

Alberto Hernandez vs. Reyes Coca Cola Bottling LLC March 16, 2023

Alberto Hernandez

1	BEFORE THE WORKERS' COMPENSATION APPEALS BOARD
2	OF THE STATE OF CALIFORNIA
3	
4	ALBERTO HERNANDEZ,)
5	Applicant,)
6	vs.) No. ADJ17075462
7	REYES COCA-COLA BOTTLING,) LLC, Ace American) Insurance, administered by)
9	Sedgwick,)
10	Defendants.))
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13	DEPOSITION OF ALBERTO HERNANDEZ
14	Thursday, March 16, 2023
15	Zoom Videoconference
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23	REPORTED BY: STEPHEN BALBONI, CSR No. 7139
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1	INDEX	
2	WITNESS: ALBERTO HERNANDEZ	
3	EXAMINATION BY	PAGE
4	Mr. Eros	5
5	000	
6	EXHIBITS	
7	(None Marked)	
8	00	
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
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22		
23		
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1	APPEARANCES
2	For the Applicant (via Zoom videoconference):
3	Workers Defenders Law Group
4	BY: NATALIA FOLEY, Attorney At Law
5	751 S. Weir Canyon Road
6	Suite 157-455
7	Anaheim, California 92808
8	Tel: 714-948-5054
9	E-mail: nfoleylaw@gmail.com
10	For the Defendants (via Zoom videoconference):
11	Hanna, Brophy, MacLean, McAleer & Jensen
12	BY: DENNIS EROS, Attorney At Law
13	P.O. Box 12488
14	Oakland, California 94604-2488
15	Tel: 415-543-9110
16	Fax: 415-896-0901
17	E-mail: deros@hannabrophy.com
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BE IT REMEMBERED THAT, pursuant to the laws governing the taking and use of depositions, and on Thursday, March 16, 2023, commencing at the hour of 10:14 a.m., thereof, taking place via Zoom videoconference before me, STEPHEN BALBONI, a Certified Shorthand Reporter, there appeared

ALBERTO HERNANDEZ,

called as a witness by the Defendants, who, having been first duly sworn by me, was thereupon examined and testified as follows.

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THE REPORTER: Before we proceed, I will ask counsel to agree on the record that, because of the coronavirus pandemic and social distancing, there is no objection to this deposition officer administering a binding oath to the witness remotely. Please state your agreement on the record.

MS. FOLEY: Natalia Foley, applicant's attorney, no objections.

MR. EROS: Dennis Eros for the defendant, no objection.

(Continued on the next page.)

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1	EXAMINATION
2	BY MR. EROS:
3	Q. Good morning, Alberto. How are you doing today?
4	A. I'm good. Good morning.
5	Q. My name is Dennis Eros. I am the defense
6	attorney on behalf of Reyes Coca-Cola Bottling and their
7	insurance company. I want to thank you for taking the
8	time to sit down for your deposition today.
9	Now, before we go and get started, I'm going to
10	go through some standard deposition warnings and
11	admonitions to set some ground rules so that you're fully
12	informed for your deposition. Sound good?
13	A. Sounds good.
14	Q. Have you had an opportunity to prepare for the
15	deposition with your attorney today?
16	A. Yes.
17	Q. And how long did you prepare with your attorney?
18	A. I didn't look at the time, but I'll say maybe
19	half an hour.
20	MR. EROS: Does that sound correct, Counsel?
21	MS. FOLEY: No. It was about one hour for sure.
22	THE WITNESS: Yeah.
23	MR. EROS: Wonderful. Thank you so much.
24	BY MR. EROS:
25	Q. Have you taken any medications or alcohol in the

- past 24 hours that may affect your ability to answer questions?
 - A. No. I took my medication I take in the morning for my heart. That's about it.
 - Q. Okay. But that shouldn't affect your ability to answer questions or anything like that?
 - A. No, I don't think so.
 - Q. Okay. I'm going to ask you some questions about your medical history, your employment history, and your injury. Do you understand?
 - A. Yes.

- Q. When you answer, please answer questions out loud for the court reporter like you're doing. The court reporter will not be able to record any kind of movements or gestures; okay?
 - A. Okay.
- Q. Please also wait for me to finish my question before you answer like you're doing. The court reporter will not be able to record both my question and your response if we speak at the same time; okay?
 - A. Okay.
- Q. I'm entitled to your best estimate or recollection. We do not want you to guess for any of your answers. But if you can estimate a date, time or place, you must try to do so.

1 Do you understand the difference between a guess 2 and an estimate? 3 Α. Yes. 4 Okay. Have you had any prior depositions taken Q. 5 before? Α. Yes. 7 Have they been related to any previous workers' Ο. 8 comp injury? Α. Yes. 10 Now, please remember that you're under oath, 11 which means you must testify to the truth just as if you 12 would in court in front of a judge; okay? 13 Α. Okay. 14 Please know that you will be given an 15 opportunity to go through the transcript and make any 16 changes to it when it's returned to you. 17 However, if you do make any changes, I can 18 comment on those changes to a judge if this case goes to 19 So we want the record to be clear and accurate as 20 possible. Do you understand that? 21 Α. Yes. 22 And you will have 30 days to review the 23 transcript and make any changes to it if you need to; 24 okay? 25 Okay. Α.

1 It is also a felony to make any false statement O. 2 or to receive workers' compensation benefits. Do you 3 understand that? Α. Yes. 5 And, lastly, I want you to feel comfortable If you need a break please feel free to request 6 7 one at any time. 8 Α. Okay. 9 Now, before we get started, do you have Q. Okay. 10 any questions? 11 Α. No. 12 Can you please state and spell your name for the Ο. 13 record? 14 Alberto Hernandez. Α. 15 Can you please spell it? Ο. 16 Α. A-L-B-E-R-T-O, H-E-R-N-A-N-D-E-Z. 17 Have you been known by any other names or Ο. aliases before? 18 19 Α. No. 20 What is your date of birth? 0. 21 October 10th, 1964. Α. 22 What is your current address? Ο. 23 11673 Hummingbird Place, Moreno Valley, 24 California 92557. 25 You said -- would you mind repeating your street O.

- again, please? I'm sorry, I'm from Northern California.

