

SNELLINGS LAW PLLC

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SnellingsInjuryLaw.com

March 2020

Making the Invisible Visible for Brain Injury Awareness Month

If a doctor came into the room and said you had suffered a traumatic brain injury (TBI), what would your reaction be? Would you be terrified? Would you be relieved it wasn't something worse? Would you sit there staring blankly at the doctor, waiting for them to describe what on earth he or she meant by that? Unfortunately, many of our clients have been in this very situation — and we want to celebrate them in this month's newsletter.



March is very special at Snellings Law because it is Brain Injury Awareness Month. Ever since I attended Baylor University, I have loved studying the brain. I was a psychology major and loved my neuroscience classes. Having been a personal injury attorney for my entire career, I have worked with clients who have suffered almost every type of injury. In doing so, I have developed a passion for helping brain injury victims. Many brain injury clients we see arrive appearing completely normal. They can carry on intelligent conversations, are socially aware, and are able to follow any instructions that may be given, but looks can be deceiving: Their lives have been completely disrupted. A TBI is oftentimes an invisible injury, and that's one of the most painful things about it.

For example, one former client was by all accounts normal. He was funny and witty, and he could hold a great conversation — all things most people assume a TBI victim isn't capable of. But when he would get in his truck, he couldn't remember where he was supposed to go or when he was supposed to be there. If there was not an entry in his calendar, there was a 0% chance he'd remember an appointment. This guy could remember the first song he ever danced to with his wife, people's names from high school, and many other remote memories, but his short-term memory was completely impaired. While he appeared normal on the outside, his injury completely disrupted all aspects of his life. Even so, no one would ever know it except his close family and friends.

You see, he didn't want to open up to anyone because he was embarrassed. No one wants to appear inept or incapable of remembering things, especially at work. Those who did know would cut him some slack. But imagine if your spouse, parent, child, or friend constantly needed help remembering things, like being at the right place at the right time, or if they called to ask things, like why they were at a store in the first place. It would get pretty irritating after a while — no matter how much you loved the person.

One of the hardest parts of a TBI for many of our clients is that there is no physical "proof" of their injury to validate the damage they have suffered. There may not be a scar on their head from where they were struck because there was no external injury. They do not have an X-ray, MRI, or CT scan that is specific enough to show the damage. There is no cast or sling that shows their damage to others. Never has the need for validation struck me so clearly as when a client came in with a report and a picture from a newer type of MRI scan we helped her obtain. She handed it to me as she managed to say through happy sobs, "Look! Look! This proves it!" She didn't care that the test would help us as we moved her claim forward or that it proved the insurance adjuster dead wrong; she was so excited because it proved to her that all of her symptoms were legitimate and she was not, as she put, "going insane."

One thing we have found about our brain injury clients is that they are such survivors. They fight through every day with an invisible injury and do everything they can to appear normal. This month for Brain Injury Awareness Month, we would like to recognize each of our clients, current and past, who have battled and continue to battle for recovery. Our hats are off to not just the victims but also to their caregivers and families. On behalf of everyone here at Snellings Law, we see you, we feel for you, and we celebrate you. God bless you, and we all pray for your full recovery.

-Scott Snellings

RETIRE IN STYLE

3 PLACES TO RETIRE INTERNATIONALLY

Even if you've always planned for a comfortable retirement in the United States, choosing to live internationally could be a smart alternative to improve your standard of living in retirement. International Living Magazine's Retirement Index has tracked objective retirement metrics — like the cost of living, democratic stability, and health care — for the last 40 years. They also take into account reports of correspondents actively living abroad. Here are some of their top picks for international retirement destinations.

PANAMA

Panama ranks No. 2 in International Living Magazine's list of best places to retire internationally. With its tropical climate, proximity to the United States, excellent health care, and low tax burden, it's easy to see why. In Panama City, you can expect to pay at least $2,600 a month in living expenses, but housing costs are substantially lower outside of major metropolitan markets. Panama also offers excellent discounts, up to 25% off of things like airline tickets, hotels, and energy costs through its Pensionado program.

COSTA RICA

If it's a textbook paradise you're looking for, look no further than Costa Rica. Thanks to a 1948 decision to abolish their military and direct all of those funds to health care and education, Costa Rica is often referred to as the "Switzerland of Central America." Known for its stable democracy, safety, and socialized health care that's only available once you've obtained residency, Costa Rica also offers climates for just about everybody — from the lush jungles of the south to the hot, dry beaches of Guanacaste in the northwest. Expect to find large communities of expats to help you acclimate.

MEXICO

The first things that come to mind for most people when you mention Mexico are margaritas and beach umbrellas, but this country offers a lot more than that. For starters, Mexico features an enticingly low cost of living. International Living estimates a couple could live in Mexico on anywhere from $1,500–$3,000 per month, depending on location, including health care expenses. Once you've obtained residency status, you can sign up for national health care plans that offer full coverage for just a few hundred dollars annually.



THE FIGHT OF THE CENTURY

How a Battle of Boxers Captivated the World

On March 8, 1971, all eyes were on the world of boxing as people watched what would become known as "The Fight of the Century." It was one of the most anticipated matchups the sport had ever arranged: Current heavyweight champion Joe Frazier and former heavyweight champion Muhammad Ali were finally facing off, the first time two undefeated boxers would fight each other for the heavyweight title. Spectators were hungry for a battle.

Both fighters held rightful claims to the title of world heavyweight champion. Ali won it in 1964 and successfully defended it for several years, but he was stripped of the title during a legal battle over his induction into the U.S. armed forces. In his absence from the sport, Frazier earned two championship belts through major knockout fights. But when Ali settled his court case and came to reclaim his title, Frazier wasn't ready to give it up easily.



