



for the **RECORD**

NEWS FOR THE OHIO COURTS

Knowing Yourself - Knowing Your Legislators

Judge Mary Jane Trapp has written a compelling article found below regarding coping with the double barreled isolation that confronted her due to the death of her husband during the COVID pause in life as we knew it. Despite the frenetic activity that surrounds the life and duties of every judge – wearing the robe is also necessarily isolating. Relationships with longtime friends, interaction with your community and social network become more guarded while challenging judicial decisions welcome you every day. It is the cocktail that makes being a judge intellectually stimulating and often physically draining. Mary Jane’s shared experience should inspire your own continued path to achieve balance in your judicial life.

In less than two weeks, on May 7, the Judicial Conference is hosting our annual Legislative Exchange. If your schedule will permit, plan on coming to Columbus and spending part of your day with a member of the General Assembly. Please contact Justin Long, justin.long@sc.ohio.gov or 614-387-9756 for details. It is an excellent opportunity for you to build relationships with the individuals responsible for the evolution of the Revised Code that constantly impacts the work of judges. Negative bias is a two way street – legislators and judges have families, hobbies and interesting life experiences beyond the shared duties of public service – finding common ground can make the effort rewarding for both legislators and judges.

Paul
419-563-4966
paul.pfeifer@sc.ohio.gov

Cooking, Music, and the Art of Wellness

By Judge Mary Jane Trapp, Ohio Court of Appeals, Eleventh Appellate District

mjtrapp@11thappealohio.us

216.406.1541

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During the pandemic, I cooked my way to better health and more joy in my life, channeling my creative side and lessons learned from my days as a competitive athlete.

It was a highly stressful time. I was grappling with the very recent loss of my husband. For over 30 years, we had been life partners, as well as law partners before I took the bench. After the shutdown, my courthouse retreat from my quiet residence presented me with just another empty space.

My outlets and spaces to be with other people - the gym, the yoga studio, bar association and inn of court meetings, lectures, concerts, Sunday mass, and simple social gatherings with friends - were gone. I had to figure out how to embrace the social distancing concept for my own well-being.

Apart from grief, I was also concerned about staying well during a pandemic. And I was aware of the troubling statistics about the health and well-being of those in our profession. I saw more lawyers and judges experiencing chronic diseases, addictions, and injuries. I read that the World Health Organization estimated Americans could expect to celebrate only a single birthday in good health after age 65. So, I was determined to use my “alone” time to work on wellness.

It took some time. Slowly, I was able to reach back and recall how I navigated being alone as an only child who spent a lot of time home solo. I rediscovered my vinyl album collection. I had Amazon deliver a new turntable right to my door. Filling my silent house with music brought me some joy as I summoned the strength to finally clean off my husband’s desk.

With restaurants closed, I recalled the fun I had as a teen watching both “The Galloping Gourmet” Graham Kerr and Julia Child on public television when I came home from school. Graham Kerr’s entire series is now on Hulu. The entertainment value of this 70’s cooking show is better than a Saturday Night Live skit, and you will easily see why I decided to embrace his utter joy of cooking.

I began to do creative batch cooking on the weekends to eat healthy lunches at my desk and have something other than microwaved popcorn for dinner. I started posting my culinary creations on social media and then developed a bit of a following.

Cooking sparked the creative side of my brain, giving the analytical side a rest. I began to see a large bowl of fresh salad greens as a canvas for colorful, tasty, and healthy

veggies, cheeses, fruits, seeds, and nuts. I would make a large, composed salad that I could top with a protein for my meals during the work week.

Music has always been a part of my life. Music is incredibly therapeutic. I began to notice the difference in my preference for background music between the two sides of my brain, too. When I was writing opinions, I would listen to classical music. The structure of a Mozart fugue ordered my thought process, but I also realized that singing out loud in my kitchen to the rock music of the 70’s and 80’s while chopping veggies melted away the stress of the week. I also recognized that watching those classic food shows was also an escape from reading trial transcripts describing the horrible things some people do to others or themselves.

Each weekend I would experiment, creating new main dishes and salad combinations from what was fresh and locally sourced at the grocery store that week. I created, photographed, and posted my work. People began to expect to find a Saturday Salad or Sunday Supper post from me. This routine was key to surviving the pandemic and improving both body and mind. It still is to this day.

They say, and I have found it to be true, “we are what we repeatedly eat. Healthy eating is not an act, but a habit.”

The routine motivated me to do more. During COVID and when life began to return to normal, I remained physically active, but I realized what worked before was not working now. At a “certain age” your muscles and bones are not what they used to be. The diet and training I followed as a competitor - I was a competitive skater back in the day - and in college and law school was not cutting it now. I knew I had to get back into training mode. I began intensive strength training and combined weightlifting with wellness coaching.

It has been a journey, but making time for it was well worth the extra effort.

So, what do I eat in a day? I have pushed up my protein intake substantially to support muscle strength. All my meals and snacks are loaded with protein and fiber. The added benefit of the increased protein is the decrease in sugary, carb cravings in the afternoon. I do still enjoy a dark chocolate treat!