 I'm not familiar with the Southern California area.
 - A. It's Hummingbird. It's one word, Hummingbird.
 - Q. Hummingbird. Okay. And then would you mind repeating the city again?
 - A. Moreno Valley.
 - Q. Moreno Valley. Okay. Thank you very much.

 And is this the same address you lived at when you were injured?
 - A. Yes.

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- Q. And how long have you lived at your current address for?
 - A. Can you repeat the question?
- Q. Sure. How long have you lived at your current address for?
 - A. For like six years.
- Q. Prior to your current address in Moreno Valley, do you recall where else you lived at? You don't have to give me street names or street addresses. Cities would be just fine.
 - A. Moreno Valley.
- Q. Do you recall how long you've lived in Moreno Valley outside of your current address?
 - A. Don't remember -- two years?
 - Q. Outside of living at Moreno Valley have you

1 lived in any other cities? Yes, Riverside. Α. 3 And do you recall how long you lived in Riverside for? 4 5 I don't remember exactly -- four years? Α. And outside of living in Riverside do you recall 6 7 where else you lived? I used to live in Corona, California. 8 Α. 9 And do you recall how long you lived in Corona Ο. for? 10 11 I don't remember; maybe five years. Α. Now, I understand we're going a little bit more 12 0. 13 than 10 years back, but before living in Corona, do you 14 recall where else you lived at before? I used to live in Garden Grove. 15 Α. 16 And do you recall how long you lived in Garden 17 Grove for? 18 No, I don't remember. Α. 19 O. Okay. Are you married? 20 Yes. Α. 21 Do you have any children? Ο. 22 This is my second marriage. With my prior Α. 23 marriage, I had three kids. 24 Okay. Have you ever had to pay any prior child

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support payments?

1 Α. Yes. 2 Do you currently have any child support payments 3 at the moment? 4 Α. No. 5 Do you recall the last time you had to pay child 6 support? 7 Can you repeat that? Α. 8 O. Sure. Do you recall when the last time you had 9 to pay child support? I don't understand. 10 11 Do you recall your last child support payment? Ο. 12 How much? No. Α. 13 Not how much. Do you recall when you last had Ο. 14 to pay? 15 Α. It's been a long time. No, I don't remember. 16 0. No problem. 17 Now, I'm going to move onto your educational 18 background. 19 Have you ever served in the military? 20 Α. No. 21 Have you ever attended any college? Q. 22 No. Α. 23 Have you ever received any vocational training 24 or education for work? 25 Α. No.

1 Do you have a driver's license? 0. 2 Α. Yes. 3 Are you able to drive? Ο. 4 Α. Yes. 5 And then for verification purposes would you 6 mind showing your driver's license to the camera, please? 7 And, then, Counselor, just to let you know, I'm 8 not going to repeat any of the information from the 9 license. I'm just going to use it for verification 10 purposes. 11 Α. (Indicating.) 12 Okay. Alberto, you could put it down. Thank 0. 13 you so much. 14 Let the record reflect that the applicant, or 15 Mr. Hernandez, was able to verify his identification 16 using his California driver's license. 17 Now, I'm going to move on to your medical background. Do you currently have a personal physician 18 19 or family doctor? 2.0 Α. Yes. 21 Do you recall -- or excuse me. Scratch that. 0. 22 Do you know what hospital or clinic your doctor 23 is associated with? 24 Α. Kaiser Permanente.

And do you know what location you go to for

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O.

1 Kaiser or what city you go to? 2 Moreno Valley. Α. 3 And for Kaiser do you happen to know your medical record number? 4 5 I have my card here. I don't know it by heart. Α. Okay. Sure. What you could do, if you don't 6 O. 7 mind giving me your medical record number, and when you 8 give the medical record number, that will be off the record. 9 10 (Off-the-record discussion.) 11 MR. EROS: We'll go back on the record. BY MR. EROS: 12 13 Outside of going to Kaiser for general treatment 14 have you gone to any other hospitals or clinics for just 15 general treatment? 16 I've been hospitalized. I had a heart attack. 17 And, I mean, before Kaiser -- I just started Kaiser at 18 the beginning of this year. I used to have a PPO, a 19 different doctor. 20 And do you recall what hospital or clinics you 21 used to go to before you went to Kaiser? 22 I went to Loma Linda. Α. 23 Any other hospitals or clinics outside of Loma 24 Linda? 25 Α. No.

- Q. So just Loma Linda and Kaiser; correct?
- A. Yes.

- Q. Okay. Let's see here. I know you indicated, within the last 10 years, have you had any major trauma, just general purposes?
 - A. What do you mean by "trauma"?
- Q. Like, you indicated like a heart attack. Have you had any other serious, like, major trauma, such as like a heart attack or broken bones or anything like that?
- A. Just the heart attack, and I had gallstone surgery. They removed my gallbladder.
- Q. And you said when you were treated for heart attack that was at Loma Linda; correct?
 - A. Yes.
- Q. And then do you recall where you received treatment for your gallbladder surgery?
- A. That was not a clinic. That was at a doctor's or surgery clinic. I don't know. It was in Riverside.
 - Q. And do you recall the surgery clinic's name?
- A. No, not exactly. It was Riverside Medical
 Clinic. I don't know if that's it. But it's called the
 Surgery Clinic.
- Q. Okay. Do you have any major chronic health conditions?

1 Α. Can you repeat? 2 Sure. Do you have any major chronic health 0. 3 conditions? Α. I don't understand the question. 5 MS. FOLEY: Please define "major." MR. EROS: Sure. 7 BY MR. EROS: 8 O. Such as diabetes, high cholesterol, asthma, or anything that requires you to take regular medication or 9 10 to seek treatment for on a regular basis. Just taking medication for my heart attack. 11 Α. 12 Okay. Ο. 13 For my heart. Α. 14 And does this, from the heart attack, does this 15 affect your ability to work? 16 No, not right now. No, I don't feel it does. 17 Okay. Outside of your heart attack and Ο. 18 gallbladder surgery have you been hospitalized overnight 19 within the last 20 years? 20 I was hospitalized when I had the symptoms for the heart attack. 21 22 But outside of the symptoms from the heart 23 attack and gallbladder surgery, do you recall being 24 hospitalized overnight for any other conditions or 25 general issues?

