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THE
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HELPING INJURED NEW YORKERS

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CELEBRATE THE BIG AND SMALL WINS

Life Is Full of Often-Overlooked Achievements

As we embark on a brand-new year, I wanted to take a moment to reflect on the power of celebration and the significance it holds in our lives — both personally and professionally. As we often get caught up in the daily grind, it's easy to overlook the victories, big and small, that shape our personal and professional journeys. I admit I have not always stopped to appreciate and/or celebrate the wins in my life. I have come to the understanding that while this mindset has likely benefited me in the courtroom, it has also held me back in other areas. My business coach recently reminded me of the importance of celebrating wins by gifting me a classic boxing bell. So, let's raise our metaphorical glasses and celebrate achievements big and small in 2024!

Why Celebrate?

In the realm of personal injury law, we often find ourselves immersed in the complexities of cases, striving for justice and fairness. Yet, it's crucial to recognize that life extends beyond the courtroom. The act of celebrating achievements, no matter how big or small, is important for a multitude of reasons:

1. **Enhancing Work-Life Balance:** Celebrating wins helps us appreciate the balance between work and personal life. It encourages us to take breaks, enjoy the present moment, and maintain a healthier perspective on success.
2. **Boosting Morale and Motivation:** Celebration serves as a catalyst, instilling a sense of accomplishment and pride that propels us to confront new challenges with renewed vigor.
3. **Fostering a Positive Mindset:** Celebration and positive thinking are intertwined. By acknowledging our wins, we cultivate an optimistic outlook that transcends various aspects of our lives.
4. **Building Stronger Connections:** Within our law firm family, sharing in each other's victories strengthens our bonds, creating a supportive culture in which every triumph, regardless of its size, is recognized and applauded.

Types of Achievements Often Overlooked

Life's journey is composed of various types of accomplishments, some of which frequently slip under our radar.

1. **Navigating Parenthood:** Amidst the daily chaos, parents should celebrate the patience, lessons, and unconditional love they provide — a daily triumph in shaping the future.
2. **Spousal Milestones:** Celebrate the compromise, understanding, and shared laughter within marriage. These seemingly simple moments lay the foundation for an enduring partnership.



3. **Time-Tested Friendships:** Acknowledge friends who have weathered thick and thin. The loyalty and camaraderie you share is an achievement to be celebrated.

In the fast-paced world of law, it's easy to overlook the victories within our own firm. That's why, in 2024, I am committed to fostering a culture of celebration. From a successful case resolution to a team member's personal milestone, we will acknowledge and celebrate every achievement. We now have a classic boxing bell to mark our celebrations!

Why? Because recognizing these wins is not just about individual accomplishments; it's about nurturing an environment where each member of our team feels valued and motivated. A firm that celebrates together thrives together.

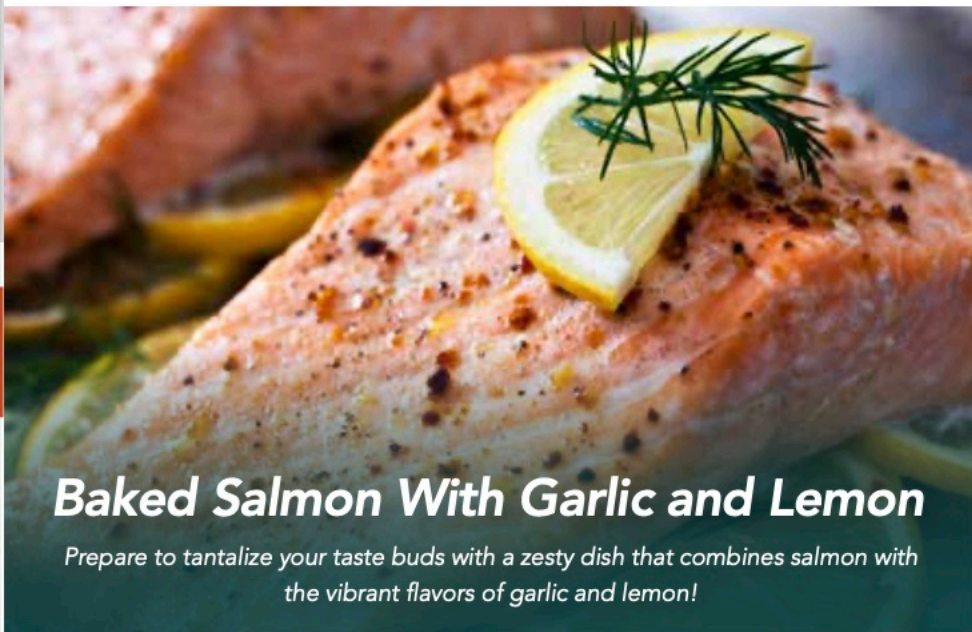
Life is a collection of moments, and within each moment lies an opportunity to celebrate. As we navigate the challenges in our lives, let's not forget to revel in the triumphs along the way. Let's remember to appreciate the journey rather than solely focus on the destination. Here's to a year filled with achievements, growth, and a shared sense of pride in all that we accomplish together.

