

## NO ONE LIKE MOM

### *Remembering the Tough Woman Who Raised Me*

It has been more than 10 years since we lost my mother to Alzheimer's, but every time I think about her, I picture her fiery red hair and tough-as-nails attitude. And I can only smile...

When I try to describe my mom, several stories come to mind. But few are as clear and ring as loudly in my ears as a particular 4th of July years ago in Oklahoma.

I lived in Joplin, Missouri, through elementary school. My folks owned a dinky cinder-block cabin at Grand Lake in northeast Oklahoma, in the foothills of the Ozark Mountain Range. We'd spend summer weekends and holidays there, including Memorial Day and the 4th of July. One year, my brother Allen (fresh out of the Marine Corps, mind you) had the bright idea to stick an M-80 explosive under a tin can to see how high it would fly. If it flew 10 feet with a couple of black cats, who knows how high it would go with an M-80, right? As he turned away from the lit fuse, it exploded, sending shrapnel everywhere, including through his hand where it poked out the other side.

I can still hear what happened next clear as day, as if I was still listening across the cove. My no-nonsense mother dragged my twenty-something brother to the cabin, grabbed a needle-nose pliers, and pulled that shrapnel out of his hand. She didn't flinch, even as he was hollering. He yelled even louder when she poured Merthiolate and Mercurochrome all over the wound.

My mother grew up tough. She was one of 12 children, the daughter of immigrant farmers from Holland. She was always a little mischievous and fearless, even at a young age. When she was 16, my mom married Albert, a farmer from Dutch neighbors. By 21, my mom was wrangling three kids, helping run the farm, and waking up way before dawn to make big, hearty meals for the hired hands. I can still remember her whipping up meals out of almost nothing as I was growing up.

Farm life is tough living, but it was no match for my mom. She was never afraid to step up and help, even in the most traumatic situations. The injuries

on the farm could be some of the gnarliest, including times when people fell into combines. Mom acted as the doctor, often running toward the incident and sewing up wounds.



Mom eventually divorced her first husband, and married my father, a car dealer from Iowa. I was born in Waterloo, Iowa, where my mom continued to be just as tough — if not tougher, thanks to the farm. Nothing could scare her. This is the same woman who refused Novocain at the dentist when she went in for a root canal. Once, she stepped on a toothpick, which shot straight through the arch of her foot. It was up to me to take the pliers and pull it out. I was queasy, but she told me what to do as it was too painful for her to do it.

At 5'4" and 120 pounds, my mom may have ruled the roost, but no one stood up for her children like she did. My dad used to say, "That woman has a sharp tongue," and I knew I never wanted to be on her bad side. But that would have been impossible. Her children were her entire world, and there was no bigger supporter we could have had. In her obviously skewed view of us, we could do nothing wrong. It was sometimes a bone of contention between her and my dad, but by golly, she was taking our side.

Toward the end of her life, my mom lived with Alzheimer's. My sister Kathy and her husband Buddy built space into their home in Arkansas for Mom to live as she grew older. Later, when Mom went to a facility, Kathy visited her every day for three years. Despite her graying red hair and her memory slipping away, my mom never lost her tenacity or her love for her kids.

There's nothing like a strong mom. And, frankly, there was no one like my mom.

Happy Mother's Day to all the moms, especially those who grab pliers and get the job done.

*-Jim Monast*

# THE UNBELIEVABLE SHARK ENCOUNTER

## THAT SAVED A MAN'S LIFE

Sharks are powerful, violent creatures. They can have thousands of razor-sharp teeth. They swim about 12 mph when attacking — twice the speed of a (very fast) human swimmer. The mere presence of a shark is enough to close down a beach and frighten movie audiences.

Apparently, some sharks are different. One shark even saved a man's life.

Eugene and his family were enjoying a warm summer day in Huntington Beach, California. As he swam in the ocean, enjoying the cool waters of the Pacific, he was struck by a sudden tremendous force, pushing his neck backward. He later described the sensation as "instant whiplash."

After a difficult and painful swim, he reached the shore. Eugene's daughter asked why his back was so bloody. He was shocked to find a giant gash across the center

of his back, as well as several teeth marks on one side. The family headed home as lifeguards closed the beach, fearing more attacks. That evening, Eugene was in severe pain from the injury and was rushed to the hospital.

