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Spring 2021

PERSONAL INJURY | WORKERS' COMPENSATION | SOCIAL SECURITY DISABILITY

I hope this newsletter finds you and your family safe and well during this pandemic. The firm is still located in our office building at 327 North Orange Avenue in downtown Orlando, Florida. The foot traffic as well as the automobile traffic in downtown Orlando has really picked up and I think I see this pandemic ending soon.

WORKERS' COMPENSATION:

The workers' compensation practice has not changed at all during the pandemic. While all the necessary hearings and mediations occur by telephone or through Zoom, the Judges of Compensation of Claims are doing a good job of moving these cases without delay.

The good thing about workers' compensation is that the trials are heard by a Judge not a jury. In fact, I recently had a trial in the workers' compensation court in Brevard County, Florida that went great. In addition to the Judge ruling in my client's favor, the trial went off without any difficulties. All the witnesses were sworn in remotely and testified by telephone and Zoom.

AUTO ACCIDENTS:

The automobile accident cases have been quite different than the workers' compensation section of my practice. The first glaring difference was that nobody was on the road during the spring and early summer of last year. Therefore, there was a major claims slowdown that occurred.

The fact that there were no juries last year made it difficult to prosecute automobile accident cases. The ultimate equalizer in an automobile accident is the fact that you can pick a jury and receive a judgment/verdict if the insurance company is being unreasonable. Juries are now being picked and the Judges are processing the criminal trials first. We anticipate a return to normal with automobile accident cases in the fall of 2021.





FIRM RETREAT:

I recently took the office and their spouses down to our cabin in the woods which was a great stress reliever. We did not talk about work but enjoyed taking buggy rides, sitting around the campfire, and watching a beautiful sunset. I have included a number of photographs of the retreat and the wonderful people I work with at the firm.



VISITED OUR SON AT LACKLAND AIR FORCE BASE:

As many of you are aware from my social media, my middle son Don is serving in the Air Force and is in the pipeline to serve in special operations warfare. My wife Cindy, youngest son Earl and I flew out to San Antonio, Texas and took some of Don's friends out for a steak dinner which was awesome. The next day my wife and two sons visited the Alamo which was very interesting. We had a delightful young park ranger give us a tour. I now understand so much more about the Alamo and why it means so much to Texans.



CONCLUSION:

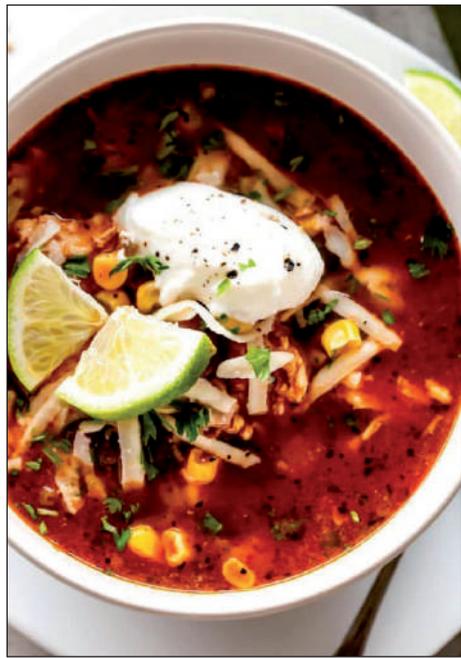
I would like to close with the observation of how impressed I was with the young men serving with my son in the United States Air Force. These young men are what is right with our country and we are so proud of our son Don and his service.

Thank you again for the kind online reviews and referrals that all of you have given our firm over the last years. As I enter my 30th year practicing law, I could not have done it without your support and referrals.

Thank you and have a safe summer 2021.

Frank





Crock Pot Chicken Enchilada Soup

Packed with chunks of chicken, tomatoes, beans, and corn, this is the perfect easy and filling weeknight meal.

Ingredients:

- ▶ 1/2 tablespoon olive oil
- ▶ 1 small yellow onion, finely chopped
- ▶ 4 cloves garlic, minced
- ▶ 1/2 teaspoon salt
- ▶ 1/4 teaspoon fresh ground pepper
- ▶ 1 tablespoon chili powder
- ▶ 1 teaspoon sweet paprika
- ▶ 2 teaspoons ground cumin
- ▶ 1 teaspoon garlic powder
- ▶ 1 can (19 ounces) red enchilada sauce
- ▶ 1 can (15 ounces) corn, rinsed and drained
- ▶ 1 can (15 ounces) black beans or red kidney beans, rinsed and drained

(Eight servings)

- ▶ 2 cans (14 ounces each) diced tomatoes
- ▶ 4 cups low sodium chicken broth
- ▶ 4 boneless, skinless chicken breasts
- ▶ 1 bay leaf
- ▶ 1/3 cup low fat white or yellow shredded cheddar cheese, plus more for serving
- ▶ 1/4 cup heavy cream
- ▶ sour cream, for serving
- ▶ fresh chopped cilantro or parsley, for serving
- ▶ sliced lime, for serving
- ▶ Other toppings may include sliced avocados and crushed tortilla chips

