

# On *Your* Side

A Publication of Kevin McManus Law  
Injury & Disability Attorneys



## From Stage Fright to Spotlight

### CONQUERING MY FEAR OF PUBLIC SPEAKING

You would assume public speaking comes naturally to a guy who ran for public office six times, spoke at countless candidate forums, and knocked on the doors of thousands of strangers.

You would be wrong. I was actually a very shy kid. I was terrified of speaking in public. I am a walking testament to the value of practicing things that scare you. I got involved in speech classes and debate in high school, which helped me in law school.

When I started my first political campaign, my wife and I decided to knock on voters' doors because we didn't have any money. We got a list of voters, and we were walking up to the door of the first on the list. Just as we drew near, I did a hairpin turn and started walking away.

"Wait! What are you doing?" she asked.

"Let's not start today. Let's wait," I said.



Her reply: "You get up there!" So, I summoned my courage and knocked. An older gentleman answered, and we had a pleasant conversation. I walked away thinking, "That wasn't so bad." It was a great example of how you create in your mind what you are sure will be a bad outcome, and it never happens. That's what fear does to you. You have to push through that.

#### PUSHING PAST FEAR

During my 5 1/2 years as a member of the legislature, I was usually in the minority and often took positions on issues that were contrary to what most members wanted to hear. People are staring at you from the floor and from above, and some of them would get angry at you because of what you're saying. It's emotional!

The only way I got through it was putting myself out there and being willing to fail. This didn't happen overnight. I made progress slowly by getting up to speak over and over again. It was nerve-racking. But being afraid of things that *might* happen is not a good way to live. And having the courage to say what people don't want to hear, but what you feel they need to hear, made me a better advocate for my clients. I continued to hone the same skills during my eight years as a Kansas City City Council member, including four years as mayor pro tem.

#### THE POWER OF PREPARATION

I reasoned that if I could speak on the floor of the Missouri legislature with 160 people angry at me, then addressing one judge and 12 jurors in a courtroom should be way less intimidating. In my law practice, I am willing to have hard conversations with anybody.

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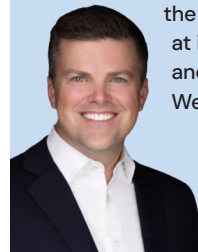
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### A Personal Message From Kevin McManus

Welcome to our newsletter! We'll introduce you to our office team, share client stories and life lessons, updates about our work and community, and have some fun along

the way. Have feedback? Email us at [info@kevinmcmanuslaw.com](mailto:info@kevinmcmanuslaw.com) and let us know what you think. We'd love to hear from you.



*We're on Your Side!*

*Kevin McManus*

### HOW WE CAN HELP

Kevin McManus Law assists clients with personal injury and long-term disability claims throughout Missouri and Kansas. We handle cases on a contingency fee basis and offer free consultations.

Call (816) 837-4433 today or visit our website for more information: [KevinMcManusLaw.com](http://KevinMcManusLaw.com).

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# Get Fit With Movement You Enjoy

## No Gym Required!

By now, you're probably tired of hearing about getting fit. Every article says you should eat specific things and exercise regularly, but what if you've never enjoyed going to the gym or jogging? You're probably not going to start running marathons, lifting weights, or joining a sports club at this point. It can make you wonder if other options exist to add more physical activity to your daily routine.

The answer is yes. Instead of going to the gym or running through your neighborhood, you can find creative activities to provide extra movement to your day. Even better? You'll improve your physical and mental agility. Here are two creative aging activities you can explore.

### TAKE THE STAGE

Acting is an excellent activity for anyone to start. Through acting, you'll notice improvements in your concentration and memorization. Depending on the play, you may be required to stay moving, which will benefit your physical health. Plus, you'll get many opportunities to socialize with your castmates. Many local theaters actively look for aspiring actors to audition.



### BUST A MOVE

You may have fond memories of dancing in clubs, at weddings, or during special events, but the opportunities to boogie become rarer as we get older. Thankfully, dance classes and studios love sharing the enjoyment of dance with people of all ages. Whether you like salsa, tap, waltz, swing, or some other type of dance, you can find a class or group ready to welcome you.