1 A. No.

- Q. Okay. Have you had any emergency room visits within the last 20 years outside of the heart attack and the gallbladder surgery?
 - A. No.
- Q. Have you had, outside the gallbladder surgery, have you had any outpatient surgery that you can recall?
 - A. No.
- Q. Have you had any injuries while participating in recreational activities, such as walking, running, or playing any sports?
 - A. Can you repeat that?
- Q. Sure. Have you had any injuries while participating in recreational activities, such as walking, running, or playing any sports?
- A. No.
- Q. Now, this is generally speaking, and it doesn't involve your work injury. Have you ever received physical therapy before?
 - A. I'm sorry, can you repeat that?
- Q. Sure. Generally speaking, and this doesn't involve your work injury, have you ever received physical therapy before?
- 24 A. No.
 - Q. Generally speaking, and this doesn't involve

1 your work injury, have you ever received chiropractic 2 treatment before? 3 Α. No. 4 Generally speaking, and this doesn't include Q. 5 your work injury, have you ever received acupuncture treatment before? 6 7 I, I, I had another case, and I received 8 acupuncture. I don't know. It just seems complicated. So you received acupuncture treatment from 10 another work-related injury; correct? 11 Yeah, yeah, that's what I mean. Α. 12 Okay. And then for physical therapy have you 0. 13 received treatment for another work-related injury? 14 Α. Yeah. 15 Okay. And then for chiropractic treatment have 16 you received that treatment for another work-related 17 injury? 18 Α. Yes. 19 Okay. Have you received, outside of the current 20 work injury and your previous injuries, have you ever 21 received any general physical therapy? 22 Α. No. 23 And then outside of your current work injury and 24 your past work injuries have you ever received general

chiropractic treatment care?

1 Α. No. 2 And outside of your current work injury and your 3 previous work injury have you ever received any general acupuncture treatment care? 4 5 Α. No. Now, I understand that you filed for -- you've 6 7 had previous workers' compensation claims before; 8 correct? Α. Yes. 10 Do you recall when you last, when you've injured 11 yourself before that were work related? 12 Α. Can you repeat that? 13 Sure. Do you recall the dates of injuries when Ο. 14 you last injured yourself that were work related? Α. 15 This injury? 16 Ο. The previous injuries. Do you recall when those 17 were? 18 Not exactly. Α. 19 Okav. I'm going to go through them, and if you 20 could just verify them if it kind of rings a bell in your 21 head. Does that sound okay? 22 Yeah. Α. 23 Okay. I understand there is a claim against the Ο. 24 same employer from July of 2018 involving stress?

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Α.

Yes.

1 I understand there's also a claim in Okay. O. 2 November 12, 2019, against same employer alleging injury 3 to the back? Α. Yes. 5 I understand there's also an injury of November 15th, 2019, against the same employer involving 6 7 the back and nervous system? 8 Α. Don't remember. 9 And I understand there's an injury, with a date Ο. of injury of July 16th, 2018, against the same employer, 10 which alleges the head, neck, upper extremities, back and 11 12 lower extremities. Do you recall that? 13 That's pretty much the time when I had my other 14 case. 15 Outside of the injuries that I discussed, do you Ο. 16 recall having any other work-related injuries? 17 Α. No. 18 Have you ever been involved in a motor vehicle 19 accident where you were injured? 20 Α. No. 21 Have you ever been involved in a general lawsuit 0. 22 that involved an injury? 23 Α. No. 24 Have you ever injured yourself through a slip 25 and fall?

- A. Can you repeat that?
- Q. Sure. Have you ever injured yourself through a slip and fall?
 - A. No.

- Q. Now, I'm going to move on to your employment with Reyes Coca-Cola Bottling. Do you recall when you started working for this employer?
 - A. I started working August 2008.
 - Q. What is your most recent or current job title?
 - A. Loader.
 - Q. Loader; is that correct, Alberto?
 - A. Yeah. Everybody calls the same, loader.
 - O. Okay. And what are your job responsibilities?
- A. We make orders for the stores. We supply the stores.
- Q. Besides being a loader have you had any other job titles before while working with Reyes Coca-Cola Bottling?
- A. Like I said, we are called loaders, but we do different functions, you know. I'm able to do other duties, like forklift driver, moving trucks inside the warehouse, not to go outside the warehouse. And there's different positions that I'm capable of doing.
- Q. Okay. Outside of the duties that you've discussed so far what other duties have you done?

1 A. Inside the company?

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- O. Yes, just for this current employer.
- A. Pretty much, you know, everything is forklift and driving the trucks inside the warehouse.
- Q. Now, I'm going to move on to your employment background. And I know we're going a ways back to 2008, but before you started working with Reyes Coca-Cola, do you recall where you worked before then?
- A. Yes. I don't remember the company name, but it was foam, you know foam. We used to make the padding that goes under the carpet.
- Q. You said make padding that goes under the carpet?
 - A. Yeah. It was a foam company.
 - Q. Do you recall how long you worked there for?
 - A. 20 years.
- Q. And did you have any injuries while working for this employer?
 - A. No.
- Q. And you say you don't recall the name of your old employer?
 - A. Yeah. It was Foamex (phonetic).
 - Q. And do you recall where that was located?
- 24 A. Orange County.
 - Q. Is there a specific city that the office was

1 located in? 2 It was right in Orange County. Α. 3 Okay. I know we're going a ways back, and you Ο. were there 20 years, but do you recall where else you 4 5 worked at besides Foamex? I used to work in a company. It was a, it was a 6 7 water mattress. 8 O. Do you recall how long you worked there for? 9 No, I don't remember. Α. 10 And did you have any injuries while you worked 11 for that job? 12 Α. No. 13 And you said that you worked making like water 14 mattresses; correct? 15 Α. Yes. 16 Ο. Now, I'm going to move on. 17 While you were working at your current employer, 18 Reyes Coca-Cola, did you have any other jobs? 19 Α. No. 20 While you were working for Reyes Coca-Cola did 21 you have any self-employment work? 22 Α. No. 23 While you were working for Reyes Coca-Cola did Ο. 24 you have any regular volunteer work?

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Α.

No.

