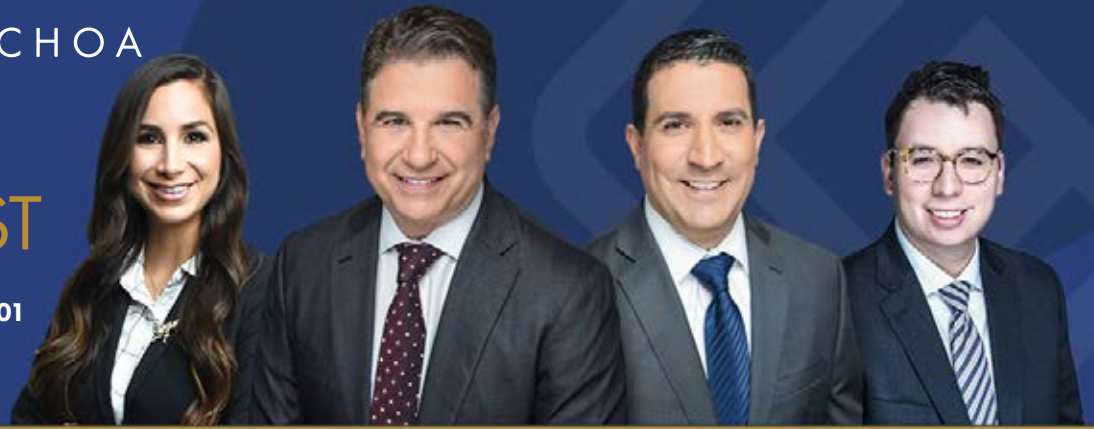


# PERSONAL INJURY POST

820 S. Main St. McAllen, TX 78501  
(956) 587-5833  
www.go-lawfirm.com



Lourdes G. Vela Ricardo A. Garcia Lino H. Ochoa Romeo Rendon III

ATTORNEYS AT LAW

MAY 2020

## The People Who Influenced Me



*“Through the lessons they taught me, I have shaped myself and my character, and I am so thankful for that.”*

## I WOULDN'T BE HERE WITHOUT THEM

Some of the biggest influences in my life have been my mother and my teacher. The lessons they taught me shaped my character and I am so thankful for that. Through the lessons they taught me, I have shaped myself and my character, and I am so thankful for that. May is a perfect opportunity for me to express that gratitude since both Mother's Day and National Teacher Appreciation Day are celebrated this month.

When I think back to all my teachers, it's hard to narrow it down to just one who influenced me the most. I've always looked up to teachers. They spend their time dedicated to shaping future generations and doing whatever they can to ignite drive in their students. I know it takes a lot out of their day to do what they do, and I have nothing but respect for them. I've seen that drive in every teacher I've had, and that left a positive influence on me. Each of my teachers impacted my life in some way — not just through the academic lessons they taught but also through lessons I can apply in my everyday life.

In law school, there were many professors I could rely on if I ever needed them. I knew I could reach out and ask a question or get an opinion on something I might be stuck on. One such professor who comes to mind is David Grenardo from St. Mary's School of Law. He really influenced my career choice and even how I handle myself as a lawyer. He taught me to be respectful toward people, no matter the circumstance, whether it was in the classroom or the courtroom facing off against another attorney.

The most important point he emphasized in class was making sure we took care of ourselves. He constantly talked about creating an equal balance between our careers and our family life. That really hit home for me. Finding that balance, which can be tough in this profession, is very important to me. Professor Grenardo

truly cared about us and took time to focus on every aspect of our lives, not just our education.

Now, about my mother, where do I even start with her? I love that woman to death. She's absolutely a godsend, and I can't begin to express how grateful I am to have her in my life. I honestly don't know where I would be today without her constant guidance and support in my life. She is my role model, someone I look up to and aspire to be like someday; she is the powerhouse of my life.

Mom always has a knack for pointing me in the right direction, whether that was in college, law school, or now in my career. I owe most of my success to her and the faith she has in me, which helped me overcome the days and nights that were particularly rough. Law school can be tough to get through, and you need to have a village behind you. My mom was the leader of my village; she would talk with me over the phone while I cried, send food when I was starving, and visit me when I needed to see her the most.

One of my favorite things she ever did was help me feel at home. When I left home for the first time for law school, I was very homesick, and my mom did a great job helping me decorate my apartment. She put little pieces of home around the place without telling me so I could find them later on. Every time she came to visit, she'd leave notes hidden all over, on my pillow or in a book I was reading, as little reminders that she was always with me and only a phone call or three-hour drive away. It still made me miss home, but knowing she had my back no matter what was heartwarming.

I am beyond grateful for the people who have impacted my life, and especially so for my mother. I would not be the person I am today with their influence, guidance, and life lessons.

Lulu Vela

# BIRD-WATCHING FOR BEGINNERS

## *Why May Is the Best Month to Start*

Bird-watching is like a lifelong scavenger hunt that you can play anywhere on Earth. The activity provides a mixture of science, travel, and beauty, and it's a chance to get outside for feathered adventures and quiet reflection. The month of May is a great time of year to go birding because rising temperatures prompt spring migration. So if you're eager to begin bird-watching, there's no better time than now. Here are some tips to get started.

### EDUCATE YOURSELF

Thousands of species of birds span all corners of the globe. That's why finding them is an exciting prospect — there's no end to the hunt! Start by researching birds that are native to your location. Purchase a field guide with pictures of each bird and maps of their range and use it to figure out where different birds live. From there, it's easy to pick your first spotting goal. You can even get yourself extra excited by watching a few bird documentaries.

### GEAR UP

One of the best things about birding is that you don't need a lot of equipment to do it. As long as you've got your field guide and comfortable walking shoes, the

only other thing you'll need is a pair of binoculars. And they don't have to be fancy. As long as they can zoom in on faraway trees and perches, they'll work for now. You can always upgrade later.

