

1 Aging, Family, and Learning to Make the Weeks Count

2 Pressure, Parity, and Playoff Dreams Define the College Football Season

Why Slip-and-Fall Cases Are Tougher Than You Think

Sudoku

3 Slow Cooker Chicken Masala and Rice

Some of the Reasons I Love Fall Around Here

4 Nature May Not Slow Time, but It Changes How You Experience It

Solution

4	3	1	6	7	8	5	2	9
8	2	9	5	1	3	4	7	6
5	6	7	9	4	2	8	1	3
7	4	2	1	8	9	3	6	5
6	9	3	7	5	4	2	8	1
1	8	5	2	3	6	7	9	4
9	5	8	4	2	1	6	3	7
3	1	4	8	6	7	9	5	2
2	7	6	3	9	5	1	4	8



Can a Walk in the Woods Give You More Time? Science Says Sort Of

Have you ever noticed how an entire workweek can seem to disappear in the blink of an eye, while an afternoon spent wandering through a forest feels long and memorable? Modern life moves at a relentless pace. Between busy schedules, deadlines, and daily responsibilities, it's easy to feel as though time is constantly slipping away. But something remarkable happens when we step into nature. The world seems quieter, our minds feel less crowded, and the hours don't race by quite so quickly.

Scientists have become increasingly interested in this phenomenon. Research suggests that natural environments can influence how we perceive time, helping moments feel longer and more meaningful.

THE SCIENCE BEHIND IT

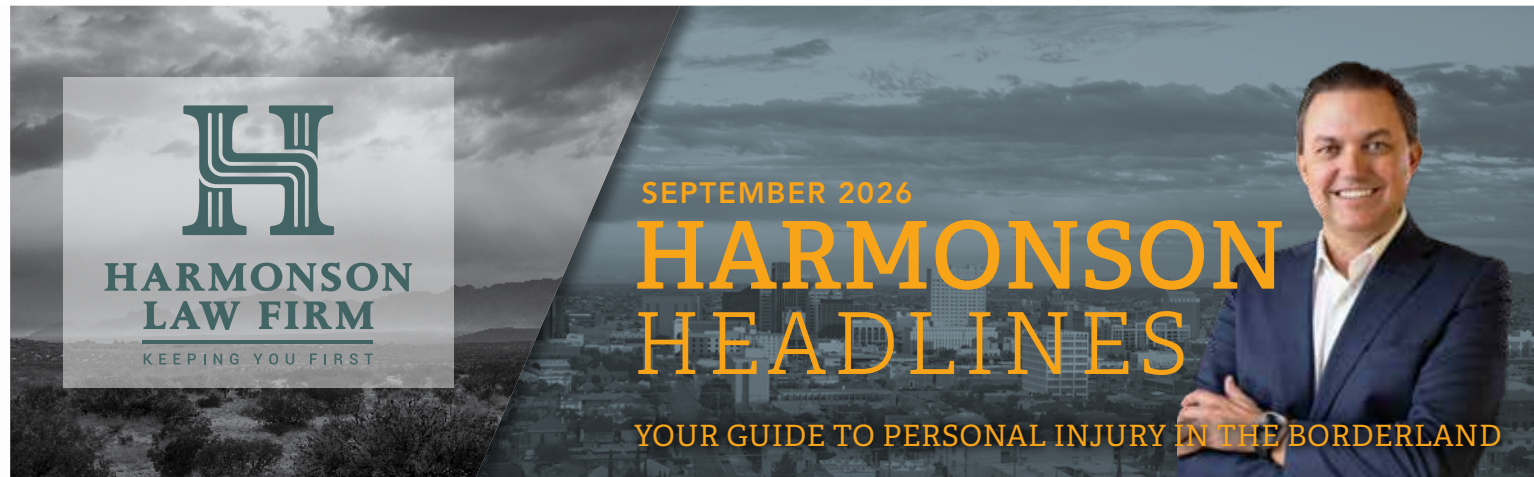
One reason is that nature captures our attention differently than busy urban environments. The sound of birds, rustling leaves, and flowing water draws us into the present moment rather than pulling our focus in multiple directions.

Nature also provides novel experiences that create richer memories. When the brain records more details, periods of time can feel longer when we look back on them. Additionally, spending time outdoors can reduce stress and encourage mindfulness. Instead of focusing on deadlines and responsibilities, we're more likely to become immersed in what's happening around us.