## Case Study

## Hit-and-Run Victim Secures Maximum Settlement

It was a nightmarish event, the kind every driver dreads. The victim was sitting quietly in his vehicle, waiting for a red light to turn green, when he was slammed from behind by a speeding pickup. The collision drove his vehicle straight through the intersection and knocked him unconscious. By the time he regained consciousness, the driver who struck him had fled.

The victim, a veteran of three branches of the military, contacted our firm for help. Fortunately, because he engaged us so

quickly, we were able to secure video footage from a nearby store showing a white pickup slamming into his vehicle, pulling around him, and speeding away.

In recognition of March as Traumatic Brain Injury Month, what happened next is a cautionary lesson in the importance of tracking possible brain injuries over a sustained period after an accident. Our client immediately sought emergency care for nausea, head and neck pain, and problems with his memory and word recognition. He returned to the doctor a few days later with balance problems and eye pain. He was told to take ibuprofen and rest.

A neurologist also told him his symptoms would improve over time. They did not.

In the weeks after the accident, our client suffered increasing vision problems. His optometrist told him his symptoms were consistent with a brain injury, and a neuro-ophthamologist confirmed that diagnosis, citing at least one lesion in his brain and

a possible additional lesion in or near his brainstem or cerebellum. Subsequent reviews of our client's tests by a neuro-ophthamologist and neurologist found he had suffered a brain hemorrhage and a stroke.

Unfortunately, the hit-and-run driver who crashed into our client was never identified, so we sought compensation for him under the limited uninsured motorist provisions of his own policy. The insurance company tried to low-ball him, contending that our client's problems were caused by a preexisting condition. But we were able to produce medical evidence from before and after the accident to show that our client had indeed been injured in the crash. The insurer ultimately agreed to pay the maximum damages allowed under the policy — \$150,000.

This client's story underscores the importance of consulting an attorney as soon as possible after an accident. **If you or someone you know has suffered an injury in an accident, do not hesitate to contact us immediately for a consultation.**





# Wisdom Without a Price Tag

## A RESPECTED ENTREPRENEUR'S GUIDE TO SUCCESS

One of our goals in working with our clients is to help them build a better life.

Books can be a helpful source of fresh insights for reaching that goal. One 2022 book I found useful is a collection of tweets, quotes, and essays from Naval Ravikant, a respected serial entrepreneur, investor, and co-founder of Epinions and Vast.com.

Ravikant's story is compelling. He was born poor and miserable. He lost his first fortune in the stock market and was cheated out of his next set of winnings by a business partner. For him, the third time was the charm. Based on Ravikant's tweets, podcasts, and essays over the past decade, the book holds that building wealth and creating long-term happiness are the result of sticking to certain principles in life.

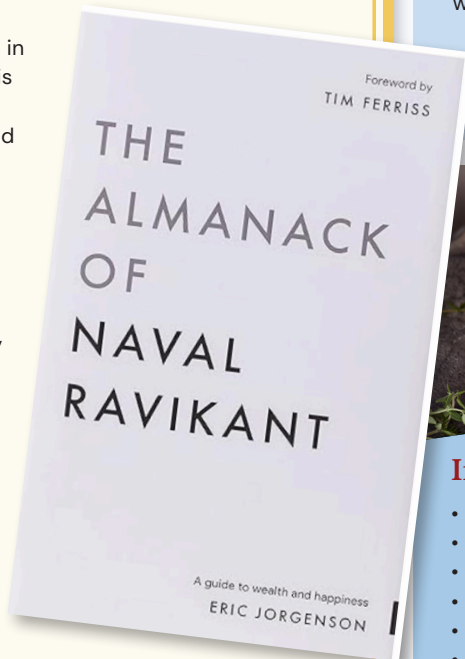
Happiness is a choice, and it can be learned, he writes. Making money is not a thing you do — it's a skill you learn. He recommends finding work that feels like play, and that you know how to do better than others. Then, partner with people who are in it for the long term.

