. Using your index finger, create a small indentation in each ball.
4. Fill indentation with cheese and pinch meat around to seal. Then gently form balls into 3/4-inch-thick patties. Season patties.
5. Meanwhile, heat a cast-iron skillet to medium-high.
6. Lightly coat skillet with oil and cook patties in batches. Brown one side undisturbed, about 3 minutes. Carefully flip and cook until desired doneness, about 3 minutes for medium.
7. Serve on toasted potato rolls with your favorite accompaniments.



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Get More Out of Your Grill This Summer

3 FOODS MADE FOR GRILLING

During the summer, the backyard grill becomes the place to be. It's the best site for sharing grilled meat and memories. But as you grill this summer, why not take a step out of your "meat comfort zone?" Whether you prefer gas or charcoal, just about any backyard grill can be transformed into an all-purpose, high-temperature oven. Get ready to kick some of your favorite foods up a notch! Here are three foods that are great for grilling.

Pizza Making your own pizza at home is incredibly easy. You can make your own dough or buy it at the grocery store. Roll it out, add all your favorite toppings, then toss it on the grill. Just make sure your pizza will fit on the grill first! You may need to make smaller personal pizzas if you have a small grill.

Pro Tip: The hotter you can get your grill, the better. At 500–600 F, it may only take a few minutes to completely cook the pizza, so don't leave the grill. This is the best time

to use a pizza stone (if you have one) to ensure a golden-brown crust, but you can place the pizza directly on the grill too.

Bread There's nothing like making your own artisan bread at home, and you can do it right in the grill. You can create your own flatbread, rolls, or full loaves with just about any bread recipe. It all comes down to time and temperature control. 500 F tends to be a safe bet. If it's too hot, you'll overbake the outside while the inside remains raw.

Salsa You can kick up the flavor of any homemade salsa by first grilling each ingredient you want in your salsa, such as tomatoes, jalapeño, onion, or garlic. This includes salsa with fruit, such as mangoes or peaches. Allow each ingredient to get a light char, but be sure to remove the charred skin of the tomatoes after grilling. Leaving it on can result in a burnt flavor rather than a smoky one.