

# *FAST Times Summer 2020*

*Functional Amputee Support Team*



of Orange County, California - Vol. 27 (Summer 2020) No. 03 - Page 1

**Hi Gang,**

Hope all of you are staying safe and healthy during this unusual summer season. With the ever-changing environment we find ourselves in, many of our normally planned events have been put on hold. As you may have seen from **Nancy's** email, 17<sup>th</sup> Street Grill has finally re-opened for small groups (10 or less). However, at this time, I'm not certain that it's wise for our group to be gathering together indoors. Truly, given the concerns with Covid-19, I do not foresee us being able to meet indoors on a regular basis until early next year. I think we still have some options to socialize. We could meet up in small gatherings at an open space (such as a park), each person bringing their own chairs and food. That would allow us to see each other in person but still maintain social distancing. Another option would be to get together virtually via Zoom. I have been in contact with various group and other non-profit leaders, and they have had some success doing things virtually. If anyone has other thoughts or suggestions in this regard, please let me or **Nancy** know, and we will see what we can do.

*Dick Fuller*



# Speaker's Of The House

## Angela Madsen



For all of you who have been members of **FAST** for 11 years, on Feb. 28, 2009 Angela Madsen came and spoke to us.



While serving in the Marines stationed at the Marine Corps Air Station El Toro, near Irvine, California, Angela suffered a serious back injury. When she had back surgery a dozen years later, at 33, she woke up paralyzed from the waist down. But her story did not end there.

A paraplegic, Madsen was introduced to rowing after her wheelchair basketball sponsor invited her to a learn-to-row event in Dana Point. She found she was a natural at the sport and liked that she did not need to use a wheelchair to participate. In 2002, the International Rowing Federation added adaptive rowing to the World Rowing Championships, and Madsen, classified as a trunk-and-arms (TA) competitor, was selected to race at the 2002 World Rowing Championships. She finished in **silver** place in the single sculls. In the next three years she entered each of the World Championships, winning the **gold medal** in the double's sculls in every tournament. Angela was a **six-time Guinness World Record** holder who was in the midst of attempting her next feat: to become the first paraplegic and oldest woman to row from California to Hawaii alone.

Angela also won a **bronze** medal in the shot put at the 2012 Summer Paralympics in London.

In 2013, she attempted her biggest challenge: rowing the Pacific solo, from California to Hawaii. But she got caught in a ferocious storm and had to be rescued. The next year, she made the trip with a partner. But she still yearned to do it alone. Finally, this spring, she set out by herself, leaving Marina del Rey on April 24 in her 20-foot long state-of-art fiberglass capsule, Row of Life. She planned to land at the Hawaii Yacht Club in late July. She was two months in and halfway to Hawaii when she discovered a problem with the hardware for her parachute anchor, which deploys in heavy seas to stabilize the craft. At around 10:30 p.m. her friend Soraya Simi, who is making a documentary about Angela, was calling the Coast Guard. At around 8 p.m. Monday, the Coast Guard spotted her in the water, lifeless and tethered to her boat. Angela might have been caught in her tether or developed hypothermia without knowing it. She might also have had a heart attack or other illness.

Angela was 60 years old. Reference the New York Times



## Did You Know Corner

**Robert David Hall** (born November 9, 1947) is an American actor, best known for his role as coroner Dr. Albert Robbins M.D. on the television show *CSI: Crime Scene Investigation*. In 1978, Hall had to have both of his legs amputated as a result of an accident in which an 18-wheeler truck crushed his car. The accident also caused the gasoline tank of the car to explode, causing burns over 65% of his body. He now comfortably uses prosthetic limbs, allowing for personal mobility. Several of his characters, including his *CSI* character, have openly shared this disability. He is a prominent advocate for disabled Americans.