Too often, Ravikant says, people look at a successful person and think, "He (or she) really got lucky." That reflects a belief in what Ravikant calls "blind luck" or "dumb luck" — the kind that helps people win the lottery.

He sees three more meaningful kinds of good fortune. "Hustle luck" is created through running hard and working hard, proving that "fortune favors the bold." Another is the kind of luck you create by being so well-informed that you are able to seize opportunities others miss, proving that "chance favors the prepared mind."

The most interesting type of luck to me is "unique luck" — the kind based on particular attributes you have that attract specific opportunities. People with unique luck notice an unmet need in the market and use their distinctive skills to meet it. This can be true of anyone who does one special thing in the community very well, such as social media influencers who become their own brand. In the process, they, too, appear "lucky."

If you're looking for a fresh perspective, consider downloading this quick and easy read. It's available to download free at [Navalmanack.com](https://Navalmanack.com). I hope you find valuable insights here as well.



### ... CONTINUED FROM COVER

One of my first trials pitted me against the president of the state bar, a highly respected attorney. It is easy to count yourself out in a situation like that, but a mentor told me, "You're going to be fine because you're going to work way harder, you're going to prepare more and pay more attention to the details." He was mostly right. The outcome worked out well for my client. That experience taught me the value of preparation.

### THE POWER OF PRESENCE

There is real calm in accepting the fact that in any trial you take, you could lose. In my work, peace of mind comes from being very clear, succinct, and purposeful in how you communicate, and then trusting the process.

In any stressful situation, I have learned to just catch my breath and focus on what's happening in the here and now. Being truly present in the moment is an incredibly powerful position. You do everything you can for the client — and surrender the outcome. Then, you can accept whatever happens — and know you did your best.

—Kevin McManus



### Ingredients

- 4 chicken thighs, bone-in, skin-on
- Salt and pepper, to taste
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- 2 cloves garlic, minced
- 1/4 cup low-sodium chicken broth
- 2 tbsp heavy cream
- 1 lemon, zest and juice
- 2 tbsp chopped parsley, for garnish

### Directions

1. Preheat oven to 400 F and season chicken with salt and pepper.
2. Heat olive oil in an oven-proof skillet over medium heat. Sear chicken skin-side down until crispy, about 5 minutes. Flip and cook 2 more minutes; remove from skillet and set aside.
3. Melt butter in skillet, then sauté garlic until fragrant. Add broth, cream, lemon juice, and zest. Simmer for 3 minutes.
4. Return chicken to skillet, spoon sauce over, and bake in oven for 15–20 minutes or until cooked through (165 F internal temperature). Garnish with parsley before serving.



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# Green Thumbs in Training

## How to Make Gardening a Family Adventure

There's nothing better than spending time with your kids outside, enjoying an entertaining, creative, and informative activity. But sometimes, these activities are hard to coordinate. Thankfully, gardening appeals to parents and kids from all walks of life. All you need is a dedicated area in your yard or patio and seeds, and you're ready to get started.

### LET YOUR KIDS CHOOSE THE PLANTS.

This is arguably the most crucial part of igniting your children's interest in gardening. If you pick out the fruits, veggies, and flowers you want to grow and invite your kids to help plant, water, and pick, they may lose interest quickly. Instead, include them in the process from the get-go. Take them to the store and let them pick out seeds or plants. Encourage them to choose produce they

already enjoy eating, making it even more fun for them! Just be sure their choices can grow in your area during the current season.

### MAKE SPACE AND PLANT TOGETHER.

After choosing your seeds, you must ensure your garden is ready to sustain life. Dedicate a section of your lawn or patio to your gardening efforts and start laying soil or filling your planters. Help your children transplant their seeds or young plants directly into the area. Now, put them in charge of caring for the plants by checking on and watering them. You may want to follow behind to ensure they aren't over or under-watering.

### MAKE IT FUN AND INFORMATIVE!

You can get your kids more involved by encouraging them to research their plants and track their growth. They can even look online to see how their plants should be developing. Soon enough, those fruits and vegetables will be ready to eat, and you should let your children pick anything ripe when possible. Seeing the fruits of their labor (literally) will make this experience even more enlightening and enjoyable for them.