Wishing you a year of celebration and success!

-Brian O'Connor



TAKE A **BREAK**



Baked Salmon With Garlic and Lemon

Prepare to tantalize your taste buds with a zesty dish that combines salmon with the vibrant flavors of garlic and lemon!

Ingredients

- 2 lbs salmon fillets
- 4 cloves garlic, minced
- Juice of 2 lemons
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper, to taste

Directions

1. Preheat oven to 375 F.
2. Line a baking dish with parchment paper. Place the salmon fillets on the baking dish.
3. In a small bowl, mix together the garlic, lemon juice, olive oil, oregano, thyme, salt, and pepper. Pour the mixture over the salmon.
4. Bake for 15-20 minutes or until the salmon is cooked through. Serve and enjoy!

The Gruesome History of Surgery Without Anesthesia

The introduction of anesthesia in the mid-19th century revolutionized the field of surgery, allowing for more complex and precise procedures to be performed while minimizing the agony patients had to endure. However, the era of surgery before anesthesia meant patients had to suffer unimaginable pain. They had to endure procedures that would be considered inhumane today, and the mortality rate for surgeries was alarmingly high. Here are some of the challenges doctors and patients had to face.

Speed

In the absence of anesthesia, surgeons had to prioritize speed above all else. One of the most harrowing experiences was amputation. During wars and battles, soldiers often had limbs amputated without anesthesia. Surgeons had to operate swiftly, with little regard for the patient's pain. Many soldiers died from the shock and pain of the sudden amputation rather than any other wound they received.

Alcohol and Opiates to Dull Pain

While these substances provided some relief, they also carried their own risks, including addiction and overdosing. Patients would often have to be restrained during the procedure due to their erratic behavior under the influence of these substances.

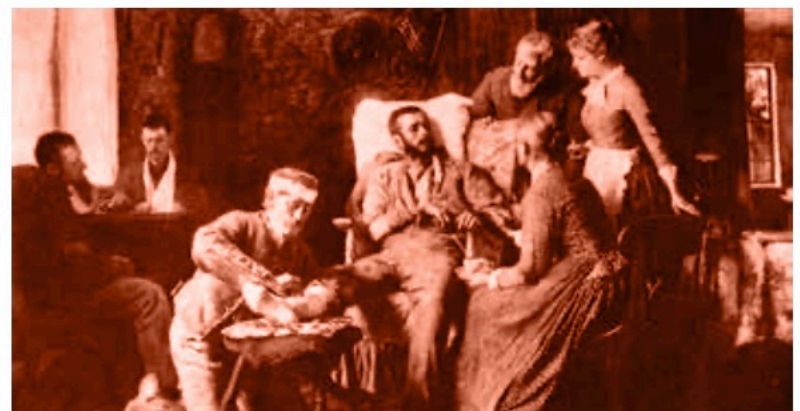
Unclean Tools

Surgical procedures in the pre-anesthesia era were fraught with the risk of infection. Without modern sterile techniques, post-operative infections were common, and many patients did not survive surgery due to complications. In fact, before Louis Pasteur developed modern germ theory in the 1860s, doctors did not wash their hands before operating, unintentionally causing the deaths of many patients post-surgery due to secondary infections.

Surgeons Characterized as Dispassionate and Cruel

No doubt, performing an agonizing surgical procedure on a suffering patient was difficult for any doctor to endure. So, they had to detach themselves emotionally to get through it quickly and as safely as possible — sometimes in front of many onlookers in an operating theatre. Unfortunately, because of this, surgeons were thought of as coolly dispassionate or even brusque.

Because of modern anesthesia and other developments, doctors today are able to show compassion toward their patients, and it allows for a more careful and safe procedure for all involved.



UNPLUGGED FUN

IGNITE YOUR CHILD'S IMAGINATION BEYOND SCREENS

In today's world of video games and streaming for entertainment, one of the most powerful — and rewarding — steps you can take is engaging your child's imagination without electronic devices.

A Make-Believe Store

One great way to do that is by putting your child in charge of a make-believe ice cream store. It's easy and only takes a few common household items, starting with a few bowls.