National Public Radio  
Features Conal Doyle's argument  
before U.S. Supreme Court



Consumer Attorneys  
Association of Los Angeles  
"2011 Trial Lawyer of the Year"



Conal Doyle's legal work  
highlighted on 60 Minutes

## San Francisco Chronicle

FRIDAY, NOVEMBER 12, 2010

VOL. 40 NO. 32

### JURY RETURNS \$1.7 MILLION VERDICT

Bob Egelko,  
Chronicle Staff Writer

A jury has hit the state with \$1.73 million in damages for an illegal immigrant who died of penile cancer more than a year in state and federal custody.

The Los Angeles Superior Court jury found blame Wednesday for the death of Francisco Castaneda, a 41-year-old man who died in April, the family's lawyers said Thursday. Castaneda entered the United States with his wife and two children in 2007.

## Los Angeles Times

Vol. 214 No. 53

April 8, 2011

### FAMILY OF DETAINEE VINDICATED IN AMPUTATION CASE

A SOUTHERN CALIFORNIA CASE IN WHICH FEDERAL OFFICIALS AGREED TO PAY \$1.95 MILLION TO SETTLE A

## Daily Journal

Vol. 123 No. 40

Tuesday, March 2, 2010

### For Amputees, An Attorney Who Knows Their Pain Conal Doyle Lost His Leg At Age 2; Now, the Plaintiff's Lawyer Heads to the High Court

By Lawrence Hurley  
Daily Journal Staff Writer

WASHINGTON — When Conal Doyle walks to the lectern at the U.S. Supreme Court Wednesday, he will do so with a detectable limp. The California-based plaintiff's lawyer, who recently lost his leg, is expected to argue that the federal government's failure to provide him with a prosthetic leg in 1968 was a constitutional violation.

Doyle, a keen skier, needs no such assistance.

Fitted with a prosthetic leg, Doyle regularly represents amputees, often on a pro bono basis when they are battling for insurance coverage.

"It helps me to empathize with my clients and with technical issues related to prosthetics," he said of his own experience in amputee advocacy.



Doyle is an award winning trial attorney whose work has been reported in the media worldwide.

**DOYLE LAW** is a law firm that focuses on representing prosthetists and amputees in insurance and personal injury claims. Firm principal CONAL DOYLE is a right leg amputee who has walked with the aid of prosthetics for more than forty years. He has an in-depth knowledge of the prosthetic industry and the daily struggles of every amputee.

We provide a **FREE** consultation to the prosthetic industry and their patients to determine whether an insurance claim for prosthetic benefits has been wrongfully denied. The Firm has a long track record of getting claims paid and obtaining significant six figure recoveries for amputees whose claims have been wrongfully denied.

The Firm has a national reputation as a leader in the area of amputee rights and personal injury litigation. Conal Doyle's publication, "Glimpsing the Future for an Amputee" is used as a guide for litigation limb loss cases by attorneys across the nation. The Firm has obtained numerous multi-million dollar recoveries for the injured. Conal provides a **FREE** consultation.

## **House Hunting Checklist: What You Actually Need**

**Buying a home is exhilarating, but if you don't know what to look for, it can be overwhelming. Once you've settled on your budget, kick off your home-buying journey with our house hunting checklist.**

**The Neighborhood - The neighborhood is one of the most important items on your checklist. It determines your commute, access to public transportation, schools, hospitals, and grocery stores. Drive through the neighborhood to get a glimpse into what your possible future could look like. Stop by at night to check out the parking situation, noise level, and street lighting.**

**The Rooms - Factor in your current family size when looking at the bedrooms. If you're a big entertainer, make sure there's enough space in the living area for hosting guests. Check the walls and flooring to make sure they're in good condition - make sure the home meets these basic necessities before moving onto your wants.**

**The Major Systems - When you buy a home, you get every issue that comes with it. Before you take the leap, have all the home's major systems inspected by a professional - plumbing, electrical, and heating & cooling.**

**The Kitchen - Make a list of the things you and your family need in a kitchen. First functionality, then design. Check the countertops for any damages. Kitchen floors get heavy foot traffic. Examine the floors to see what kind of condition they're in. Lastly, look over the cabinets to make sure all knobs and handles are properly attached.**

