

PERSONAL INJURY POST

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



Ricardo A. Garcia

Lino H. Ochoa

Romeo Rendon III

ATTORNEYS AT LAW

OCTOBER 2021

Say 'Thanks' to a Teacher This Month

Celebrating Teachers, Especially After the Pandemic

Anybody who has been a parent during the pandemic can probably agree on one thing: Our kids' teachers deserve a straight ticket to heaven.

Like many parents, who work full time, I had to juggle working and teaching my youngest child, who is in second grade. I can't tell you how many times I thought to myself, "Wow, how are teachers doing this for 20-25 students at a single time?" Even as full-time parents, we had it easy, all things considered. It's unfathomable how difficult it is to teach, until you have to be the teacher yourself.

Some might say, "Hey, teachers are paid for the job they do, and they get a three-month break — why do they deserve extra thanks?" My answer would be this: First, teachers didn't really get a break in 2020. Many teachers had to learn brand-new skills in order to continue teaching, or they had to quit the field. Some worked all summer long to put materials online for their students to access.

Second, nobody asked for 2020, but teachers made the most of it. Not to mention that teachers aren't paid all that much! There's not a single teacher I know, presently or in the past, who hasn't spent their own pocket-money to pay for school supplies for their students due to the school's failure to provide needed materials.

To provide for their students, many teachers and their families go above and beyond. In 2020, for students who didn't have resources or access to one, the second-grade teacher's husband wood-crafted abacuses so students could learn how to count with them. They went completely in their own pocket for materials, time, and labor costs, and didn't even blink an eye while offering it out.

Third, teachers work very hard to ensure our children get the best education possible. It is definitely not an easy job and they are clearly underpaid.



Thankfully, I don't think a lot of Americans have a hostile reaction to thanking our teachers. Whether you're a parent or a student, one of the most positive things to come out of the pandemic is how much Americans are growing a new appreciation for teachers, or those who watch and teach their children at school. It's clear that, in our times, teaching takes just as much dedication and energy as it always has, maybe even more.

With World Teachers' Day on Oct. 5, I suggest finding a teacher you love so you can show your appreciation for what they've been doing. You could give them a gift card to Doordash, Amazon, or even just a kind message. The pandemic was brutal for everyone, but we can't ignore the fact that it was brutal for our teachers, too. Let's try to make their hundred-million dollars' worth of work a little easier and show them the same generosity and kindness they offer our kids.

SELF-HELP BOOKS CAN'T DO IT ALL

HOW READING FICTION CAN BENEFIT YOU



Many CEOs and other successful individuals continually espouse the benefits of regular reading. Many times, leaders read self-help books to improve their leadership skills and become more successful.

This is all well and good, but even the most successful people in the world could be missing out on the unique benefits that come specifically from reading fiction. But what are those benefits exactly?

Greater Empathy

When a psychologist analyzed 86 functioning MRI (fMRI) studies, he found that the same parts of the brain that fire up when reading fictional stories also fire up when we're seeking to understand the thoughts and feelings of others. That's because when the characters in the book we're reading are thinking or feeling a certain way, we tend to think or feel that way with them.

Less Stress and Better Sleep

When we read fiction specifically, we tend to disengage from the world — and that's a good thing! Our brains can't always be functioning at their peak capacity. We need breaks, or else we'll stress ourselves out and negatively affect other areas of our lives. Stress tends to keep us from sound sleep, but reading fiction before bed engages the imagination, taking us away from the stresses of everyday life before we drift off.

More Comfort With Uncertainty

Even though many stories (particularly those portrayed in popular movies) have nice happy endings, most people would agree that life sometimes leaves things a little more open-ended. While this fact might stress out some people, researchers have discovered that fiction readers don't need "cognitive closure" as much as nonfiction readers.

Greater Happiness

Even if none of the benefits of fiction interest you, everyone wants to find ways to make themselves happy — and for many, that is reading fiction. According to one survey, 76% of participants said that reading makes them feel good and improves their lives. So, what are you waiting for? Dust off that novel you've been meaning to read and crack it open!

PSA:

WE CAN FIGHT FOR YOUR HURRICANE INSURANCE CLAIM

When a hurricane hits, it's frightening, unrelenting, and often causes enormous devastation to the places we love, including our homes. How do you deal with the aftermath of a hurricane?

After the Disaster

First, you'll need to get involved with your insurance company if you have property damage. It is far too common for an insurance company to undervalue a claim when there is damage from a hurricane. They're always trying to save themselves money, which leaves you with an unfair result. It's not acceptable. That's why you need to call us as soon as possible. We will go head-to-head with them to make sure your coverage is full and fair.

SUFFERING FROM

Take Action Fast: Here

We once had a young man come to us after he'd been burned in a serious oil field accident. One of the questions he asked was what he should do about his burn injuries.

There are several things that need to be done, the most obvious being to seek immediate medical attention. You may need to go to a special burn unit to get proper treatment. If this isn't done quickly, your injuries may not heal. It's also important that you follow up with another medical doctor of your choice to make sure any untreated injuries get properly taken care of.

