

PERSONAL INJURY POST

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APRIL 2020

Understanding the Impact of Stress on Others



“When I take on a case, I’m not just faced with paperwork and the prospect of a trial – I have my client’s life in my hands.”

THE EMOTIONAL IMPACT OF BEING INJURED

When I was thinking about what to write this month, I discovered that April is National Stress Awareness Month. Stress is something I come across every day, especially in my line of work. No matter what situation they’re in, my clients are stressed about the outcomes of their cases, which is something I always take into account when I work alongside them. However, for people who have never been in this situation before, it might be difficult to realize just how stressful it can be.

I always feel a little stressed, but in a good way. When I take on a case, I’m not just faced with paperwork and the prospect of a trial – I have the client’s life in my hands. For instance, if a client’s spouse is their household’s sole earner and they get killed or become seriously injured, then in addition to the emotional toll, the client loses their only source of income. My goal is to make sure that our clients who are faced with these life-altering situations are taken care of and have a plan to be made economically whole again. It’s a huge responsibility that keeps me alert and working as hard as I can for our clients.

The emotional impact of being injured is extremely stressful. One case that comes to mind is a client who had been electroshocked, resulting in the loss of one of his legs. This man was the main provider for his family as a construction worker, and his wife stayed home with their children. This incident not only cost him his leg, but also meant he could not return to work. Our client and his family were suddenly thrust into a world where they were unsure where they could get the money to buy food, pay bills, or purchase clothes.

Further, I have had many cases where a client is involved in a car accident, and suddenly, they don’t

have a vehicle anymore. Now, they’re faced with trying to find a way to get around without access to low-cost reliable transportation. Getting to work, picking the kids up from school, or heading to the grocery store were never worries for them in the past, but now, those worries are their reality.

You may not think about these situations because they’re not currently happening to you. We all hear about these situations, and it can be hard to realize how much of a toll they take. But I think it’s important to try to understand the difficulty and impact of these circumstances. When we have that understanding, it helps us know the full weight of what someone is going through and allows us to extend our hands to help them.

At Garcia & Ochoa, we do as much as we can to help people in these stress-filled situations. We keep the channels of communication as open as possible to guide them through the process so that we can absorb the bulk of the work and stress they’re faced with. We cannot take away every stressor in our clients’ lives, but we can relieve some of their anxiety about steps they need to take. I also always encourage our clients to develop a support group. Whether they are family, church members, friends, or mental health professionals, it’s always good to have people to lean on.

It’s crucial for everyone to be aware of this stress, not just for National Stress Awareness Month but also for the rest of the year. Through understanding and awareness, we all can offer help and provide support to those who are going through difficult and stressful times.

Lino Ochoa

KEEP IT GREEN

The Best Eco-Friendly and Kid-Friendly Activities for Earth Day

It can be tough to figure out how to switch up family game nights. Kids can be very attached to their electronics, making it hard to get them invested in anything else. With Earth Day coming up this month, you have the perfect excuse to put down the phones and get outside to save the planet. If you're looking for ways to spend time with your kids on Earth Day, try these eco-friendly family activities!

PICK UP TRASH AND MAKE ART WITH IT.

You can teach your kids a lot about downcycling and upcycling through recycled art. Downcycling is when waste is recycled to become a new product, but there's a loss of quality as a result. Upcycling is the opposite: Whatever you recycle becomes a product with a higher value.



One way to upcycle is to create recycled art. Use old newspapers or magazines to create collages or papier-mâché bowl sculptures around balloons, jars, or your own custom shape with chicken wire. You can also use old plastic or glass bottles as beautiful hanging planters or create a memorable wind chime from jar lids, tin cans, plastic silverware, and old rubber bands.

PLANT A GARDEN.

Gardening is one of the most rewarding ways to spend time outdoors. Your kids can learn about caring for another living thing and grow their own vegetables and fruits! A great way to start is to find out what's in

season in your area. If you don't have an outdoor garden, you can pick out some indoor plants or create a hanging garden with recycled bottles!

BUILD A COMPOST SYSTEM.

If you have a garden, the next best thing you can do is start composting at home! Did you know that you can compost your cardboard products? Instead of waiting for the recycling truck every other week, you can use your spare green and brown waste to create incredibly nutritious soil for your garden! Green waste includes vegetable and fruit scraps, eggshells, nutshells, coffee grounds, etc. Brown waste includes cardboard, dead leaves, paper egg cartons, wine corks, and more. Get a bin and maintain a green-to-brown ratio of 1-to-2. Layer, water, and turn the compost to keep it healthy. It can take anywhere from two months to a year, depending on what you put in and how often you turn it.

We hope you and your family have fun with these planet-loving activities! Stay clean!

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TAKING A STAND FOR THE

When someone starts a position at a new job, one of their first steps is to go through training. Job training not only lets the new worker grow accustomed to the way things are done in the workplace, but it also teaches rules, regulations, and safety measures. When that training is neglected, the results can be disastrous for both the company and its employees. Sadly, a lack of training is exactly what led to our client's pain and suffering.

CASE FACTS: On the day of the incident, the victim went to work just as he'd done countless times before. As he worked, a coworker was operating the company forklift as they unloaded and loaded inventory. However, the driver was carelessly operating the machine, and this negligence resulted in severe injuries to the victim, which led to his hospitalization.

Although he was released from hospital care, his injuries continue to cause him severe pain. With the prospect of living the rest of his life with permanent impairment and future mental and physical pain, the victim reached out to us for help.

THE OUTCOME: Attorney Lino Ochoa and our team gladly took his case and began gathering information about the incident in

ADDRESSING DAMAGES DONE TO YOUR VEHICLE

How the NHTSA Can Help



Recently, our team has received many questions and concerns regarding damages done to vehicles. While we aim to support our clients as much as possible, we cannot help anyone in this area unless the driver of the vehicle has been injured. However, we understand that this remains a growing concern in our area and want to help in any way we can.