A DIFFERENT EXPERIENCE OF TIME

Nature doesn't actually slow time down, but it changes how we perceive it! By encouraging presence, reducing stress, and creating memorable experiences, the outdoors can make life feel a little less rushed and much more meaningful.

When we fully engage with our surroundings instead of thinking about the next task on our to-do list, we're more likely to savor each moment. That shift in attention can make time feel fuller and more expansive, helping us feel as though we've gained something that's often in short supply: a little extra time to just be present in the moment!



Welcome to the Third Quarter

A FEW THINGS I'VE LEARNED ON THE WAY TO 52

By the time you read this, I'll be 52 years old. I've started calling this stage of life the third quarter. I'm not being dramatic about it. It's just an honest way to look at where I am in the game. The first half is behind me, and if I'm lucky, there's still a lot of good football left to play.

I'm finding that the third quarter comes with some changes, and the body is usually the first place you notice them. I've put on a little weight, and injuries that used to heal in a few days now hang around for a few weeks. It's not that I don't take care of my health. It just takes more effort and more planning than it used to. For years, half marathons kept me in shape. The last couple of years, I haven't run any, but I'm still out there walking. Everything is a little tougher than it was, and you learn to work with that instead of pretending otherwise.

The bigger change has been in my head. When I was younger, the question was always, "What am I building?" Now the question is starting to become, "How is this going to end?" I am a long way off from the end, I hope, but retirement has come into focus in a way it never did in my 30s or 40s. I think more about where the money goes. I think about what happens to the firm someday. None of this is gloomy to me. It's just the view from the third quarter.

Home looks different now, too. Both of our older kids are in college, and I can tell you it happened in the blink of an eye. Our little guy is heading into second grade, and Sheri and I are determined to soak up every bit of it because we know how fast it goes. At the same time, my mom turned 79 in July, and we are talking about her moving in with us. That's one of the strange parts of this stage of life. Your parents spend all those years taking care of you, and then one day the current changes direction, and it's your turn to take care of them.

There are also plenty of good surprises in the third quarter. Sheri and I have been together for almost 30 years and married for 25. Just recently,



on a weekend in Angel Fire, it hit me all over again how much I love my wife. When you have spent that much time with somebody, you get to look back together and see everything you have built and how much you have grown. That only comes with time, and I wouldn't trade it.

A couple of years ago, I read a book called "Four Thousand Weeks." The premise is simple. The average life lasts about 4,000 weeks, and that is all any of us gets. So take care of your health so you can enjoy the weeks you have. But don't take yourself too seriously because most of what stresses you out day to day doesn't really matter. Put your priorities where they belong, with your family and the people you love. We just aren't here that long, and in my line of work, I've seen how quickly things can change. The third quarter is a good reminder to make the weeks count.

—Clark Harmonson



SCAN TO SHARE
YOUR CASE — WE'RE
HERE TO HELP!

INSIDE THE 2026 COLLEGE FOOTBALL SEASON

The 2026 college football season is shaping up like one of those rare years where everything feels familiar, yet nothing really is. Powerhouses are reloading instead of rebuilding, teams are throwing new quarterbacks into the fire, and the margin between a playoff run and a frustrating 8-4 finish feels thinner than ever. Fans are already circling dates, arguing over rankings, and convincing themselves this is *their* year.

A SEASON BUILT ON PRESSURE AND POSSIBILITY

Everywhere you look, pressure is the theme. Programs like the Notre Dame Fighting Irish carry massive expectations after recent playoff near-misses, while traditional giants like the Alabama Crimson Tide and the Georgia Bulldogs are dealing with roster turnover that would shake most programs. The transfer portal has basically turned college football into a year-round retooling project, and coaches don't get much patience anymore.

The biggest question hovering over the sport is which team will actually separate from the pack when everyone thinks they've solved the roster puzzle.

QUARTERBACKS DEFINING EVERYTHING

If there's one truth about 2026, it's that quarterback play will decide everything. Young stars are stepping in across the country, and even playoff contenders are relying on guys who barely have starting experience. That includes programs like the Ohio State Buckeyes, where expectations are always championship-or-bust, no matter who is under center.

CHAOTIC CONFERENCES

The SEC still feels like a weekly heavyweight fight, but the Big Ten and ACC aren't exactly calm waters anymore. Teams like the Texas Longhorns and the Oregon Ducks are pushing for national title spots, while surprise contenders keep emerging from the middle of the pack.