1 And since your injury with Reyes Coca-Cola have O. 2 you had any new injuries? 3 Can you repeat that? 4 Sure. And since your injury with Reyes Q. 5 Coca-Cola have you had any new injuries? Α. No. 7 Are you currently working? Ο. 8 MS. FOLEY: Counsel, I apologize. When you say 9 "new injuries," can you please define them because it's 10 kind of a legal term? 11 MR. EROS: Sure. BY MR. EROS: 12 13 Since your injury with Reyes Coca-Cola have you 14 had any different injuries that does not relate to your 15 injury with Reyes Coca-Cola? 16 Α. No, I don't. 17 So no other new injuries that does not relate to Ο. 18 your injury; correct? 19 MS. FOLEY: Like a heart attack would not be 20 considered a new injury, by definition. 21 No. I'm talking about anything MR. EROS: 22 different. 23 BY MR. EROS: 24 Like if you hurt your hand, or you sprained an

ankle, or any other separate injuries not related to your

1 work injury.

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- A. I haven't been -- just whatever hurts me is from my job. Outside of my work, I don't do any other things.
 - Q. Okay. Makes sense.

Are you currently working?

- A. Well, I'm still employed, but I'm not working right now. I haven't worked for, like, four-and-a-half months.
 - Q. Do you recall the last day you worked?
- 10 A. I'd say I last showed up to work was
 11 October 31st.
 - Q. Was that October 31st of last year?
- 13 A. '22, yes.
 - Q. And what was the reason why you were -- excuse me. Scratch that.

What is the reason on why you can't work?

A. Because I injured my back, my shoulders.

MR. EROS: Okay. So, Counsel, what I'm going to do right now is take a quick break. It's 10:40 right now. I want to give your client a chance to stretch out a bit and just get some water, take a quick five-minute break and reconvene at 10:45.

- MS. FOLEY: Okay.
- MR. EROS: All right. Wonderful.
- So, Alberto, we'll reconvene at 10:45.

1 I think the best that you can do so you don't 2 lose connection is maybe mute your phone so we don't hear 3 anything like that. THE WITNESS: Okay. 5 MR. EROS: All right. Wonderful. Thanks so We will reconvene at 10:45. 6 THE WITNESS: Okay. Thank. 7 8 MR. EROS: Thank you. (Break taken from 10:40 a.m. to 10:47 a.m.) 9 10 MR. EROS: All right. So back on the record. 11 BY MR. EROS: 12 So Alberto, now I'm going to move on to your 13 subject injury or the alleged injury. 14 Based on your application, you listed an injury 15 to your back and shoulders; is that correct? 16 Α. Correct. 17 Are there any other injuries you're alleging from this date of injury? 18 19 Yes. Also my, also both my wrists, left and Α. 20 right. They are hurting. 21 My knees. 22 I'm experiencing different things that I didn't 23 experience before, like I get a lot of headaches. 24 I don't know if it's because of the medicine I'm 25 taking for my pain. But I get constipated a lot that

didn't happen before.

And, you know, I don't know if it's from my wrists that I'm feeling. But my fingers get numb, you know, when I'm working. And sometimes I feel like, what do you call it, like pins and needles on my fingers.

And the pain in my back, of course.

And like my ankles, you know, sometimes when I stretch, too much to reach, you know, the product or stuff, and I make like a twist, my, my foot, you know, I feel pain on my, like on my ankles. I don't know if it's making like a bad step or something, but when I'm trying to reach something, it, you know, I don't know if it's stretching or if it's something wrong with my ankles.

- Q. So you have the back, the shoulders, your wrists, your knees. You've been experiencing headaches and constipation, numbness in your fingers and pain in both ankles?
 - A. Yes.
 - Q. Okay. Any other injuries?
- A. No, just that I'm not able to do a lot of things that I used to do, like, you know, exercising. I cannot barely exercise, or going up the stairs or going down the stairs. It's just my knees, you know, they, they feel like they're going to break, or things like that, you know. I'm not able to do everything that I used to do

before.

- Q. Okay. Can you tell me how you injured yourself while working?
- A. I was, I was building, like, we say building a pallet, you know, building cases. In that special location, I was reaching out, because, it's, it's, the way I describe it, you know, we're all working trying to meet the standard, and people just grab the cases from the front. And sometimes they don't want to reach and get the cases from the back. I tried to reach the cases from the back. It was heavy items. It was a case of two liters. And I reached out too much, and that's when I felt, you know, the strain on my back and my shoulders. And I just had to sit down for a little bit.
- Q. Okay. When you reached out were you reaching up, forward, or to the side?
- A. It was, it was high. It was like right above my head, and it was way in the back. And I was trying to pull it to the side a little bit so I can -- with one hand -- pull it to the side a little bit so I can grab with both hands. So it was just to the side and towards me.
- Q. Okay. When you were pulling with one hand which hand were you pulling it with?
 - A. With the right hand.

- Q. And then you said you felt pain. What body parts did you feel pain in again after you did this reaching and pulling?
 - A. Can you say that again?

- Q. Sure. You indicated that you experienced pain at the onset of the injury. Do you recall where you experienced pain and what body parts you experienced pain when you were doing the reaching and pulling?
- A. The lower and the middle back, and then first the right shoulder. And when I grabbed the case with both hands, because it was heavy, it's heavy, that's -- and I was bent, like, leaning forward, you know, to reach out the case. So I was leaning forward. And that's when I lift, when I actually lift, able to lift the case. And it was heavy, and I was leaning forward. That's when I felt it, the pain in my back and my shoulders.
 - O. Was it the right shoulder or both shoulders?
- A. It's both shoulders. Once I was able to lift and reach the case, it happened. I couldn't let go. I had to just bring it out, you know, and that's when I felt the pain.
- Q. Okay. So at the moment you felt, at that moment the injury happened, you felt pain in the back, the midback and both shoulders; correct?
 - A. Yes.

- Q. Do you recall when you started experiencing pain in the wrists?
- A. The wrists, I think it was, like, from, you know, doing the same thing over and over because that started before, before that. But it just kept getting worse and worse.
 - Q. Okay.

- A. Lifting cases is just . . .
- Q. I understand. So the other injuries that you have like the wrists, knees, the headaches, constipation, numbress in fingers and ankles, that happened, or was happening before the date of injury; correct?
- A. Yeah, yeah. I can say a couple of days before.

 And after the injury, I still worked for another week or

 so. It just kept on getting worse.
 - O. Okay. That makes sense.
- When the incident, when you were reaching and pulling, did you report the injury to someone?
- A. Not to the supervisor, but I did report it to my co-workers, because two of them saw me sitting down and they asked me what happened. And I told them what happened. But I didn't report it to a supervisor, not until after like a week or so.
- Q. Okay. And for the co-workers do you recall who you reported it to?

