

# PERSONAL INJURY POST

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# THE GREAT EQUALIZER WAS THE INTERNET ALL ALONG

## 'The World is Flat' Book Review

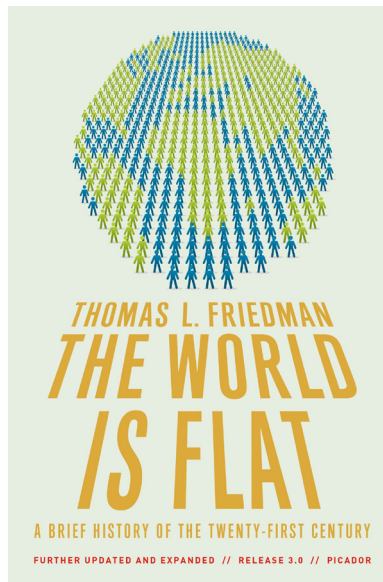
Hello, friends. Usually, I like to talk to you about safety-related topics, but this month, I couldn't help sharing about a recent book that had a real impact on me. With International Literacy Day on Sept. 8, I thought it'd be apt to talk to you about the book "The World is Flat" by Thomas Friedman.

Wait a second; it's not what you think it is, I promise.

Today, especially after COVID-19 lockdowns, the democratization of knowledge sparked by the internet is a much better understood phenomenon than it was in 2005. But in 2005, Thomas Friedman published a book that brought up a new point of view about the internet and its effect on the global economy and job market. That is, the "flattening" of the educational curve that separated people of different countries and economic classes in the past.

In its title, "The World is Flat" refers to how Yale graduates and children from a third world country technically have access to the very same knowledge through the internet. The "barrier of entry" for many fields is being destroyed.

In fact, Bill Gates explained it best to Friedman years ago: If someone had to choose between being born a genius in Mumbai or Shanghai and an average person in Poughkeepsie, they would have chosen Poughkeepsie because their chances of living a prosperous and fulfilled life were much greater there. Gates then told him, "Now, I would rather be a genius born in China than an average guy born in Poughkeepsie."



We feel this shift even in our field of law. We used to wait weeks for doctors to review medical records — now, we collaborate with doctors in India who work much more quickly and can send us electronic records almost the next day. That type of availability is very difficult to find in the States.

Why did it make an impression on me? There are so many ways that this book has opened my perspective on the versatility of the internet. In our digital era, it's hard to imagine that a portion of the world is still illiterate. But it's inspiring to think, too, children can get a good education no matter where they are. Whether they're a child in India or not, they can be exposed to courses online that they would've never had access to before — and even become a candidate to join Harvard or other U.S. universities. Reading this book gave me an optimistic dose that truly surprised me.

In a similar way, though, the internet allows me to also compete against large firms, because I have access to experts and data that they previously might've had exclusive connections to. The playing field has never been more even, and we're willing to fight twice as hard. I'm very grateful to live in our times and to support those who can't utilize the internet due to illiteracy (check out [LiteracyWorldwide.org](http://LiteracyWorldwide.org)). Thanks so much for reading, and have a wonderful rest of your summer.

— Ric Garcia

## 2 FUN FAMILY CARD GAMES TO PLAY WITH 1 DECK



Whether you're hanging out at home or camping with the family, card games are a great way to relax. A single deck is versatile and easy to pack, so if you have one on hand, try these two games that go beyond the classics like War and Go Fish.

1. **Slapjack (2+ Players, No Jokers):** The goal of this War-style game is to win all of the cards. To start, deal all of the cards face down, then have everyone form their cards into a pile without looking at them. Each player then flips a card face up into the center. Continue doing this until one of the cards played is a jack.
2. When that happens, the first person to slap the jack wins it and the cards beneath! They add them to their deck, and play continues until one player has all of the cards. To keep things interesting, if you accidentally slap a card that isn't a jack, you have to give up one of your cards to the player with that pile, and if you run out of cards, you can reenter the game by slapping the very next jack.
3. **Spar (2-4 Players, No Ace of Spades or Cards Below 6):** This easy game is played with just 35 cards, and the object is to win the last round (aka trick). To start, deal five cards to each player. Then, have the person to the left of the dealer lay one of their cards face up. Each person in the circle then plays a card in the same suit if they can or another suit if they can't. Whoever has the highest card in the original suit wins the trick and starts the next one! The winner of the fifth trick wins the game. If you want to keep score, award three points if the winning card is a six, two points if it's a seven, and one point if it's an eight or higher. Then play again!

We found these games on [BicycleCards.com](http://BicycleCards.com), but you can learn about them and dozens of others by checking out "The Ultimate Book of Family Card Games" by Oliver Ho from your local library.

## THANK YOU FOR

After we've fought for your case, the biggest compliment you can give us is leaving a Google review or giving our number to a friend who is in need of legal help. Here are some five-star reviews on Google that have meant the world to us and our staff.



"My husband, daughter, and I were in a car accident that left my husband injured and requiring therapy. Garcia and Ochoa allowed us to get on with our fast paced lives and took care of things from start to finish. Shout out to Laura, who took care of us."

-A. Quintanilla



"My husband and I were able to put complete faith in this law firm because someone was always available to answer questions, and we were treated in a very kind manner. If all the lawyers were out of town or busy, Eliza or Cynthia were extremely helpful in finding answers or setting up appointments. They gave us full access to their knowledge and resources and helped to get justice for my husband's injuries.

