

PERSONAL INJURY POST

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Random Acts of Kindness

Acts of Kindness Can Push Us Forward

When the pandemic started, it was very isolating. I went from being able to see friends, head into the office to see the Garcia & Ochoa team, and talk to my clients to having almost no contact with another person. Occasionally, I will see family, coworkers, and my clients, but, in addition to all the safety measures I take, it's only for brief periods of time with that constant worry about COVID-19. I know I wasn't the only one feeling so isolated, either. Many of my friends I spoke with were going through very similar situations, which is why we decided to finally do something for each other.

Before the pandemic started, a couple of my friends and I had a tradition to call each other to see how we were doing. It'd just be a one-on-one conversation over the phone, where we'd call one morning to wish each other a great day. Then, at the end of the day, we'd call each other again to ask how the day went. Now, this is something we do almost daily. Not only has this lessened the feeling of being alone, but it also gives us something to look forward to every morning and night. Knowing that we'll have someone to talk to at the end of the day, and that they're rooting for us, helps so much. It makes even the difficult days a little easier.

These small, random acts of kindness that my friends show me really make an impact and show just how significant kindness is. In light of everything we've gone through, and

what we may still be going through for some time, random acts of kindness are crucial, no matter what form they take. That's what I think Random Act of Kindness Day on Feb. 1 is really all about: highlighting the importance of what kindness can do for people.

My friends and I experience kindness through a simple 5–10-minute phone call, but there are so many other ways we can share kindness with the people around us. Whether that's paying for someone's groceries in a store, paying for the person's meal behind you in a drive-thru, or even doing something as simple as holding open a door for someone, small acts can go such a long way. In a time of high stress, kindness can help people feel a little more grounded and give them something to look back on and feel good about.

The feeling of isolation caused by the pandemic can cut deep and make everything feel so much worse than it is. That is why acts of kindness are more important now than ever before. Even as the country and the world are starting to recover, kindness can be the last small push people around you need to keep moving forward. I hope that Random Acts of Kindness Day can encourage everyone to be kind to one another, not just for February but for all the months ahead of us.

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4 LIFE SKILLS YOU CAN TEACH YOUR KIDS THIS VALENTINE'S DAY

Nothing says "I love you" more than equipping your children with important knowledge they'll need for the rest of their adult lives. Even if they groan about it now, they'll be grateful for the know-how when they're on their own in the future.

Keep in mind that your home classroom doesn't have to mimic a school classroom. Research from the University of Utah shows that kids learn best through hands-on activities and play. Have fun while teaching these life skills, and you'll earn thank-yous for decades to come.



Clean the House

Were you ever surprised by how often you have to clean your kitchen? Your child may be too. Although your 10-year-old won't have to worry about cleaning the stove today, they will need to know how when they move out, so find ways to incentivize cleaning and make it more fun. You can have your kids collect "chore points" that add up to a prize, like an extra hour of playing video games!

Develop Cooking Skills

You may be hesitant to have a little chef in the house, but if you're teaching them how to clean up and stay safe while making some easy dishes, there's no reason to worry! Even if you're not a great cook yourself, it's fun to prepare simple recipes as a family. Plus, your kids will get used to the idea of cooking for themselves, which is both healthy and cost-effective.

Learn to Garden

What's a better way to get outdoors with your child than to garden together? From using tools like shovels and rakes to nurturing another living organism, gardening provides plenty of rich life lessons, such as patience.

Understand Household Maintenance

Whether they're learning how to use an electric breaker, unclog a drain, or clean out the washer or dryer, your kids can get started learning household maintenance skills with just a little guidance. Who knows, maybe they will be their dorm's future superhero!

There are many lessons you can teach your child at any age, so don't limit yourself! Be creative with the lessons you pass on, and there's a chance they'll never forget them!

SLIP AND FALL PREVENTION IN THE WORKPLACE

Even though we may be in a warmer climate, it doesn't mean slips and falls can't happen, especially in the workplace. Slips and falls in the workplace can happen for a number of reasons — but are mostly due to hazardous working conditions. To protect yourself while in a working environment, take a look at these tips to help you prevent slips and falls.

Housekeeping Practices

Housekeeping is an essential part of preventing slips and falls. Keeping things organized and clean significantly reduces the risks of injuries for all workers in a business. However, it can be difficult to maintain if poor habits have been practiced until this point. Creating a housekeeping program for your workplace (if you don't already have one) is a great starting point. Take the initiative and talk to your managers about what needs to be done in the building, establish procedures, and assign responsibilities.

Reduce Slippery Surfaces

One of the most common reasons people will trip and fall is because of wet or slippery surfaces. To ensure that everyone remains safe, please follow these steps:

AN ACCIDENT IN THE MIDST OF RUSH HOUR





- Keep all indoor and outdoor walking areas serviceable and clear of any obstacles.
- Remove any elements if possible (snow and ice), lay down sand, or rope the area off until safe.
- Use anti-skid paint or adhesive stripping material to create grip on the surface.
- Immediately clean any spills on indoor walking surfaces.
- Use proper mats for both entrances, exits, and any food preparation areas.