**The Bathrooms - You may have a dream bathroom in mind, but don't forget to cover the basics. Check the toilets, faucets, and lighting to make sure they're all in good working order. Confirm that there aren't any issues with the water pressure - this could cause some big problems later on. Once you have these items covered, you can examine the drawers and cupboards to make sure there's enough storage space.**

**The Lot - Take into consideration how many vehicles you own or plan to acquire when looking at the garage and driveway. Don't fret too much about a driveway that has cracks in the asphalt - that's an easy fix.**

**Being realistic with your expectations doesn't mean you have to pop your dream home bubble. Just cover the basics and the rest will fall into place.**





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## **Your August Home Maintenance Checklist**

**Ah, August! That summer month when you're back from vacation, there's no holiday in sight, yet the days are still long and hot. This is the perfect month to go through our August Home Maintenance Checklist to get your home ready for that notoriously busy month of September.**

### **Prep Your Furnace for Winter**

**Yes, we know it's hot outside, but you know what happens after hot? Cold. Your furnace is more likely to go on the blink in the dead of winter. Have your furnace inspected by a professional and make sure it's ready to go when the temps drop. Maintaining your furnace in the summer will be more cost-effective than emergency calls in the winter.**

### **Clean and Store Summer Gear**

**Don't throw everything into a corner in your garage. Get bikes up off the garage floor and onto racks if possible. Wash and store pool or beach toys. Hose down outdoor chairs and tables before covering them. Remember, take time to organize as you go.**

### **Clear Out Your Gutters**

**Rotting leaves and debris can lead to improper draining. Your gutters and downspouts should divert water away from your home's foundation. Water seeping into your home's foundation can cause major damage over time.**

### **Inspect Your Roof**

**Look for missing shingles, cracked or curling shingles, or areas where shingles are crumbling. For slate and tile roofs look for cracked and broken pieces. Check for wood rot and holes, especially on flat roofs. Trim away branches that touch your roof and check for the presence of moss if your roof is in the shade.**

### **Assess your Asphalt and Concrete**

**Take a walk along your driveway and sidewalks and check for cracks or buckling. Aside from being a tripping hazard, fissures can allow water into cracks in your walkways and driveways. Over time this may degrade them, especially as winter months approach.**

### **De-clutter Your Kitchen**

**As August closes out, we bid farewell to relaxing, late dinners. Get your kitchen prepped for busy weeknights. Clean your cabinets inside and out. Throw out expired and stale pantry items. Also, clean your fridge inside and out. Open those containers lurking in the back of the shelves and discard anything that has more hair than you. Finally, dig into your freezer. If you can't tell what it is by sight, smell, or label, chuck it.**

**We're never ready for the bustle of fall. But with our August Home Maintenance Checklist under your belt, try to relax and enjoy these waning, summer nights. You can finally tell September to "bring it on!"**



## Calendar for 2020

**The calendar will return when we can meet again.**

Whether meetings are held in-person or virtually, they are an invaluable place to connect with others who have overcome similar challenges and setbacks. Participation in support groups provides members the opportunity to express their feelings, share and learn helpful information, improve social skills, feel connected, and realize we are not alone. We hope to continue our meetings and guest speakers asap.

### Special request to our readers.

**If anyone no longer wishes to receive the Newsletter by mail or email do not hesitate to contact us. (714) 284-5566 [ answering service ]**

### Special Request to Our Advertisers

If anyone of our *FAST* 'Advertisers' would like to share with us a success story or event specific to the amputee community, please give us a call or email. Participating in our support group by getting informed information is great but better yet by "Giving" information is what we are all about.

(714) 284-5566 [ answering service ] or bill.lindahl@aol.com

Because of Covid for the first time since 1945 the National Spelling Bee is cancel... cancel... cancel...

It's been called off.

THEY SAID A MASK AND GLOVES WERE ENOUGH TO GO TO THE GROCERY STORE

THEY LIED, EVERYBODY ELSE HAD CLOTHES ON

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( *FAST* )

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The preferred method of article submission is by email attachment to: *FASTofOC@aol.com*.  
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