- 1 A. Yeah. One was Miguel Hernandez.
 - O. And do you recall the name of the other person?
 - A. Javier Vilches.
 - Q. And then you said you reported the injury to a supervisor a week later; correct?
 - A. Yes.

- Q. Do you recall which supervisor you reported the injury to?
 - A. We had a meeting with Regina, Regina Villarreal.
- Q. Outside of your co-workers and your supervisor, Regina, did you report the injury to anyone else?
 - A. No.
- Q. Okay. Outside of the injuries we discussed are you experiencing any other injuries from this incident?
- A. I think I covered the -- no injuries, but, I mean, what I feel is the headaches and stuff. No, I think that's it.
- Q. Okay. So I will repeat. Outside of symptoms that you have discussed, that we already discussed, are there any other symptoms that you're alleging from the incident?
 - A. No.
- Q. All right. Now, I'm going to move on to current complaints, and I'll go through, like, a list of things.

 I'll first start with your low back.

1 At the moment are you currently experiencing any 2 pain in your low back? 3 Α. Yes. 4 Can you rate the pain between a 1 and a 10 with Q. 5 1 being very little to no pain and 10 being excruciating pain? 6 7 I'd say a 10 -- not a 10, an 8. Α. 8 O. Does the pain stay the same? Yeah. 9 Α. 10 Can you tell me what type of pain you're 11 experiencing in your low back? 12 Α. It's like between pain and burning sensation. 13 And can you specifically tell me where the pain 14 is located in your low back? 15 How can I say? Do I need to stand up and show Α. 16 you pretty much? 17 If you show me, I'll describe it to the court 18 reporter, and your attorney could verify whether I'm 19 pointing to the correct thing. 20 (Indicating.) But it's like -- I don't know if Α. 21 you can see my hand. 22 I'm going to try to attempt to say it. 23 So let the record reflect that Alberto pointed 24

to the low part, low back of the right side towards a

little bit above the buttocks area.

1 Is that correct; Counsel? 2 MS. FOLEY: (No response.) 3 BY MR. EROS: 4 Is that correct, Alberto? Q. 5 Α. Yes. So the pain in the low back is located towards 6 7 the right side of your low back a little bit above the 8 buttocks area. Α. Yes. 10 Okay. And has your low back, has that pain 11 improved at all since the incident? 12 Α. Can you repeat that? 13 Sure. Has the pain in your low back, has that 0. 14 improved at all since the injury or the incident? 15 Α. No. I think it's getting worse. 16 Now, I'm going to move on to your midback. 17 the moment are you currently experiencing pain in your midback? 18 19 Α. Yes. 20 Can you rate the pain between a 1 and a 10? Ο. 21 It's also an 8. Α. 22 Does the pain stay the same? Ο. 23 Α. Yes. 24 Can you tell me what type of pain you experience Ο. 25 in your midback?

- A. It's pain and burning sensation.
 - Q. And can you specifically tell me where the pain is located in your midback?
 - A. Like about (indicating).
 - MR. EROS: So let the record reflect that
 Alberto is pointing to the mid part of the back, kind of
 like the spine, where the spine is located.

Would you concur, Counselor?

MS. FOLEY: Yes, I would agree. So the spine and a little bit upper than lower back.

BY MR. EROS:

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- Q. Alberto, did me and your attorney describe where the pain is located accurately in your midback?
 - A. Yes.
 - Q. Okay. And can you tell me if the pain in your midback has improved at all since the accident?
 - A. No. I think it's getting worse.
- Q. Now, I'm going to move on to your shoulders.

 Are you experiencing any -- are the pain in your
- shoulders, are they the same or different? Does one side
- 21 hurt more than the other?
- A. It's pretty much the same; both.
- Q. So what I will do, since the pain is the same,
- 24 I'll group them together rather than ask separately;
- 25 okay?

1 A. Yes.

- Q. Okay. At the moment are you currently experiencing pain in both your shoulders?
 - A. Yes.
 - Q. Can you rate the pain between a 1 and a 10?
- A. Right now, just going to say that when the problem happened, when the incident happened, it was like a 6, 7.

Right now, I have not worked for, like, four months, and my pain is not as bad as I say. It's like a 3 or 4. But before, it was like more.

- Q. When you were experiencing the 6 to 7 out of 10 pain in your shoulders, could you describe or tell me what type of pain you were experiencing?
- A. It's, it was, if I was like stretching out my hand, it was like a strain, like just painful, like a round area, but more when I move my hands.
- Q. And currently right now, between a 3 and a 4, is the pain similar or is it different?
- A. The pain is the same. It's just right now, it's not as bad because, I guess, because I've been resting.
 - Q. Okay. So it's less intense?
 - A. Yeah.
- Q. Okay. And can you specifically tell me where the pain is located for both of your shoulders?

1 Like around here (indicating). Α. 2 MR. EROS: All right. So let the record reflect 3 that Alberto is pointing to the back of his shoulder kind 4 of towards his spine over where, I think -- I'm drawing a 5 blank -- on that, on the bone part? 6 MS. FOLEY: Blade area? 7 MR. EROS: I'm sorry? 8 MS. FOLEY: Blade area? 9 MR. EROS: Yeah. Over by the shoulder blade 10 area. 11 BY MR. EROS: 12 Is that correct, Alberto? Ο. 13 Α. Yeah. 14 And is that true for both of your shoulders 15 where the pain is located? 16 Α. Yes. 17 MR. EROS: Thank you, Counselor. 18 THE WITNESS: Also, right here with the 19 shoulders (indicating). I don't know if it's, like, 20 related, but it's right there on my neck. On the right 21 side of my neck, I also feel pain (indicating). 22 BY MR. EROS: 23 Q. And you indicated, but I just want to make it 24 clear for the record, has the pain in your shoulders, has 25 that improved at all since the accident?

