

# THE SUHRE SERIES

## INHALE THE FUTURE, EXHALE THE PAST

Can we all take a deep breath and **exhale** 2021 (and 2020) and **inhale** this new year? Mentally you might still feel like you're in 2021 or even 2020 – you're not the only one. We can acknowledge the challenges and hardships the past two years brought many of us around the world. And there's likely more challenging times coming but let's embrace the present and what's yet to come. You don't have to be big on resolutions to put your best foot forward and claim this year as the best one yet!

*Mindfulness* is a quality we could all adopt more of this year. To be fully present, to listen with intention, paying attention in the moment and having an attitude that is curious, kind and non-judgmental. **Did you know that focusing in the moment can improve our overall well-being and help our relationships?**

We should mention that thinking about the future can also trigger some anxiety – but in general research suggests that it can make our lives more fulfilling. We aren't experts on how to live a life that is rich and meaningful, but we thought we would share some tips on how thinking about your future can add value to you.

**It helps you decide how to act.** Thinking about what's next and ahead can help you make decisions here and now. Sometimes you might find yourself choosing long-run gains over short-term rewards.

**It motivates us.** Easier said than done, right? If you judge an event or milestone in your future as "likely", it could backfire. Be sure to put those positive affirmations out there and put in the work to make it happen. This futuristic thinking can motivate you to take the steps to achieve your goals.

**It improves your well-being.** Besides helping you get better at achieving your goals, there is evidence that thinking about your future can improve your health in general. It helps position your mind in a state of gratitude. Try jotting down (in your mind) or on paper "three good things ahead" daily and watch your perspective change for the better.

**It influences how we treat ourselves and others.** Imagining yourself helping someone in the future may make you more likely to do so. If you ever willingly helped someone in need, you might've felt inspired to do more for others in the future.

There's no right or wrong way to approach mindfulness and again, we aren't claiming to be experts. We're here to provide you with the encouragement to step into 2022 with more generosity, happiness, gratitude and meaning. Until next time.



## Q: Do I qualify for an expungement?



A: An expungement is a court-ordered process in which a legal record of an arrest or criminal conviction is sealed or completely removed from your record. Most states don't offer an expungement to all convicted criminals. Before submitting your application, you can speak with an attorney who can check if you are eligible to have your record sealed.

## Winter Word Search

G A B A F R O Z E N X B S E R  
L L N E S M T R S W Y R C L E  
B Y O R N E S S A I A I O D I  
A H R V A W N G K N G E F Q N  
T S A N E A O I E T S D E C D  
T L A N S S W B C E M E B T E  
R G O M U A N A I R A P R P E  
H S H O V E L P I N B E U S R  
T E O P S T Y V I W L A A L E  
B E O G H R H A W S C A R F K  
U N M I A I N K H E A N Y O B  
A S N U V B T U J A C H O Q T  
L H N Y E R Z J A C K E T K E  
C A L D L H J H A H O D S I L  
J G A Y J O Y A A L L Y N E G  
N E Q R Z B L I Z Z A R D S R  
M H A N S G R Y A V J T U W E

Winter | Snow | Gloves | Blizzard | Frozen | Ice | Shovel | Scarf | Jacket  
| January | February

## Suhre Squad Staff Spotlight

This issue we are highlighting Allison Dudek, our client intake and relations specialist. She assists both attorneys and potential clients. She helps the potential client with their needs and directs them to the correct attorney.

She attended University of Dayton.

Authenticity, compassion, and fairness are some of the values that drive her.



She was born in New Jersey.

Allison's favorite movie is Princess Diaries 2.

She was in a commercial with Eli Manning in high school.

## INGREDIENTS

- 1 pound of ground breakfast sausage (pork, turkey, etc.)
- 1 pound shredded cheddar cheese
- 2 cups of Bisquick baking mix
- ¼ cup of milk (if needed)
- 1 tablespoon of chives (optional)

# SAVORY SAUSAGE BALLS

This is an American classic that doesn't disappoint. It's easy to make too!

Preheat oven to 350 degrees.

In a large bowl, combine ground sausage, Bisquick mix and shredded cheese.