Breakfast: Coffee with Vital Proteins and hemp milk, a Greek yogurt and Orgain plant protein smoothie with mixed berries, green leafy veggies, and ground flax seed; or an egg white, spinach, and mushroom omelet, or a turkey bacon BLT.

Lunch: Large mixed greens salad with a variety of veggies, feta, nuts, fruits, or low-fat cheese, and a protein-seared Ahi tuna, grilled seasoned chicken breast, or lemony grilled scallops. I choose not to eat red meat because of my family history of colon cancer.

Snack: Quest Chocolate Chunk protein bar, Orgain Plant protein drink, “Good” brand low-fat cottage cheese, New Primal brand turkey sticks, or raw veggies.

Tips and Tricks (a dynamic document)

Dinner: Any grilled fish, turkey and mushroom stew, grilled Salmon, Shrimp, Feta & Sundried Tomato burgers (Heinen's) or grilled chicken with oven roasted green or root veggies or a salad. Dinner is my time to experiment with new spices and sauces.

If you are curious about my cooking and making healthy choices, please watch the videos we recorded for the Cleveland Metropolitan Bar Association's "Fit to Practice" series. From my kitchen to yours, I am happy to share some of my recipes with color commentary from the expert, my wellness coach. Do not worry, I am keeping my judicial day job, but it was fun to create four Food Network-like videos. You may find them on the CMBA's YouTube Channel under videos.

It has been said that "wellness is the complete integration of body, mind, and spirit-the realization that everything we do, think, feel, and believe has an effect on our state of well-being."

Be fit to serve. Give yourself, your clients, and those you serve a great gift - take care of your body, mind, and spirit.

Be well my friends.

- Feel free to submit any articles you would like to have added to the quarterly [For the Record](#)
- The [Judicial Advisory Group \(JAG\)](#) is available for judges who need a group to extend its ability to provide confidential assistance to judges
- There is a "[Who Do You Know](#)" document that is available for judges to fill out if any current legislators they may know could be of assistance to the OJC
- For help signing into the Ohio Judicial Conference's website, www.ohiojudges.org, please see this [document](#)
- Annually, the OJC hosts a [Judicial-Legislative Exchange](#) program, which allows a day for judges to come to Columbus to shadow legislators, hopefully from their districts. The idea is for the legislators to then shadow the judges in their court for the day
- Did you know that if you log in to the Judicial Conference website and go to [associations](#), you can choose your judicial association and see the summer and winter meeting dates?
- The Judicial Conference Jury Instructions Committee posts [recently revised](#) jury instructions on the Judicial Conference website.
- The website was updated with a few notable changes. One of those changes was the addition of a [calendar](#) which is matched up with our list of events.
- Another addition is the updated "[Outreach that Works](#)" link, which allows judges to submit any recommendations that help them to reach out to the public, whether it be publications, websites, suggestions on events, etc.
- A notable connection to help all judges is the [National Center for State Courts](#), or the NCSC. This site helps to promote the rule of law and improves the administration of justice in state courts and courts around the world.

Judicial College Offerings

The Judicial College CLE schedule is available online. To view the calendar and sign up for courses, please visit this [site](#)

VISIT THE OHIO JUDICIAL CONFERENCE WEBSITE!

WWW.OHIOJUDGES.COM

CONTACT JUSTIN LONG AT THE OHIO JUDICIAL CONFERENCE FOR LOGIN ASSISTANCE

justin.long@sc.ohio.gov

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NATIONAL NEWS:

- Arkansas's Cruel and Unusual Killing Spree
- I Went to a Town Hall Meeting in a County Ravaged by Opioids. What I Saw Broke My Heart.
- OxyContin Maker Asks Judge to Toss Case Brought by City
- Gorsuch Might Be Tough to Predict on Criminal Justice Cases

STATE NEWS:

- Justice Insider: Murderer's Attorney Tries Punctuation Defense in Sentencing
- Summit Prosecutor Campaign Reaches out to Victims in Different Languages
- Drunk Driver Gets 180 Days After Coroner's Office Says Crash Victim Died of Cancer
- Retired Stark County Family Court Judge Michael Howard to Speak at 2017 LEAD Conference at Georgetown University

Guardianship Guidebook

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FAQ'S



Ohio Judicial Conference Staff

Executive Director

Hon. Paul Pfeifer, Retired 614-387-9762
Paul.Pfeifer@sc.ohio.gov

Legislative Counsel

Marta Mudri, Esq. 614-387-9764
Marta.Mudri@sc.ohio.gov

Deputy Legislative Counsel

Joshua Williams, Esq. 614-387-9767
Joshua.Williams@sc.ohio.gov

Deputy Legislative Counsel

Shawn Welch, Esq. 614-387-9765
Shawn.Welch@sc.ohio.gov

Fiscal/HR Officer

Aleta Burns 614-387-9757
Aleta.Burns@sc.ohio.gov

Legislative Services Specialist

Justin Long 614-387-9756
Justin.Long@sc.ohio.gov

Judicial Services Program Manager

Trina Bennington 614-387-9761
Trina.Bennington@sc.ohio.gov

Judicial Services Program Manager

Jennifer Whetstone 614-387-9766
Jennifer.Whetstone@sc.ohio.gov