Directions:

- ▶ Heat olive oil in a skillet; add onions and cook for 3 minutes.
- ▶ Stir in the garlic and season with salt, pepper, chili powder, paprika, cumin, and garlic powder.
- ▶ Pour in 1/3 cup of the enchilada sauce; scrape up all the bits at the bottom of the skillet and pour it all into the bowl of your Slow Cooker/Crock Pot.
- ▶ Combine the remaining enchilada sauce, corn, beans, diced tomatoes, chicken broth, and bay leaf in the crock pot; stir.
- ▶ Arrange the chicken breasts on top.
- ▶ Cover and set on LOW for 6 hours, or until chicken is cooked through. OR set it on HIGH for 3 hours, or until chicken is done.
- ▶ Remove chicken from the crock pot and shred it.
- ▶ Stir it back into the slow cooker.
- ▶ Stir in cheese and heavy cream.
- ▶ Ladle soup into bowls and top with sour cream, cilantro, limes, and cheese.

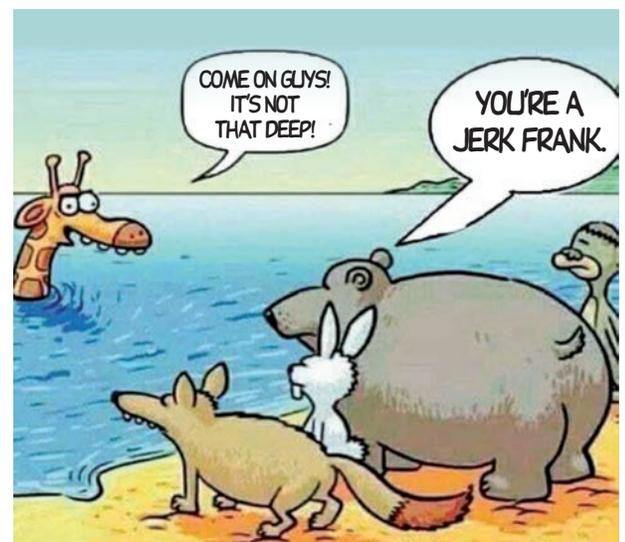
Never unsubscribe from Spam

Spam is one of the bigger annoyances of digital life. We all want it to stop but unsubscribing from spam e-mails or texts can actually make the problem worse.

The kind of spam we're talking about are unsolicited messages from strangers who are trying to scam you or steal from you. The spammers send massive amounts of messages out into the world, hoping for a small number of them to pay off. They don't know you, aren't targeting you, and don't even know if your e-mail address or phone number is valid. By responding in any way, you're telling the spammer that this contact information is indeed real, so you end up inviting more spam. The best thing you can do when receiving a spam e-mail or text is to mark it as spam and delete it. Otherwise, ignore it.

If you're getting ads or a newsletter from a legitimate business that you provided your contact information to, and no longer wish to receive communications from them, you should unsubscribe. This is different from the spam discussed above.

The best way to get less spam is to prevent it from reaching you in the first place. While zero spam is basically a pipe dream, you can cut back on the amount of spam you receive by avoiding posting your e-mail address or phone number in any public place on the internet. Spammers use automated programs to search blogs, social networking sites, and forums looking for addresses.



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Covid in the workplace

The Covid-19 pandemic has caused a long list of problems. One of these problems has been unsafe working conditions. In 2020, over 1,000 workplace-related lawsuits were filed by employees over workplace safety. Complaints include discriminatory layoffs/firings, lack of personal protective equipment, refusal to comply with health protocols, unpaid wages, and failure to enforce mask-wearing.

Many workplace safety advocates think this is just the beginning, expecting more cases to be brought throughout 2021.

The Occupational Safety and Health Administration requires employers to establish a workplace "free from recognized hazards that are causing or are likely to cause death or serious physical harm" to employees. When employers fail to do so, employees must have recourse to hold them accountable. The U.S. Justice system provides that recourse. Any employee considering filing a suit over Covid in the workplace should have an experienced worker's advocate on their side. Contact our office for more information.

We are here for you!

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The information included in this newsletter is not intended as a substitute for professional legal advice. For your specific situation, please call the appropriate legal professional.

Covid on the Brain

We've all had covid on our minds for a while now. Instead of focusing on the dangers, let's have a little fun and do a word search with covid-related terms.

Find the following words in the puzzle.
Words are hidden → and ↓.

- ACHY
- CORONAVIRUS
- COUGH
- COVID
- DISINFECT
- FEVER
- MASK
- PANDEMIC
- SANITIZER
- SNEEZE
- SOCIAL DISTANCE
- VACCINE
- VENTILATOR
- VIRUS
- WASH HANDS