Shape into golf ball-sized balls. Place on baking sheet.

Bake for 20 to 25 minutes. Top with chives and serve with your favorite dip!

## Testimonials

### What Our Clients Have to Say

"Every step of the way Ryan Nelson walked me through what would happen in my case and help me reach the outcome my family and I needed to keep my *life on the right track*. Along with his paralegal Adrian they are truly professional and know how to handle any situation you might face in a court of law. I recommend Suhre & Associates to anyone that finds themselves in a boat without a paddle. Thank you so much. I am grateful for all your help."

**BUD | FORMER CLIENT**

### Sweet Success

How Joe Suhre turned beekeeping into a thriving business

Joe Suhre can't seem to get away from bees—even at the courthouse, where he has just spent part of the morning. "I probably spend 10 minutes in the courtroom and 20 minutes talking about honeybees," he says. "I can't go through the courthouse at any point without somebody stopping and talking to me about our honey or how we do the honey."

Suhre has been beekeeping almost 20 years, and before that he spent four years as an auxiliary judge officer in Blue Ash. Nine years ago, after he moved to Cincinnati, an old friend who keeps bees asked if Suhre would be interested in getting up when he has time properly. "I thought 'one' and 'two' were the only things I thought we could do as a family," he says. Many thought it was a silly idea right away.

The Indian Hill Bee Company was born. The Suhre now have 25 honey-producing hives. Everyone in the family—including sons Jay, 16, Max, 12, and Jake, 10—participates in jarring, labeling and shipping honey.

#### Suhre's Favorite Things About Beekeeping

- **SOLUTION:** It's an opportunity to work by myself, with just the bees, outside and without distraction.
- **NATURE:** There's nothing more amazing than learning, watching and nurturing the bees. Nature in its raw form is humbling and awe-inspiring.
- **HONEY:** Let's not forget about the product of the bees' hard work! Honey is still in restaurants and gymnasiums.
- **HELPING NATURE:** Bees are prolific pollinators. For every pound of honey, bees visit 2 million flowers.
- **WORKING WITH FAMILY:** Mac and I also help with the beekeeping. Joe's kids honey jars, add-on labels and packages the honey. Mary helps with social media and the website: [IndianHillBeeCompany.com](http://IndianHillBeeCompany.com).



Joe Suhre is a successful businessman and a passionate beekeeper. He and his family are shown in a field with bees.

of how everything just and focus just on working with the bees."

And bees is necessary. "Handling the bees the right way—doing inspections, the correct way, being gentle with them—makes them happier, which means fewer stings for me."

Lessons have been learned along the way. For the Suhres, there are business lessons. "The value of what it takes to actually run a business is apparent to just have a job," Suhre says. For Suhre, one lesson stands out: "I'm not a beekeeper until I put on my protective gear. I put on my gloves, I get a insect abatement kit and I spread it out. ... Well, I didn't get it quite all the way all right, and I didn't look it up, so the working with the bees, they become quite relaxed with me and a couple of them found their way into my cell. ... on the side of the face, and the worst part is I can see more in there, and I can have them buzzing around my head, but of course I can't see them. ... That's a little scary, but make sense." Every season brings around 25 stings, Joe Suhre says. "The reaction to the sting is less and less... even in the same season."

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2022  
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Congratulations to Joe Suhre! He was selected to the 2022 Super Lawyers Ohio and Kentucky list. This is the 6th consecutive year he has been selected to this peer nominated list. In this month's issue of the Super Lawyers magazine Joe was interviewed about his family business, Indian Hill Bee Company. He is a law firm owner, lawyer, husband, father and beekeeper. The entire Suhre family helps with the day-to-day beekeeping business responsibilities. Indian Hill Bee Company has a pretty big fan base. From court rooms to keeping bees, Joe has found a sweet way to keep a work-life balance.



## Stay Social

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## Trivia Challenge

What is the birthstone for February?

- A. Amethyst   B. Garnet   C. Diamond   D. Opal

If you answer correctly, you will be entered for a chance to win a \$25 Amazon gift card. Submit your answer to [newsletter@suhrelaw.com](mailto:newsletter@suhrelaw.com).