- A. Yeah. It's less painful than before.
- Q. Now, I'm going to move onto your wrists. At the moment are you currently experiencing any pain in your wrists?
- A. Very minor, but when I, when I try to do something, when I try to, like, reach a gallon of milk, or things like that, the pain comes right back on my wrists.
- If I'm not doing anything, no, I don't, I don't, maybe like a 2, you know, pain, if I'm not doing anything. But as soon as I try to reach like a cup of coffee or a gallon of milk, I feel, you know, on my wrist, the pain.
- Q. Your wrists, is the pain similar or does one wrist hurts more than the other?
- A. At this point, I think my left wrist is worse. But it's similar, both of them, maybe one less than the other, but similar.
- Q. What I'll do, since the pain in both wrists are the same, I'll group them together rather than separate them out. Does that sound okay?
 - A. Yeah.

Q. Okay. Can you tell me whenever you reach out, as you say, you reach out to grab a cup of coffee, or a gallon of milk, can you tell me what type of pain you

- 1 experience in your wrists when you reach out? 2 I'm not too good at describing pain. It's just, Α. 3 it just feels like something is pulling out, you know, 4 like, I'm not, I don't have enough strength to lift 5 stuff. I don't know if I explained myself, but I don't 7 feel a lot of, a lot of power in my hands. 8 O. Okay. That makes sense. 9 I can't hold a lot of weight. 10 Okay. And can you tell me where the pain is 11 located for your wrists? 12 It's right here (indicating), on both 13 (indicating). 14 MR. EROS: Let the record reflect that Alberto 15 was pointing to the front part of both of his wrists, 16 kind of where the palm area is. 17 Do you concur, Counselor? 18 MS. FOLEY: Yes. Right in the middle of his
- 20 BY MR. EROS:

wrist area.

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- Q. And has the pain in your wrists, has that improved at all?
 - A. Can you repeat?
- Q. Sure. Has the pain in your wrists, has that improved at all?

- A. Yeah. Like I said, I haven't been working for like over four months. So, yeah, if I'm not doing anything, yeah, I don't feel much, just a little bit.

 But as soon as I am trying to grab something, the pain comes back.
 - Q. Okay. Now, I'm going to move on to your knees.

 Do you experience the same type of pain in your knees, or is one knee, does that hurt more than the other?
 - A. Pretty much the same.
 - Q. Okay. So like I did for your shoulders and like right wrists, I'm going to group both knees together; okay?
 - A. Yes.

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- Q. Are you currently experiencing pain in both of your knees at the moment?
- A. The pain, it's not like always there. It's very minor pain.
- The thing is, when I start walking, that's when the pain starts, especially if I'm trying to go down -- going up is bad, but going down, I think, is worse.
- Q. When you're walking and taking the stairs can you rate the pain between a 1 and a 10?
 - A. I'll say like a 4.
- Q. And can you tell me where the pain is located in your knees?

A. Like in the front, like -- let me bring the camera, like, right here, both (indicating).

MR. EROS: Let the record reflect that Alberto was pointing to the front part of his knees or the kneecaps or where the pain is located.

Do you concur, Counselor?

MS. FOLEY: Agreed.

BY MR. EROS:

- Q. And when you experience the pain while you're walking and taking the stairs, can you tell me what type of pain you're experiencing in your knees?
- A. Yeah. That is stronger. I'd say like a 7. I do feel like my knees are going to break.
- Q. And do you recall when you started experiencing pain in your knees?
- A. That's, that started like before my injury. I think it's just something that happens as I'm working, you know. I think with the company so many years, little by little, I think they were deteriorating.
- Q. And then has your knees, has that pain improved at all?
- A. If I'm not walking or doing stuff, I don't, I feel like it's a 1 or 2 pain. But as soon as I start walking and stuff, my pain goes higher.
 - Q. Now, I'm going to move on to your ankles.

The pain in your ankles, are both ankles the same pain or does one ankle hurt more than the other?

A. The same, pretty much the same.

Q. I'll group those together as well.

Can you, at this moment, are you currently experiencing any pain in your ankles?

- A. Not if I'm, like, right now sitting down, no. Very minor discomfort, a little bit. But when I start exercising, walking, that's when I feel the pain.
- Q. Can you tell me, when you experience pain in your ankles, what type of pain you're experiencing?
- A. It's like, when I'm walking, it's like I feel a pain. But I feel like if I twist it a little bit, it's going, it's going to make me fall if I twist it a little bit.

When it gets -- I mean, not that I twist it, but I feel like by itself, it kind of twists. And it's going to make me fall. I'd rather slow down or stop, you know.

- Q. So would you say you have a feeling of instability in your ankles?
 - A. Yeah.

- Q. Okay. And then can you tell me where the pain is located for your ankles?
 - A. I will bring my foot up.

 Right here (indicating).

1 MR. EROS: So let the record reflect Alberto is 2 pointing to the outer part of his ankles. 3 Do you concur, Counselor? 4 MS. FOLEY: Yes. 5 BY MR. EROS: And then, lastly, have your ankles improved at 7 all? 8 Α. Yeah. If I'm not exercising, I don't feel much 9 pain. But as soon as I start exercising, that's when it 10 starts. 11 Okay. And then I'm going to briefly go over Ο. your headaches and constipation -- I'm sorry -- real 12 13 quickly. 14 Going back to the ankles, do you recall when you 15 started experiencing pain in your ankles? 16 It was before the accident. 17 And did you ever report any ankle pain to any Ο. supervisors or anyone with your employer? 18 19 Just like, you know, I'm very close to Miguel 20 Hernandez, pretty much. Sometime we carpool, and we talk 21 about, you know, what I feel, and I do talk to him. 22 Q. Okay. But did you tell any supervisor or anyone 23 of ankle pain?

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Did you tell any of your supervisors about any

No, not to supervisors.

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of your knee pain?

- A. No.
- Q. Okay. And did you tell any supervisors about your wrist pain?
- A. No.

- Q. Okay. Now, I'm going to briefly go over your headaches. For your headaches can you estimate per week how often you have them?
 - A. I get them almost every day.
- Q. Can you rate the intensity of the headaches from 1 out of 10?
- A. I've been learning to take, when I feel that my pain is starting, I take my pills right away. Because if I don't take them right away, or if I'm not home to take my pills, it can go pretty, pretty strong, like, I'll say, like a 7, strong headaches.
- Q. And can you tell me where the pain, when you have these headaches, where the pain is located?
- A. It's, it's different. Sometimes I will feel it like in my back (indicating), or sometimes, like, on the side (indicating).
- Q. And do you recall when you started experiencing these daily headaches?
- A. Before the injury probably like a couple of weeks before.