The second thing that's also important is to hire an experienced lawyer who's handled burn accidents and burn injuries. This is important because there may be specific investigations that need to be done. Prior to any investigation, an experienced lawyer will make sure that your employer is notified. If it happened at a job site, your attorney will make sure that the people in charge of the site are properly notified and that a report is documented to protect you.



Hurricane coverage is something that is included on insurance policies, and it can cover the following:

- Roof damage
- Fence damage
- Inside damage to a property
- Floor damage
- Water damage
- Large appliance damage
- Garage damage

We see cases all the time in which the insurance company tries to short people on their claims for a hurricane. They try to say to the victims of the hurricane that this damage preceded the storm and was due to some other incident that is not covered.

Sometimes, they claim the damages were caused by the property owner's neglect of the property. It's all absurd, and we will build a case against these claims.

A lot of people make the mistake of taking the word of the insurance company and not pushing any further to get the compensation they rightfully deserve. Sometimes, that means they walk away with less than or none of the money they would need to recover from the hurricane damage.

We don't want this to happen to you. We will take care of this so you don't have to add "deal with the insurance company" to your long list of stressors. Going through a hurricane is hard enough — just give us a call.

FROM A BURN INJURY?

Here's What You Need to Know

An experienced lawyer will also make sure that an investigation is conducted, including finding any material witnesses who may have seen it or may have knowledge of how the burn injuries occurred.

For example, there may be surveillance footage from when the accident happened; this needs to be preserved. A lawyer can also ensure that an expert is hired to do any investigations.

When it comes to choosing a personal injury lawyer for your burn accident claim, you should ask the following questions.

- Do you specialize in personal injury law? Or, do you also handle divorces, bankruptcies, and wills?
- Are you a trial lawyer? Will you be prepared to take this case to trial, if necessary?
- Have you ever handled a severe burn injury case before?
- Are you board certified? (Only 3% of all attorneys in personal injury have been board certified.)

Luckily, at Garcia & Ochoa, our decades of experience and fierce defense for your case will ensure that you'll get the best results possible.

SLOW COOKER SQUASH, KALE, AND SAUSAGE SOUP

Inspired by SugarAndSoul.co

INGREDIENTS

- 1 tbsp vegetable oil
- 4 Italian chicken sausages, sliced to bite-size pieces
- 6 cloves garlic
- 1 onion, chopped
- 6–7 cups butternut squash, peeled and cubed
- Salt and pepper, to taste
- 4 cups chicken broth
- 1 tsp smoked paprika
- 1 tsp Italian seasoning
- 3 cups kale, chopped
- 1 tbsp red wine vinegar

DIRECTIONS

1. In a large pot, heat oil over medium heat. Add sausage and cook 4–5 minutes, stirring often, then remove from the pot and set aside.
2. Add garlic and onion to the pot. Sauté 4–5 minutes. Add squash, salt, and pepper. Sauté 8 minutes.
3. In a slow cooker, combine sautéed vegetables, sausage, chicken broth, and seasonings. Cook on low heat for 3 hours and 30 minutes.
4. Open the pot and add the kale. Cook another 20 minutes, then add the red wine vinegar and stir to combine. Cook 10 more minutes, then serve and enjoy!

BE INSPIRED

"THE NEW DAWN BLOOMS AS WE FREE IT. FOR THERE IS ALWAYS LIGHT IF ONLY WE'RE BRAVE ENOUGH TO SEE IT, IF ONLY WE'RE BRAVE ENOUGH TO BE IT."

—NATIONAL YOUTH POET LAUREATE AMANDA GORMAN

INSIDE This Issue

- 1 Say 'Thanks' to a Teacher
- 2 The Unique Benefits of Reading Fiction
- PSA: On Hurricane Insurance Claims
- Suffering From a Burn Injury?
- 3 Slow Cooker Squash, Kale, and Sausage Soup
- 4 Corn Maze Safety



Fun for All This Fall

5 Corn Maze Safety Tips

Fall brings apple cider, pumpkin patches, fun seasonal outfits, and corn mazes. Unless you are visiting a "haunted" corn maze, you and your family probably won't be chased by a chainsaw-wielding serial killer while you try to navigate through. However, safety risks are still present. Here are five safety tips to keep the fun coming during your next corn maze experience.

Follow the rules.

At the entrance to each corn maze, there should be a sign stating the rules for visitors. For the safety of yourself, your children, and others, be sure to read each rule and follow along. Always accompany your kids in the corn maze — it is a maze, after all!

Watch for tripping and fire hazards.

Keep your eyes peeled for any obstacles on the path, including holes, bumps, ruts, and corn stalks. While navigating a maze, it can be easy to forget to look down while searching for the exit. To prevent fires, you should also avoid smoking and never use matches or lighters.

Wear proper footwear.

Ensure that you and your family all have proper footwear, preferably closed-toed shoes, while exploring the maze. You never know what kind of critters or potentially harmful hazards may appear in your path.

Eat beforehand and stay hydrated.

Be sure to eat before setting out into the maze and don't bring any glass bottles with you, as it can be dangerous if broken. Furthermore, do not consume alcohol before or while enjoying your time at the corn maze.

Be prepared.

Accidents can happen, usually at the most unexpected times! It is important to always have a first-aid kit handy. Be sure to call 911 in an emergency and let staff know what is going on.

As long as safety is the top priority this fall, fun will be had by all!