First, squirt a generous helping of shaving cream into each bowl, then add different colors of food coloring to each. After stirring with a spoon, your child will suddenly have a variety of make-believe "flavors" to offer to their customer — you.

They'll have fun scooping up the flavors you want from each bowl into a plastic cup. You can even have other small household items in other bowls (such as buttons and small craft items) that can serve as the ice cream "toppings."

Balloon Sports

You can also engage your child's hand-eye coordination skills with a fun game of balloon tennis or volleyball.



To start, simply blow up a few balloons of different sizes. Then find a chair or other items around your house that can double as a "net" between you and your child.

The fun comes in batting the "ball" (a balloon) back and forth across the net. When your child bats the balloon to your side and you hit it back without it passing back over the net, the point goes to your child, just like in real tennis or volleyball. You can keep score if you'd like.

You can also make up your own rules, like players can hit the balloon two times before returning it to the player on the other side of the net. Or, if you want to really challenge your hand-eye coordination, you can use two balloons and try to keep both in play at the same time.

At the end of the day, with fun activities like these, you can engage your child's imagination with a true brand of homemade fun!

BUMBLING BURGLARS PROVE CRIME DOESN'T PAY

Committing a crime will never be a get-rich-quick scheme or a successful career path, but we've had plenty of would-be criminals who had to learn that lesson the hard way!

One example is James Sorby, a Scottish man who decided he wanted to cash in on the rising price of copper. As he thought about how to get his hands on the metal prized for its ability to conduct electricity, he decided it would be a good idea to go right to the source, so he targeted a local power plant in Leeds, West Yorkshire, England.

As he started to carry out his mission, he forgot he was in a truly electric environment. He ignored the signs warning of the dangerous high-voltage lines in the plant. But as he collected coils of copper and prepared to make off with them, he was instantly jolted with an estimated 22,000 volts of electricity, and around 400 homes were left without

power. He miraculously managed to survive, though with severe burns and a damaged skull, and was given 12 months of community service.

Another man, Nicholas Mark, entered a Pennsylvania pizzeria looking for work, but



he found something else instead. A tip jar containing over \$200 caught his eye, so after filling out the application, Mark left. A few hours later, he returned, snatched the tip jar, and ran out of the restaurant. However, his getaway was short-lived, as his completed application had provided his real name and address. Plus, he left behind a backpack that verified his identity, so he was eventually caught by police.

Finally, Alberto Saavedra Lopez demonstrated why you can't go back home to the scene of your crime. While living in Cottonwood, Arizona, he stole \$5,000 from the bank where he worked. For two years, he got away with it by moving to Phoenix. In time, however, he moved back to Cottonwood and applied for a new job — at the local police station. But, as he applied to become a dispatcher, officials did a background check, discovering he was an at-large suspect in the theft. So, when he showed up for his job interview, they greeted him with handcuffs.





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WHEN PRIVILEGE KILLS

A LOOK BACK AT THE CASE OF 'AFFLUENZA' TEEN ETHAN COUCH

It was a case that enraged the nation: A teenager named Ethan Couch combined alcohol, arrogance, reckless behavior, and manslaughter in what became known as the "affluenza" case.

On June 15, 2013, the 16-year-old and a group of friends stole beer from a store and had a party at his parents' house before going for a drive. As Couch was

careening down the road at 70 mph in a 40-mph zone, he barreled into the town of Burleson, Texas.

Speeding along the rural two-lane street, Couch plowed through an SUV that had stopped with car trouble on the side of the road, then slammed into another car that was stopped near the SUV. In the process, he killed four people and seriously injured two others.

Upon his arrest shortly after the terrible crash, Couch's blood alcohol level was reported as 0.24 — three times the legal limit for drunk driving in Texas.

Two years later, Couch stood trial for the devastation he had caused. He pleaded guilty to four counts of manslaughter, but his attorneys put forth what came to be known as the "affluenza" defense. A psychologist testified for the defense that Couch was a product of wealthy, privileged

parents who never set limits for him, so he didn't fully understand what it meant to have consequences for his actions.

Prosecutors had sought 20 years in prison, but Couch received no prison time. Judge Jean Hudson Boyd gave Couch 10 years of probation, along with an order to undergo long-term therapy. The decision by the juvenile court judge outraged the victims' families, drunk driving activists, and most of the country.

Over the past decade, Couch has cycled through bouts of disappearing and continuing alcohol abuse. In 2016, he fled with his mother to Mexico to avoid being arrested for a parole violation but was arrested soon after. The judge in that case sentenced Couch to two years in prison. After his release in 2018, he was again arrested in 2020 for allegedly violating his parole, but the charges were later dismissed. His probation is due to end in 2024.