Ringside seats for the fight sold for today's equivalent of over $1,000. Millions watched the broadcast in over 50 countries around the world, and Madison Square Garden sold out to a crowd of 20,455 spectators. The fighters possessed polar opposite tactics, backgrounds, and social impacts, but when it came to skill, they were evenly matched. The fight captivated the nation. As Sports Illustrated put it at the time, "The thrust of this fight on the public consciousness is incalculable. It has been a ceaseless whir that seems to have grown in decibel with each new soliloquy by Ali, with each dead calm promise by Frazier."

The fight exceeded all expectations with a fully engrossing 15 rounds. For the first quarter of the match, it seemed Ali would best his opponent, but Frazier came back with fury. Even though Ali continued to rise to his feet round after round, Frazier emerged victorious by the slimmest of margins, dealing Ali his first professional loss ever.

The landmark event highlighted an unforgettable night of skillful prowess like the world had never seen. Even though the title fight was only the beginning of the rivalry between the two boxers, the matchup rightfully took its place as one of the greatest fights in the history of the sport.

TAKE A BREAK

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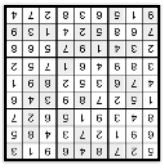



PESTO CHICKEN WITH BLISTERED TOMATOES

Brighten up after a cold, dark winter with this fresh and flavorful springtime dish.

Ingredients

- 2 1/2 tbsp olive oil, divided
- 4 boneless and skinless chicken breasts, pounded to a 1-inch thickness
- Salt and pepper to taste
- 1/4 cup whole-wheat panko
- 2 tbsp Parmesan cheese
- 1 tbsp unsalted butter, melted
- 6 tbsp spinach pesto
- 2 cups cherry tomatoes
- 1 garlic clove, thinly sliced
- 1 tsp red wine vinegar

Directions

1. In a large ovenproof skillet over medium-high heat, add 1 tbsp olive oil.
2. Season chicken with salt and pepper, and add it to pan. Cook chicken for 5 minutes on each side, then remove pan from heat.
3. In a bowl, combine panko, Parmesan cheese, and butter.
4. Spread pesto over chicken and top with panko mixture.
5. Broil chicken for 2 minutes on high heat until browned.
6. In a skillet, heat remaining oil over medium-high heat.
7. Add tomatoes and cook for 6 minutes.
8. Add garlic and cook for 30 seconds, stirring constantly.
9. Season tomato mixture with salt and pepper, and add red wine vinegar.
10. Serve tomatoes with broiled chicken.

Inspired by CookingLight.com

WHOSE PICKS WILL GO ALL THE WAY?

March Madness Fun for the Whole Family

One of the greatest things about March Madness is that you don't have to be a huge college basketball fan to get in on the fun. Kids of all ages can fill out brackets — or have a parent fill one out for them — and watch their picks duke it out on the court. While healthy competition among family members can be fun all on its own, check out the following tips if you're looking to go the extra mile and reap as much fun from March Madness as you can.



TURN EACH GAME INTO AN EVENT.
Not every kid may like watching basketball, but if they fill out a bracket, then they might gain at least a passing interest in who will win each game. To elevate their interest, turn each March Madness matchup into a little party. It doesn't have to be fancy; make fun snacks to eat while you watch or bet pieces of candy on who will have the most points to create great family bonding opportunities.

REWARD THE WINNERS WITH PRIZES.
Offer prizes to each round winner as well as the overall bracket winner to get the whole family involved. Small prize ideas for each round can include a homemade dinner of the winner's choice, a week's supply of their favorite snack, or a coupon for getting out of a chore. Whoever wins the whole tournament (or makes it the furthest with their bracket) deserves a bigger reward. Offer them the chance to see a movie of their choice in theaters or to eat a meal at their favorite restaurant.

CREATE A LEARNING OPPORTUNITY.
Learning math or geography might not sound like your child's idea of fun, but it can be when they learn it through the lens of March Madness. See if your kids would be interested in understanding the inner workings of the ranking system or studying where some of the qualifying colleges are located on a map of the United States. They may find it so interesting that they don't even realize they're learning valuable skills.

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SMASHED MIRRORS, MAIMED SOFAS, AND MISSING BED-SCREWS

THE DAY EVERYONE IN NEW YORK CITY MOVED

Moving is the worst. The costs of hiring a moving company and the sheer amount of time it takes to physically move everything make the whole affair an aggravating mess. And if you thought moving just one house on your street was terrible, imagine the chaos that would ensue if everyone in your whole *city* moved on the same day. That's exactly what happened in New York City for nearly two centuries.

From Colonial times until the end of World War II, May 1 was Moving Day in New York. On that day, every lease in the city ended, and pandemonium reigned in the streets as everyone scurried to their new homes. Eyewitness accounts of Moving Day describe the tradition as sheer mayhem. An English writer said Moving Day looked like "a population flying from the plague," and frontiersman Davy Crockett called it an "awful calamity" when he discovered the event in 1834.

Still, some people loved Moving Day. Long Island farmers took their carts into the city on May 1 and charged as much as a week's wages to move desperate tenants' belongings to their new homes, which was a tidy sum in those days. Children were also fond of Moving Day because they got the day off school to help their families navigate the tumultuous time.

A few prominent theories have emerged about the origins of this tradition. Some posit that May 1 coincided with the English celebration of May Day. Others say it morphed out of an event where servants would look for new employers. The most well-known explanation, however, is the May 1 move commemorated the day Dutch colonizers "moved" to Manhattan in the first place.

The Moving Day tradition began vanishing in the early 20th century because many cartmen and housing builders were drafted during World War I, leaving fewer movers and less available housing. Additionally, the construction of the New York City subway gave other tenants rapid access to more housing options outside Manhattan. Finally, after many cartmen were again drafted in WWII, the tradition officially ended in 1945.