Proper Lighting

Tripping, stumbling, and injuries are more likely to occur in areas with poor lighting. To keep all work areas well lit, make sure there's proper illumination in places such as docking areas, basements, hallways, ramps, and staircases. Additionally, all light fixtures, cords, and switches should be repaired immediately upon a malfunction.

If you notice any safety issues within your workplace, report them right away and talk to your managers to ensure safety measures are followed. Unfortunately, sometimes accidents still happen. If someone you know has been injured in a slip and fall — and it was no fault of their own — call Garcia & Ochoa to discuss taking legal action.

Rush hour is one of the most stressful times for drivers. With so many people on the road, driving with increased caution and heightened awareness of other vehicles is essential. However, rush hour is also when drivers are in a hurry to get home and relax after a day of work. This becomes a higher stress factor when delivery people are driving around, intent on dropping off dinner for those who made it home. The last thing anyone wants is to be involved in an accident in such a circumstance, but unfortunately, they do happen.

Case Facts: At the time of the accident, our client was driving through rush hour traffic conditions when she came to a complete stop in line for a red light. As she and the other drivers waited patiently for the light to change, our client was struck from behind by a 2005 Dodge Ram pickup truck. The force of the impact caused our client's 2002 Dodge Grand Caravan to lurch into the Chevrolet Tahoe in front of her.

The driver who struck both our client and the driver in front of her showed negligence by failing to be aware of his surroundings, disregarding safety of persons and property by speeding, and failing to keep a safe distance between himself and other drivers.

The Outcome: When it comes to hiring appropriate drivers, it is up to a company and its management team to determine whether a person is suitable for the job. To keep their drivers and other drivers safe, a delivery service company must ensure they hire the most reliable drivers. Unfortunately, that was not the case here. This driver had been on the clock, working for a pizza company that appeared not to consider the driving proficiency of the driver they hired. They assumed he would be careful while out on the road, but he was not. This is why our team not only sought to prosecute the driver but also the company that had hired him.

Our team resolved this case, ensuring that our client received the proper compensation for the pain and suffering she went through because of the negligence of both the driver and the company he worked for.

STRAWBERRY KISSED ALMOND BUTTER MUFFINS

Inspired by AmbitiousKitchen.com

INGREDIENTS

- 1 cup ripe bananas, mashed
- 3/4 cup natural creamy almond butter (can substitute creamy peanut butter)
- 2 large eggs
- 1/4 cup pure maple syrup (or honey)
- 1 tsp vanilla extract
- 1 cup oat flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/4 cup strawberry fruit spread, divided (we recommend Bonne Maman INTENSE)

DIRECTIONS

1. Preheat oven to 350 F.
2. Line a 12-cup muffin tin with liners and spray with nonstick cooking spray.
3. In a large bowl, mix bananas, almond butter, eggs, maple syrup, and vanilla extract.
4. Stir in oat flour, baking powder, and salt until smooth.
5. Evenly divide batter into liners. Add 1 tsp strawberry fruit spread to the top of each muffin.
6. Use a butter knife to gently swirl the spread into the batter.
7. Bake for 22–27 minutes until a toothpick comes out clean.
8. Transfer muffins to wire rack to cool and enjoy!



BE INSPIRED

"MOST OF THE IMPORTANT THINGS IN THE WORLD HAVE BEEN ACCOMPLISHED BY PEOPLE WHO HAVE KEPT ON TRYING WHEN THERE SEEMED TO BE NO HOPE AT ALL."

— DALE CARNEGIE

INSIDE This Issue

- 1 Acts of Kindness Can Push Us Forward
- 2 Teach Your Kids Life Skills This Valentine's Day!
Slip and Fall Prevention in the Workplace
An Accident in the Midst of Rush Hour
- 3 Strawberry Kissed Almond Butter Muffins
- 4 What's the Deal With Valentine's Day Cards?



It's in the Cards

Why Valentine's Day Is the Ultimate Card Holiday

This may be the first year in a long time that kids don't pass out Valentine's Day cards at school. Going in to the new year, the seasonal section of most stores is lined with cards featuring fun characters from superheroes to unicorns. Handing out cards is now a well-loved tradition, but have you ever wondered how Valentine's Day became one of the biggest card-giving holidays of the year?

Like many holiday traditions, the convention of handing out Valentine's Day cards goes back centuries. During the 1700s, it became fashionable to trade Valentine's Day cards with a short poem or verse. The popularity of swapping cards only increased throughout the 1800s. Sometimes, people would go as far as to paint or draw spring-like images on the cards. They were much more elaborate than what we typically see today, though they were still usually very small.

But where did those folks get the idea? People of that era were likely inspired by stories that go back even

further. There are legends that the originator of this holiday tradition was Saint Valentine himself. One story says that on the night before he was set to be executed, Valentine wrote a small letter to a jailer's daughter. He ended the note with "Your Valentine."

It's unknown whether that story is true, but to 18th century Europeans and Americans, it was inspiring! So inspiring, in fact, that the entire Valentine's Day industry began to gain traction. A guidebook called "The Young Man's Valentine" was published in 1797 to help suitors garner the attention of their love interests through the written word. Eventually, books aimed at women were also published, including "The Lady's Own Valentine Writer," which served much the same goal.

These publications, along with young people writing notes to one another every February, have made Valentine's Day cards an ingrained tradition, and now people can't get enough of them!