## IF A POWER PLANT EXPLODES, *All About Plant Explosion Injuries*

Every year, thousands of workers are at risk of being injured or killed in a workplace plant explosion accident. While it is not the most common type of workplace injury, it is more common than most people would assume. In 2014, the National Census of Fatal Occupational Injuries reported that the percentage of deaths caused by explosions in the workplace increased 25% from previous years. OSHA said that an average of 5,000 people are injured every year in factory work areas due to fires and explosions.

Most plants work with heavy industrial materials, toxic chemicals, and without proper safety measures; these can be the ingredients to a tragic explosion that can take many lives or cause lifelong injury. **It is the job of the employer to provide a safe plant for their employees to work**, though that is not always the case.

### Safety in the Workplace

While it is completely the employer's responsibility to create a safe place for their employees, it is a good idea to take note of the safety standards. Some of the basic protocols should include:

# YOUR 5-STAR REVIEWS!

"Lino and Mary Lou saw us through to the finish line and continue to assist us when we have questions. They helped in keeping our lives from falling apart and have done so much to make sure they have helped in any way they can."

"I highly recommend this law firm because the people work together and take your business seriously, but they also see you as a person and always greet you happily. I do not want to be in a situation where I would need them again, but I want them on my side if I ever am. Big sincere thanks from the Torres family! Good vibes always your way, and may God continue to work through you all."

—A. Rodriguez



"Before coming to this firm, we didn't know which direction to go. Our lives were shattered. Laura, Romeo, Martin, and Mr. Ochoa investigated and helped us with our situation and our loss."

"We would totally recommend people to this firm because they know what they are doing, they were very friendly, and we trusted them with our lives and our futures!"

—Y. Gonzalez

**Thanks so much for your tremendous support! Please leave a review if you're pleased with our service — it greatly assists our staff!**

## WHO'S RESPONSIBLE FOR INJURIES?

### s (And How Common They Can Be)

- Safety gear should be provided.
- The machinery should be in good working condition and free of defects.
- Work areas should be clean without obstructions.
- There should be accessible emergency exits.

#### Types of Injuries

A plant explosion accident can vary when it comes to injuries. Victims can suffer from:

- Burns on part or all of the body
- Cuts and lacerations from falling debris and the force of the explosion
- Trauma to the ear from the loudness of the explosion
- PTSD, as the experience itself can cause emotional and mental damage

A plant explosion accident can be the result of relaxed safety rules, poor employer management, or because of a general disregard of the importance of protecting employees. No matter the cause, you need an experienced lawyer by your side to guide you through your tough time — you can certainly find that at Garcia & Ochoa. Our expert legal team can get you through this difficult time one step at a time, so you can focus on your personal healing journey.



## ONE-PAN APPLE CIDER CHICKEN

Inspired by WellPlated.com

### INGREDIENTS

- 1 1/2 lbs boneless, skinless chicken thighs
- 1 tsp salt, divided
- 1/2 tsp black pepper, divided
- 1/2 cup apple cider
- 2 tsp Dijon mustard
- 4 tsp olive oil, divided
- 3 sweet apples, cut into 1/2-inch slices
- 2 tsp fresh rosemary, chopped, plus more for garnish

### DIRECTIONS

1. Sprinkle chicken with 1/2 tsp salt and 1/4 tsp pepper. Set aside.
2. In a small bowl, combine apple cider and mustard. Set aside.
3. In a large skillet over medium heat, warm 2 tsp olive oil. When shimmering, add chicken thighs top-side down. Cook for 4 minutes, then flip and cook for 4 more minutes. Transfer to a plate and cover with foil. Wipe the skillet clean.
4. Heat the remaining oil in the skillet, then add sliced apples, remaining salt and pepper, and rosemary. Cook for 5 minutes.
5. Return the chicken to the skillet and add apple cider-mustard mixture. Cook for 5 minutes, then serve sprinkled with rosemary!

## BE INSPIRED

BEING DEEPLY LOVED BY  
SOMEONE GIVES YOU  
STRENGTH, WHILE LOVING  
SOMEONE DEEPLY GIVES YOU  
COURAGE.

—LAO TZU



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## *All Aboard the Espresso Express!*

### Meet These Life-Changing Handheld Coffee Makers

Why spend \$7 on a cup of coffee when you can brew your own while traveling, hiking, and more? Here are three ways you can prepare your own coffee — even espresso! — no matter where you are.

#### **The Handpresso**

If you're looking for the original portable espresso maker, then the Handpresso is for you. The design was developed in Europe and has sold over 400,000 units in France and abroad since its first unveiling in January 2008. Because it uses Nespresso pods, it's easy to use and clean and makes an incredible cup of coffee anywhere you go. Also, it'll fit perfectly in your cup holder, so you won't have to worry about it bouncing around in the car while brewing. You can learn more at [Handpresso.com](http://Handpresso.com).

#### **The AeroPress**

Ever been so frustrated with brewing espresso in the States that you created your own espresso

machine? That's exactly what Alan Adler did with the AeroPress. Thankfully, he totally knocked it out of the park. And now with the AeroPress Go, it's super convenient to make a classy cup of coffee anywhere you are. With over 350 provided microfilters, you'll never have excess coffee grit. Plus, it's designed to deliver a coffee with low acidity, which gives you a smooth flavor with very little bitterness. Check it out at [AeroPress.com](http://AeroPress.com)!

#### **Any Classic French Press**

It's true that some French presses are better for travel than others, but you can actually use any kind of French press for "instant" coffee while on the go. Just put your grounds in the pot, pour in your hot water (found at any gas station), and use the tight-netted plunger to press your coffee grounds to the bottom of the pot. It'll get all the flavor out of your grounds (or even tea), and you won't have to worry about spills. The best part is that French presses are very affordable, starting at \$10–\$20 on Amazon.