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question. We discovered that the fault of our client's injuries rested on two parties: the driver and the company.

His injuries were caused by the negligence of the driver, which stemmed from the company's own carelessness in not properly training the driver. The company and its managers are required to hire the best-suited individuals and take the time to train them correctly. Had they properly trained the driver, the driver would have known the dangerous results of operating the forklift improperly. After presenting these facts to the court, the jury ruled in our favor, and we won our client's case.

Suffering from an injury that was the direct result of another party's inattentive manner is an injustice we at Garcia & Ochoa will not stand for. We are here to fight for you and give you a voice that will not be ignored.



In addition to taking your vehicle to your mechanic regularly, when you're faced with a recurring issue in your car, it is important to contact the National Highway Traffic Safety Administration (NHTSA) and report the problem.

THE NHTSA

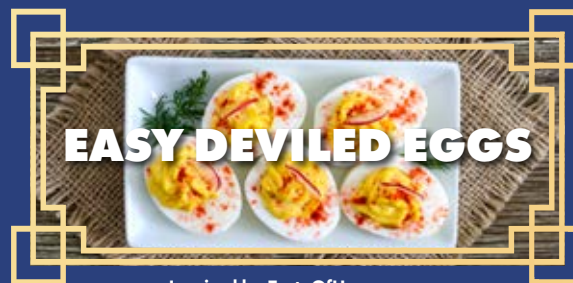
It's up to the NHTSA to ensure roadway safety across the U.S. and minimize dangers as much as possible. They enforce safety standards, pursue vehicle issues, and encourage drivers to be alert on the road and proactive in spotting problems.

Many of the concerns we've heard from our clients revolve around recalled parts of the vehicle itself. The NHTSA provides a database where drivers can search by their car's vehicle identification number (VIN) and see whether their car or parts of it need to be replaced. The VIN is a 17-character number located either on the windshield of the car, on your car's registration statement, or on your insurance card.

RECALLS

Once you've located the VIN, head to NHTSA.gov and put the numbers into the search tool. The database will search for any recalls within the past 15 years. If your vehicle has been recalled, it's up to the manufacturer to repair, replace, or offer you a refund for the vehicle at no cost to you. The NHTSA also encourages drivers to report any recurring issues of their vehicle. You can submit a complaint on their website, and once submitted, the agency will investigate those issues and take action if safety issues are discovered.

We want to remind all our clients that it is up to the driver of the vehicle to ensure its safety and repair. Our team of experienced attorneys can only help you and your family if you have been injured, so if you have, call our office at (956) 587-5833.



EASY DEVILED EGGS

Inspired by TasteOfHome.com

While the kids hunt for Easter eggs in the yard, whip up this easy deviled egg recipe for a hearty snack that's sure to satisfy any craving.

INGREDIENTS

- 1/2 cup mayonnaise
- 2 tbsp milk
- 1 tsp dried parsley flakes
- 1/2 tsp dill weed
- 1/2 tsp fresh chives, minced
- 1/2 tsp ground mustard
- Salt, paprika, garlic powder, and pepper, to taste
- 12 large eggs, hard-boiled
- Fresh parsley, minced, and paprika for garnish

DIRECTIONS

1. In a large bowl, combine mayonnaise, milk, parsley flakes, dill, chives, mustard, salt, paprika, garlic powder, and pepper. Mix well and set aside.
2. Cut eggs lengthwise and remove yolks carefully to preserve egg whites.
3. In a small bowl, mash yolks.
4. Mix mashed yolks with mayonnaise mixture.
5. Spoon or pipe the mixture back into the egg whites.
6. Garnish with fresh parsley and paprika. Refrigerate before serving.



BE INSPIRED



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SEE SPRING BLOOM *In These Beautiful Locations*

Spring is here, which means beautiful flowers are finally showing themselves after a long winter. Here are some of the best places in the U.S. to see flower blossoms and welcome the season.

GREAT SMOKY MOUNTAINS

The Great Smoky Mountains National Park stretches across North Carolina and Tennessee, and while its scenery is beautiful year-round, the park is especially alluring to nature enthusiasts during the spring. Through this season, miles of lady's-slipper orchids, irises, cardinal flowers, and lilies dot its lush green landscape. It's dubbed "Wildflower National Park" throughout this time of year, and you can experience it by car or on foot. Before visiting, check NPS.gov for updated information on park closures due to COVID-19.

CRESTED BUTTE

Crested Butte, Colorado, is best known for its winter sports and summer hikes. But recently it has drawn the attention of flower enthusiasts for its unique pink, orange, and gold alpine wildflowers that appear in the spring. This natural phenomenon even inspired the creation of the annual Wildflower Festival

in midsummer, which features nature walks, art, photography, culinary experiences, and more. For a truly unique experience, you can even ascend the town's titular Crested Butte to spot some rare alpine sunflowers next to the picturesque West Elk Mountains.

ANTELOPE VALLEY

The California Poppy Reserve in Lancaster, California, is a 1,780-acre park that features sloping hills covered with fields of vibrant orange, yellow, and red poppies in the spring. Warm temperatures and heavy rainfall across Southern California during this time of year create a brief period of thick blooms as far as the eye can see. And while the poppies can be enjoyed from the comfort of your car, the best way to experience them is to walk the leisurely Antelope Loop Trail for a breathtaking, up-close adventure.

Spring flora is gorgeous and naturally attracts large crowds of people every year. If you plan to visit any of these destinations, just remember that their ecosystems are delicate. Respect park signs, stay on designated trails, and do your part to make sure these flowers return year after year for future generations to enjoy.