Not surprisingly, blunt force trauma was causing his pain, befitting a large shark ramming him in the back. However, this wasn't the only diagnosis he received that day, nor was it the most severe. While examining Eugene, doctors discovered a walnut-sized tumor on his right kidney. They quickly rolled him into the operating room and removed the cancerous tumor before it could progress.

Whether the shark intended it or not, it may have saved Eugene's life. Undetected, the tumor might have metastasized and spread to the rest of his body. Without that attack, he may not have known about the cancer before it was too late. Because of that fact, we are confident the shark is a hero, whether it knows it or not.

## Samantha's Food Drive

### PARALEGAL FIGHTS HUNGER STATEWIDE

Samantha Baughman, our rock star paralegal, serves as statewide representative of the Paralegal Association of Central Ohio (PACO). This past February, she collaborated with three other paralegal associations across Ohio to organize drives to help local food banks. She's previously hosted several food drives for pets as part of her work with local animal shelters, and wanted to coordinate one to help people.

The seed for the food drive was planted last October when she went to the National Federation of Paralegal Association's annual conference in Washington, D.C., as an Ohio delegate. PACO held its first food drive in 2023 and wanted to do it again in 2024, so Samantha decided to jump in and get the ball rolling. While at the conference, she called the Mid-Ohio Food Collective to discuss setting up a food drive on their behalf. She then contacted three other paralegal organizations in Ohio and held Zoom meetings to organize food drives across the state. Samantha organized the local food drive on behalf of PACO, partnering with

local law firms and legal vendors to gather both food items and monetary contributions.

The food drive generated 700 pounds of non-perishable food and \$97.75 in donations. The Mid-Ohio Food Collective can distribute up to \$4.56 in groceries for every \$1 collected and serves 20 counties across central Ohio. You can learn more about them at [mofc.org](http://mofc.org).

An Ohio native, Samantha was a member of the Tucson Paralegal Association while her husband was stationed in Arizona with the U.S. Air Force. When they returned to Ohio, she joined PACO. After a few years, she was approached by several leaders of the organization who suggested she apply to become the statewide/secondary representative on behalf of the organization. She began her term July 1, 2023.

PACO is dedicated to helping paralegals advance their careers professionally, by offering free continuing legal education (CLE) programs for members and hosting



networking events. Samantha's favorite thing about PACO is the opportunity to go to free CLE presentations, including ones about workers' compensation. You can learn more about PACO at [pacoparalegals.org](http://pacoparalegals.org).

We are proud of Samantha's commitment to our clients at Monast Law Office, and to our surrounding community, and just wanted you to know her a little better!

# COMPACT, CUDDLY, AND THERAPEUTIC

## THE PERFECT PET FOR COMFORT AND COMPANIONSHIP

When choosing a canine companion, each breed has a unique blend of quirks and charms. With their distinctive, wrinkly faces and stocky builds, English bulldogs are no exception. Let's dive into some of the delightful benefits of raising an English bulldog that might just make you consider bringing one of these stout-hearted dogs into your home. *Warning: Our very own Jim Monast has had five English bulldogs, so we may be a bit biased! (See Ellie the Bulldog below)*

### 1. APT FOR APARTMENT LIVING

First off, compact-sized English bulldogs are incredibly well-suited for apartment living. Unlike larger breeds, bulldogs are fairly sedentary. Sure, they enjoy a good walk now and then, but they're also perfectly content lounging around the house. This laid-back nature means they don't need a backyard to stay happy and healthy, making them ideal for anyone with limited space.

### 2. PACKED WITH PERSONALITY

If you're looking for a pet with personality, look no further! English bulldogs are known for their expressive faces and hilarious antics that can keep you entertained for hours. Whether it's the way they snore with gusto or the playful way they battle with their favorite toys, bulldogs have a way of bringing a smile to your face, even on a gloomy day.

### 3. AFFECTIONATE AND THERAPEUTIC COMPANIONS

English bulldogs form strong bonds with their families and are incredibly affectionate. They revel in snuggles, so if you're seeking a cuddle buddy, a bulldog is your perfect match. Their presence can be particularly soothing, offering emotional support when you need it most. This makes them excellent therapy dogs!

