



That 70's Show – Mine

I'm thankful I got to see a lot of my extended family this summer — parents, siblings, and lots of nieces and nephews. After not getting together for so long, we did a lot of reminiscing about what it was like when we were kids and how different things are for our kids today.

So, what was it like being a kid in the '70s?

The 1970s never get the credit they deserve. Yes, there was questionable fashion, crazy colors, and bad hairstyles, and generally, everyone seemed out of shape but not fat either. Exploding cars were a thing, too. Seat belts were not.

But that was mostly the adults. To be a kid in the '70s was pretty cool, and none of that adult stuff really affected us.

Here are some of the advantages we had growing up at that time.

Parents did not give a rat's ass. Okay, that may be a little strong, but it's pretty accurate when compared to today's parenting standard. It seemed like every kid in our neighborhood was required to play outside all day, would come inside just to eat, and had to be home just when the streetlights came on.

There was no micromanaging of schedules or "tiger mom" parenting that we could tell. It brought a freedom that allowed us to figure things out for ourselves, usually. Once we passed the swim test, allowing us to go to the pool without a parent (and got the band we wore around our wrist as a sign to the world of our status, accomplishment, and total freedom), we could ride our bikes to the pool. There were no cellphones or tracking devices to make sure we got there, but our moms knew the lifeguards were strict, so someone would be watching. You got "benched" for any infraction, and in those days, your mother would not intervene or listen to your appeal — she would tell you to quit complaining and go sit on the bench.

Most families just had one car, so your mother didn't drive you everywhere. You had to get around on your bike, and we were always tinkering with our bikes. These were usually second or thirdhand, because these were also the days of Evel Knievel, so we would build ramps and jumps (the one time a neighborhood mom stepped in was when we convinced our little sisters to lie down on the sidewalk so we could jump our bikes over them — probably for the best).

We played organized sports, but nothing like the travel teams and tournaments kids have today — and we played all kinds of sports. There was no year-round training, no baseball in the fall, or football in the spring.

My brother and I were on our Little League All Star team in 1980 and traveled around to compete in the Little League World Series tournament. We didn't get close, and it sure wasn't on TV. I guess our league couldn't afford team uniforms because everyone wore the uniform of the team we played for during the season, so we all had different uniforms. But the coach owned some kind of laundry business, so we got to ride to games in his laundry truck, sitting on bins of hotel sheets and towels. There was definitely a "Bad News Bears" element to it all.

There was something about those summers: no structure, no personal trainer to help you get to the "next level" in a sport, no service projects to help you get in to college (we probably were service projects). They were just fun.

And on a hot summer day, sitting around with your brother and sisters, those memories all come back — another reason I hate to see summer end.

- Frank Kearney

REMEMBERING THE HEROES AMID THE TRAGEDY

THE EVERYDAY PEOPLE WHO SAVED COUNTLESS LIVES ON 9/11

As we approach its 20th anniversary, Sept. 11, 2001, remains one of the darkest days in American history. Almost 3,000 people lost their lives when terrorists flew passenger airplanes into the Twin Towers and the Pentagon. The infrastructural damage was severe, but the damage done to thousands of families across the country was even worse.

While 9/11 remains a day of remembrance of these tragic events, it should also be a day to remember the brave men and women who sacrificed their lives to save others. These are just a few of their stories.

BETTY ONG AND AMY SWEENEY

After five al-Qaida terrorists hijacked American Airlines Flight 11, Ong and Sweeney, two flight attendants, used the crew phone to call their colleagues and give them information about their attackers, including what they looked like and what seats they

had been sitting in. Both attendants perished, but the information they shared helped the FBI jump-start their investigation.

RICK RESCORLA

A Vietnam veteran who had earned a silver star for his service, Rescorla was no stranger to stressful life and death situations. As the head of corporate security for Morgan Stanley in the South Tower, he defied orders from Port Authority to stay put and instead escorted 2,700 people out of the building before it collapsed. After that, he headed back in to look for stragglers. That was the last time anyone saw him.

PASSENGERS OF FLIGHT 93

While two planes hit the World Trade Center towers and one plane hit the Pentagon, another plane that headed for the White House never reached its destination. That's because passengers aboard this flight, upon learning their plane had been hijacked, decided to rush the cockpit and overtake the terrorists. They caused the plane to crash in an empty field in Pennsylvania, saving the White House but killing everyone on board.

Sad though their deaths may be, these heroic men and women continue to inspire people even 20 years later. We should never forget the tragedy of 9/11, but we should also remember these regular people who decided to take extraordinary lengths to save others.

DWAYNE'S STORY

I'd been working my whole life — construction, maintenance, renovations. And I was working two jobs, as a maintenance supervisor and renovating apartments, when I fell off a ladder and injured myself badly enough that I couldn't work. While I was compensated for a little while, eventually, the insurance company said they wouldn't pay me anymore. I was still injured and unable to work, but now I had no source of income.

Since I wasn't making any money, I almost lost the place where I was living, and during that time, I also contracted COVID-19. So, I guess you could say I was under quite a bit of stress. I wasn't really sure what I was going to do until my primary care physician recommended that I seek Frank Kearney's help getting fair

compensation in court. She gave me his number, and I called him soon after that.