- Q. And have your headaches, have they improved?
- A. No. I pretty much have to take pills every day for headaches.
- Q. And for the constipation, how often do you experience symptoms of constipation?
- A. At least like three times a week. I take medicine for my pain in my back and my body. And, yeah, I feel constipated every day. But sometimes it just gets really bad when I have to sit on the toilet for a while.
- Q. And do you recall when you started experiencing this constipation?
- A. Right around the -- when I experienced the strain, when I started taking the pills.
- Q. And has the injury -- excuse me -- has the constipation, has it improved at all?
- A. Well, I take pain pills every day. So I get them all the time, at least three times a week.
- Q. Okay. And did you report any constipation issues to any of your supervisors?
 - A. No.

- Q. And did you report your headaches to any of your supervisors?
 - A. No.
- Q. Now, briefly, I understand you experience numbness in your fingers?

1 A. Yes.

- Q. Which fingers do you experience numbness in?
 - A. Well, all of them, both hands.
- Q. Can you tell me how often you experience numbness in your fingers?
- A. Well, if I'm not working, it's pretty much the whole shift. If I'm not working, it gets better. Like right now, not having worked for four months, so I don't feel much. But when I'm working, it's pretty much all the time.
- Q. And can you tell me when you started experiencing the numbness in your fingers?
- A. Yeah. I started feeling that before the, before the surgery.
 - Q. I'm sorry, the surgery?
 - A. No, not the surgery, the injury.
- Q. And you indicated that since you're not working, the numbness, you haven't experienced much numbness; is that correct?
- A. I feel it occasionally but not as much, not as much. When I'm working, it's all the time. If I'm not working, like right now, I've been resting for a while, it's not as bad.
- Q. Okay. And did you ever report this numbness in your fingers to any of your supervisors?

1 A. No.

Q. Okay. Outside of all the symptoms that we discussed, are there any other symptoms or injuries you're experiencing as a result of the accident?

- A. I don't recall if I mentioned my, this side of my neck (indicating).
- Q. Yes. You did indicate that as part of your shoulders.
- A. Okay. Besides that, I don't think I missed anything. I don't know.
- Q. Okay. So now I'm going to move on to your treatment. Have you received any treatment for your back, the mid or low back?
- A. I think so. The doctor wants -- he gave me pain pills, and he gave me some cream. I don't know what it's called for my back. But I'm going to start -- I have appointment -- don't remember the date -- but I have appointment for physical therapy and acupuncture.
- Q. Is the physical therapy and acupuncture, is that through your personal doctor or through the work comp system?
 - A. I believe it's through workers' comp.
- Q. Now, before the upcoming physical therapy and acupuncture, do you recall when you saw the doctor for your back?

1 February 6th, I think. I don't remember Α. 2 exactly, but I think it's that date. 3 Okay. So February 6th of this year; correct? Ο. Α. Yes. And when you say you saw the doctor, did they 5 tell you why your low back or midback is hurting, like 6 7 did they give you a diagnosis? 8 Α. They took some x-rays. They didn't tell me 9 exactly what they saw. I just told them I was in big 10 pain, and that I needed something for my pain. 11 And you said you're taking pain pills; correct? Ο. 12 Yes. Α. 13 What are the names of the pain pills? 0. 14 I don't know. Can I grab the bottle? Α. 15 Sure. 0. 16 Α. Okay. Hold on. 17 (Pause in proceedings.) 18 THE WITNESS: All right. Back. 19 The doctor gave me naproxen. 20 BY MR. EROS: 21 Other than the naproxen, do you take any other 22 medication for your back? 23 The doctor gave me Naprosyn, and he also 24 gave me lansoprazole. No, besides that, I don't take --

sometimes I change it to, like, regular Tylenol, but this

is what I take the most.

- Q. Have you had any surgery done on like right back as a result of this injury?
 - A. No.

- Q. And when you saw the doctor in February did he tell you when your back would start feeling better?
- A. No. He said let's start with some physical therapy and the acupuncture, and we had to get approved. So that's why we didn't start right way.
- Q. Okay. And prior to your evaluation with your doctor in February, did you see any other doctors between like right injury in October to February for your back?
- A. I went to my primary doctor because the company wanted some, some -- what do you call it? They wanted some proof of why I was out. Because according to the company, I was not working so they needed an excuse.

So I did go to my primary doctor, and I told him what happened, that I injured myself. And I wasn't -- I didn't see a doctor for my back until February. So I went to the doctor, and I told my doctor what happened. She gave me a restraining order, you know, for work, for my back.

- Q. Okay. When you went to your primary doctor was that the one in Loma Linda?
 - A. No. It was right here in Moreno Valley. It was

1 Riverside Medical Clinic. 2 And then you said you went once there, and then 3 you went to a doctor in February; correct? Α. Yes. 5 Okay. Did they tell you when your back may start to feel better? I don't know if I asked that 6 7 before. 8 Α. He didn't say, like, when it's going to 9 feel better. He said let's start with physical therapy 10 and acupuncture. 11 Q. Okay. Yes, I did ask that question before. 12 Thank you. 13 Now, I'm going to move on to your shoulders. 14 Have you received any treatment for your shoulders? 15 Α. No. 16 Okay. Now, I'm going to move on to like right 17 wrists. Have you received any treatment for your wrists? 18 Α. No. 19 Ο. Have you received any treatment for your knees? 20 Α. No. 21 Have you received any treatment for your ankles? Q. 22 Α. No. 23 Have you received any treatment for your 24 headaches? 25 Α. No.

1 Have you received any treatment for your O. 2 constipation? 3 Α. No. 4 MS. FOLEY: Counsel, I apologize. I just want 5 to add that it was not claimed on the application, but we will amend it after this deposition. 6 7 MR. EROS: Okay. Thank you. 8 MS. FOLEY: The other body parts. 9 MR. EROS: Thank you. BY MR. EROS: 10 11 And have you received any treatment for your 12 fingers? 13 Α. No. 14 So the only treatment you've received from your accident is for your back; correct? 15 16 Α. Yes. 17 Okay. All right. Now, I'm going to move on to 0. your medical background. 18 19 Prior to this injury have you ever hurt your 20 back before? I think we mentioned that I had another case 21 Α. 22 before. 23 Q. Outside of that work injury involving your 24 back -- excuse me. Scratch that 25 Do you recall what part of your back you hurt

- 1 from the previous case?
- 2 A. It was also my back.
- Q. Do you recall what part? Was it like the mid or low back?
 - A. Yeah. It was both the mid and lower.
- Q. Outside of this work injury have you ever hurt your back before?
 - A. No.