### 4. SURPRISINGLY LOW MAINTENANCE

Despite their regal appearance, bulldogs are relatively low maintenance. They do require regular cleaning of their facial wrinkles to prevent infections, but their grooming needs are minimal compared to many other breeds. This makes them a good choice for anyone looking for a dog that doesn't require extensive upkeep.

### 5. A LESSON IN PATIENCE

Owning a bulldog can come with challenges, particularly their stubborn streak. However, this can be a blessing, as it teaches you patience and persistence. Learning to work with your bulldog's laid-back (sometimes too laid-back) attitude can be a rewarding experience.

If you're looking for a loyal friend with a bit of character, the English bulldog could be the new member your family didn't know it was missing.

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ANSWER



EATS WITH ELLIE

## GRILLED RED CURRY BEEF SATAY WITH PEANUT SAUCE

Inspired by StarTribune.com

### INGREDIENTS

- 1 1/2 lb flank steak
- 1/2 cup unsweetened coconut milk
- 2 tbsp lime juice
- 1-3 tbsp Thai red curry paste
- 1 tbsp fish sauce

### For sauce:

- 1 cup unsweetened coconut milk
- 1-2 tbsp Thai red curry paste
- 1 tbsp brown sugar
- 1 tbsp fish sauce
- 1/2 cup creamy peanut butter
- 1 tbsp lime juice

### DIRECTIONS

1. Freeze flank steak for 30 minutes. Cut crosswise, against the grain, into thin slices.
2. In a medium bowl, whisk together coconut milk, lime juice, curry paste, and fish sauce. Add steak and toss to coat. Cover and chill for 8 hours.
3. In a small saucepan over medium heat, combine coconut milk, curry paste, brown sugar, and fish sauce. Bring to a gentle boil for 3 minutes, stirring occasionally. Add peanut butter and stir until well blended. Remove from heat and add lime juice.
4. Thread the marinated meat onto 12 long skewers. Grill until beef is medium rare, 1-2 minutes per side.
5. Transfer satay to a platter and serve with peanut sauce.



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# 4 FASCINATING HISTORICAL FOOD FACTS

Food is central to every culture. The what, why, and hows of culinary history are diverse and fascinating. From the forgotten Roman condiment to the short-lived hot soda, there's no end to the depth of interesting food facts.

### NO. 1: DOUBLE-DIP FAUX PAS

The nobility of the Ottoman Empire followed a complex but rational code of culinary conduct. After washing with soap and water, they ate primarily with their hands. Once the meal began, they followed rules much like ours. Double dipping and lip-smacking were frowned upon, and eating more than one bite of a dish was rude, too. Luckily, meals had dozens of unique dishes.

### NO. 2: THE LOST CONDIMENT

The Romans left behind a vibrant legacy. Aqueducts are still used throughout Europe, while their language is the basis of many other languages. One thing that hasn't stood the test of time is garum. They poured this condiment on almost everything they ate. Made from

fermented fish, garum's salty, fishy flavor no longer appeals to the average Westerner's palate.

### NO. 3: HOT BEVERAGE FAIL

Dr. Pepper, like most sodas, is best enjoyed cold. This means there are fewer soda sales during the winter when people opt for comforting, warm beverages. To remedy this, the soda company tried to push hot Dr. Pepper in the 1960s. Meant to be served warm with lemon, they marketed it to magazines, television, and radio. The campaign was unsurprisingly unsuccessful.

### NO. 4: ROAMING RAMEN

Ramen is one of Japan's most iconic dishes, but it doesn't actually originate from

Japan. The noodle soup comes from China, where it is known as *shina soba*. It became popular in Japan after World War II. The country had undergone a food shortage for years but had finally started importing supplies. Chinese food was believed to be nourishing and filling, so street vendors offering cheap but delicious ramen became a mainstay.

Once instant ramen was invented, the noodle soup became associated with Japan worldwide.

Whenever you sit down for dinner, consider how you eat and the odd traditions you unconsciously observe. We're all part of a marvelous culinary culture and should celebrate what makes us unique.