### GO EXPLORING

Your very first birding excursion is important because you don't want to be overwhelmed or underwhelmed. So use your field guide to home in on a single bird and go find it. It may be local, or you can plan a trip to a specific bird's natural habitat. Stay focused and don't get distracted by other species. The thrill that comes with spotting your first bird will keep you coming back to find the rest.

Bird-watching is a wonderful hobby because it's easy to get started and can last a lifetime. As long as you can walk, drive, or look out a window, you can be a birder. So what are you waiting for? Get out there and find some birds!



# *Facing Catastrophe*

## WHAT YOUR CLAIM WILL DO

Being injured is an experience everyone wants to avoid, but, unfortunately, injuries do occur. When they are catastrophic and life-changing, it is even more devastating, especially when those injuries are caused by another person's carelessness. Not only does this place the victim in an immense amount of stress, but it also impacts their livelihood.

In these types of situations, it is not uncommon for someone to want and need compensation for the losses they endured and will continue to experience for the rest of their lives.

### CATASTROPHIC INJURIES

The injuries that qualify into the "catastrophic" area are those that permanently disable the person. Anyone whose injuries prevent them from returning to their normal way of life is considered to have a catastrophic injury. Several examples of these types of injuries include limb amputation, brain and head injuries, blindness, severe burns, organ damage, and spinal cord injuries. While, in some cases, a person may be able to physically recover from some of these injuries, it does not erase the damage done to both the body and mind.

## WE WILL NOT TOLERATE INDIFFERENCE

### *Fighting for Our Clients' Safety, Rights, and Well-Being*



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.

# Catastrophic Injuries

## WHAT YOU CAN DO FOR YOU

### CATASTROPHIC INJURY CLAIMS

When someone is severely injured in an accident, they have the right to file for a catastrophic injury claim. These claims typically cover these costs:

- Past and future medical, hospital, ambulance, rehabilitation, and other treatment-related costs
- Emotional distress or anguish caused by the injury
- Loss of past and future income
- Domestic help and home care
- Necessary modifications to a house or transportation

Due to the gravity of these types of injuries, a person is likely to receive more compensation, as their loss is significantly greater.

If you've been in an accident caused by another party, which left you with permanent damage, contact the Law Firm of Garcia & Ochoa today. Our expert attorneys can go through which options are open to you and help you navigate through this complex and overwhelming process. We are here to help you in any way we can. You only need to pick up the phone and call.

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](http://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 with 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.



Inspired by [TasteOfHome.com](http://TasteOfHome.com)

Nature's favorite tart vegetable — yes, rhubarb is a vegetable! — is in season once again. Celebrate rhubarb season with this simple, delicious cake

### INGREDIENTS

- 2 1/4 cups white sugar, divided
- 1 tsp baking soda
- 1/2 tsp salt
- 2 1/4 cups all-purpose flour, divided
- 2 eggs, beaten
- 1 cup sour cream
- 3 cups rhubarb stalks, diced
- 1/4 cup butter, softened

### DIRECTIONS

1. Heat oven to 350 F. Grease and flour a 9x13-inch baking dish.
2. In a large bowl, combine 1 1/4 cups sugar, baking soda, salt, and 2 cups flour.
3. Stir in eggs and sour cream until smooth. Fold in rhubarb and add mixture to the prepared baking dish.
4. In a small bowl, combine 1 cup sugar and butter until smooth.
5. Stir in 1/4 cup flour until mixture is crumbly.
6. Sprinkle mixture on top of cake batter and bake for 45 minutes.
7. Let cake cool for 5–10 minutes and serve.



## BE INSPIRED

Soon, when all is well,  
you're going  
to look back on this period of  
your life,  
and be glad that  
you didn't give up.



## INSIDE This Issue

- 1 Positive and Life-Changing Relationships
- 2 Bird-Watching for Beginners  
  
What Does It Mean to Be Catastrophically Injured
- 3 The Consumer's Duty  
  
Rhubarb Cake
- 4 How to Avoid Allergies This Spring

## TACKLE ALLERGIES THIS SPRING

### *With These 3 Strategies*



Spring has officially sprung. Grass is growing, flowers are blooming, and longer days are here again. And while the arrival of spring is a cause for celebration, for outdoor enthusiasts who suffer from seasonal allergies, the season is bittersweet. For many, this time of the year is characterized by stuffy noses, burning eyes, and sneezing. But according to WebMD, even severe allergy sufferers can enjoy the outdoors without worrying about allergies by taking the following precautions.

#### **WATCH POLLEN COUNTS.**

You can usually find information about local pollen levels on the internet or in your local newspaper. If pollen counts are through the roof, consider hitting the indoor gym instead of running outside. In general, pollen counts are highest on warm and breezy mornings and lowest when it is cool and rainy. Plan your outdoor pursuits accordingly.

#### **CHANGE IMMEDIATELY AFTER SPENDING TIME OUTDOORS.**

If you suffer from seasonal allergies but still love to exercise outdoors, build a habit of showering and changing immediately after coming back inside. While you were out crushing that 30-mile bike ride, pollen was slowly accumulating in your hair and on your clothes. And while 30 minutes of outdoor exercise will, according to WebMD, completely coat your nasal membrane with allergens, showering and laundering your clothing will limit your exposure while indoors.

#### **MEDICATE, MEDICATE, MEDICATE.**

Depending on the severity of your allergies, medication, not prevention, will likely provide the best relief available. Every person is different, so ask your doctor about the best medicine for you, and make sure you understand how you're supposed to use it before dismissing its efficacy. Some allergy medicines can take as long as three weeks to reach their full effectiveness.