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- 9 Q. Okay. Outside of this injury have you ever hurt 10 your shoulders before?
- 11 A. No.
- Q. Outside of this injury have you ever hurt your wrists before?
- A. From the previous injury, I think it was my, my right wrist only.
 - Q. And for your right wrist, that was from your previous injury; correct?
- 18 A. Yes.
- Q. Outside of your previous injury have you ever hurt your wrist before?
- 21 A. No.
- Q. And outside of the current injury have you ever hurt your knees before?
- 24 A. No.
- Q. Outside of the current injury have you ever hurt

1 your ankles before? 2 Α. No. 3 Outside of your current injury have you ever had consistent headaches before? 4 5 Α. No. Outside of your current injury have you ever had 6 7 constant or consistent constipation before? 8 Α. No. 9 And outside of your injury have you ever hurt 10 your fingers before? 11 Α. No. 12 Okay. I just want to make sure I covered 0. 13 everything. 14 Okay. Now, I'm going to move on to your benefits received. 15 16 Have you ever applied for Social Security? 17 You mean -- what do you mean? Α. 18 Like general Social Security. Have you ever 19 applied for it? 20 Disability, that's what I applied for. 21 But not Social Security where you receive Ο. 22 payments from the government? 23 Not -- no, besides disability; no. Α. 24 Ο. So you have applied for state disability? 25 Α. No.

1 I'll ask that question again. Q. 2 Have you ever applied for state disability? 3 Α. I don't know what that involves. I don't 4 understand the question. 5 I quess my client is confused MS. FOLEY: because I believe he applied for EDD. 6 7 MR. EROS: Okay. MS. FOLEY: So in his mind, it might be state 8 9 disability, but it's not. 10 MR. EROS: Okay. All right. Wonderful. That 11 makes sense. 12 BY MR. EROS: 13 Have you ever applied for EDD unemployment? Ο. 14 Α. Yes. 15 And is this related to this claim? Ο. 16 Α. Yes. 17 Have you ever applied for long-term disability? Ο. 18 Α. No. 19 And, currently, do you have any sources of 20 income outside of the disability payments you're 21 receiving? 22 Α. No. 23 Now, I'm going to move on to your -- I have a 24 few more questions here, and we should be wrapping up. 25 Since you don't work at the moment can you

explain what a typical day is like for you?

A. I just rest at home and try to take care of myself, you know, because there's not much I can do with my back and body parts hurting.

I cannot walk too much. I cannot be sitting down for long periods of time. There's a lot of things that I cannot do. So pretty boring, my days.

- Q. Okay. Do you have trouble getting out of bed in the morning?
 - A. Yes.

- Q. Which body part gives you trouble?
- A. Mostly my back, you know. My shoulders, you know, they've been improving a little bit. But if they hurt, then it's hard to get a good night's sleep. If I don't take my pills at night, then I don't get any sleep. It's not good.
 - Q. Do you need assistance with personal hygiene?
 - A. Can you repeat that?
- Q. Sure. Do you need assistance with personal hygiene, such as cleaning yourself, brushing your teeth, things like that?
- A. No. I manage. Like going to the toilet and getting up, I manage, you know. It's painful, but I manage.
 - O. Do you have trouble dressing yourself?

- 1 A. I take my time, you know.
 - Q. Are you able to do any chores around the house?
 - A. No. I am not able to do much of anything.
 - Q. Can you take out the trash?
- A. No. Usually my -- I have a sister here and my wife. They take out the trash.
 - Q. Can you help with the dishes?
 - A. No. I don't, I don't do the dishes or cook. My wife does.
 - Q. Are you able to do any gardening?
- 11 A. No.

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- Q. Before your injury did you do any gardening?
- A. I used to do my own yard.
 - Q. Do you participate in any physical therapy such as walking or running?
 - A. I used to; not anymore.
- Q. Do you have any hobbies or things that you like to do where your injury prevents you from doing things you like to do?
 - A. Yeah. I like to walk. I like to run. I like to exercise. And right now, I'm not able to do those things.
- Q. Outside of this case are you currently involved in any lawsuits?
- 25 A. No.

1	Q. And have you ever been convicted of a felony?
2	A. No.
3	MR. EROS: Okay. Counselor, I have no further
4	questions.
5	MS. FOLEY: I have no other questions either.
6	MR. EROS: Okay. Wonderful. Thank you so much.
7	Steve, we can go off the record now.
8	THE REPORTER: Okay. And, Counsel, would you
9	like electronic pdf e-mails?
10	MS. FOLEY: Yes.
11	MR. EROS: And, Steve, for us, e-mail will be
12	fine. No need for a hard copy.
13	THE REPORTER: Okay. Thank you.
14	(The deposition adjourned at 11:34 a.m.)
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1	PENALTY OF PERJURY
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3	I hereby declare under penalty of perjury that I
4	have read the foregoing and it is true and correct to the
5	best of my knowledge, including any corrections that I
6	have made.
7	
8	DATED at
9	, California.
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13	ALBERTO HERNANDEZ
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CERTIFIED SHORTHAND REPORTER'S CERTIFICATE

I, STEPHEN BALBONI, CSR No. 7139, hereby certify that I am a Certified Shorthand Reporter in and for the State of California.

I hereby certify that the witness in the foregoing deposition, ALBERTO HERNANDEZ, was by me duly sworn to testify the truth, the whole truth, and nothing but the truth; that said deposition was taken at the time and place therein set forth, and was taken down by me in stenotype and thereafter transcribed into typewriting by computer; and that the deposition is a true record of the testimony given by the witness.

I further certify that I am neither counsel for, nor related in any way to any party to said action, nor otherwise interested in the result or outcome thereof.

Date: 20th day of March, 2023

SS

21 | STEPHEN BALBONI, CSR No. 7139

STATE OF CALIFORNIA

DEPONENT'S CHANGES/CORRECTIONS

Note: If you are adding to your testimony, print the exact words you want to add. If you are deleting from your testimony, print the exact words you want to delete. Specify with "Add" or "Delete" and sign this form.

PAGE	LINE	CHANGE/ADD/DELETE
	1	

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