We ended up having to go to court three times because the insurance company kept appealing the decision. Frank prepared me every step of the way for court, so I knew I was ready, and he always told me what to expect, about the judge, the other lawyer, what to wear, you name it. I'm happy to say that regardless of their attempts to keep me from the money I was owed for injuring myself on the job, Frank beat them each time. He remained persistent in defending my case and making sure I was fairly compensated.

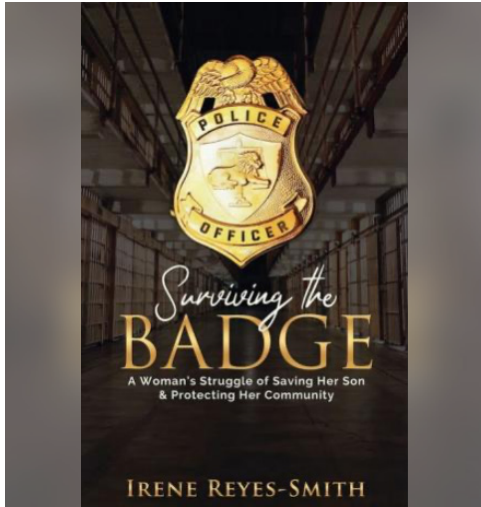
I tip my hat to Frank; he's an incredible lawyer. I would honestly recommend him to anyone who's been injured, whether



you were in a car accident, train accident, fell out of an airplane, or whatever — if you need a personal injury attorney, Frank is your guy.

Since receiving my compensation — all the money the insurance company owed me for my medical care and lost wages — it's felt like a huge weight has been lifted off of me. I feel like I got my life back. I don't know where I would be if I hadn't called Frank after getting his number from my doctor. He kept fighting for me and my case, and I'll always be grateful to him for that.

Congratulations Corner

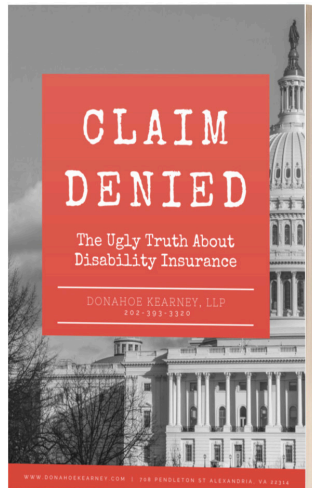


Congratulations to former client Irene Reyes-Smith on recently publishing her book "Surviving the Badge: A Woman's Struggle of Saving Her Son & Protecting Her Community," which chronicles the challenges she faced as an inner-city police officer trying to protect her son. When speaking to Irene about her process for the book, she said, "No struggle we should go through alone, let God be your guide." "Surviving The Badge" is now available at Amazon.com, Barnes and Noble, and Walmart.



Congratulations to current client Tanya Harrison on her recent wedding. Wishing you and your family all of the love and happiness as you build your new lives together.

Know Someone Who Needs Long-Term Disability Benefits?



This Report Can Help

Do you know someone who's struggling with a disability, serious injury, or disease that keeps them from working?

Many companies and employers in the D.C. area offer long-term disability insurance — but, of course, there is a catch. It is a complicated insurance policy and system that favors the insurance companies, and a lot of people just take "no" for an answer and give up if the insurance company denies their claim.

We give people a plan to fight that decision!

Have them reach out to us for a **confidential strategy session**. We can guide them through the process so they can stand up to the insurance company!

Arroz Chaufa Peruvian Style Fried Rice

Enjoy this traditional Peruvian recipe from medical records clerk Amaris Vargas' grandmother.



INGREDIENTS

- 3 cups jasmine rice
- 1 tbsp sesame seed oil, plus more for frying
- 1 tbsp garlic paste, plus more for seasoning chicken
- 3 cooked chicken breasts, cut into bite-size pieces
- Salt and pepper, to taste
- 2 tbsp soy sauce
- 1 tbsp ground ginger
- 1 small bunch green onions, sliced
- 8 hot dogs, cut into small pieces
- 3 eggs, slightly beaten
- Splash of milk

DIRECTIONS

1. In a rice cooker, cook rice with sesame oil, a pinch of salt, and some garlic paste.
2. Season the chicken with salt, pepper, garlic paste, soy sauce, and ginger. Set aside.
3. In a skillet over medium heat, fry the hot dogs and onions with sesame oil.
4. Add the eggs and scramble with a splash of milk and a pinch of salt and pepper.
5. In a big bowl, mix everything together and add more soy sauce to taste.



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Labor Day: You Earned It



Many of you reading this are not recognized and appreciated for your contribution to our economy. Let's face it: The stories of union plumbers, construction workers, teachers, nurses, and security guards just aren't covered by the mainstream media. It's a lot sexier to cover Wall Street, interest rates, and the stock market.

So what! We recognize you. Without your hard work, sacrifice, and commitment to

your jobs, we wouldn't have the economy necessary for a free country. The goods and services you create and deliver help every American live a better life. Yes, you're putting food on the table, sending kids to college, and all that – but you're also contributing, day in and day out, to a larger purpose.

We appreciate you. Enjoy the Labor Day holiday – you earned it.

- Frank Kearney



Do you know someone we can help? We make it easy on you to refer your friends, family, and coworkers! Just have them call 202-393-3320 or use this QR code for a confidential, no-risk assessment of their case.