Even "safe" games aren't safe anymore. Upsets aren't shocking; they're expected. That's what makes the 2026 season so unpredictable and incredibly fun to follow.

A WIDE OPEN PLAYOFF PICTURE

The expanded College Football Playoff has completely changed the vibe. A two-loss team with momentum still feels dangerous, while an undefeated run doesn't guarantee anything beyond a top seed. Selection debates are already brewing before the first snap of the season.

What makes this year different is depth. There isn't one unstoppable juggernaut! Instead, five or six teams feel like they could realistically win it all, and at least a dozen more could crash the party if things break right.

THE HARDEST CASES TO PROVE

SLIP-AND-FALL CLAIMS AND TEXAS LAW

There's a belief out there that if you fall and get hurt at a place of business, the business is automatically responsible. I understand why people think that, but it couldn't be further from the truth. Slip-and-fall cases are some of the hardest cases in injury law, and here's why.

In Texas, falling isn't enough. You have to prove two things. First, you have to show that whatever you fell on was unreasonably dangerous. Second, you have to prove that the owner knew about the danger or reasonably should have known about it.

Take a wet floor. Most people would agree it is dangerous, but the real question is whether the business had notice of it. If the spill happened 30 seconds before you walked by and nobody had a chance to catch it, the law doesn't hold them responsible. Texas doesn't require businesses to be extremely vigilant. It requires them to be reasonable, and that is a very different standard.

That is also why these cases play out differently than car wrecks. In a rear-end collision, fault is usually clear, and claims often settle without a lawsuit. With a slip and fall, the business will more than likely deny the claim, which means filing a lawsuit and heading into



litigation. The evidence is tougher, too. Video helps when it exists, but it usually only shows the fall itself, not how the hazard got there or how long it sat there. Those facts are often what the whole case turns on, and proving them can take time, money, and expert witnesses.

Because of all that, my bar for taking these cases is higher than it is for a car accident. I generally only take a slip and fall involving a serious injury, something like a broken bone or an injury requiring surgery.

Now, some cases are obvious. A man called me recently about an apartment stairwell that was not up to code, with a jagged edge on a surface that turned slick in the rain. He lost a finger. The danger sometimes speaks for itself. Most of the time, though, these cases are a long, uphill road.

If you're ever in that situation, it helps to know what's ahead of you. The fall is usually the easy part to prove. Everything after it is where the fight begins.



MY FAVORITE TIME OF YEAR

Fall in El Paso Is Hard to Beat

Most people have their favorite seasons, and for me, it's not even close. I enjoy summer well enough, but fall is hard to beat, and September is where it all begins. If you ask me, there's no better time to be in this city.

Part of what I like is the fresh start that comes with this time of year. School is back in session, so the familiar routines return. It also feels like everybody catches a second wind after a long, hot summer. Early fall can still be plenty warm, but the nights start cooling off, and that's a welcome feeling.

Alongside the good weather comes green chile season. If you've spent any time here, you know how good it is to walk up to the grocery store and smell them roasting the green chiles outside. Around the Borderland, there may be no better sign that fall has arrived.

Of course, September also means football is back, and that always gets the fall juices flowing for me. I love when the season is still young and your team is still in the running ... before it's November and they've lost seven games. It's hard to beat that early season optimism.

There's also plenty to get out and do. Way Out West is one of the big events happening this month. The country music festival takes over downtown on Sept. 26 for its 10th anniversary. Along with live music on two stages, you can enjoy a chili challenge, a margarita contest, and more. Other events to look forward to include Chalk the Block in early October and the Día de los Muertos festival as we head into the Halloween season.

However you spend it, I hope you enjoy this stretch in El Paso. Around here, September is about as good as it gets.



Slow Cooker Masala Chicken and Rice

INGREDIENTS

Chicken

- 1 tbsp butter
- 1 lb ground chicken
- 1 small onion, chopped
- 1 can (8 oz) tomato sauce
- 1 cup water
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 tsp ground turmeric

- 1 tsp garam masala
- 1/2 tsp ground ginger
- 1/4 tsp ground cinnamon
- 1 bay leaf
- 1 cup frozen peas

Rice

- 1 cup uncooked basmati rice
- 1 3/4 cups boiling water
- 2 tbsp canola oil or butter
- 1 tsp salt

DIRECTIONS

1. In a large skillet, heat butter over medium heat.
2. Add chicken and onion, cook until no longer pink, 6–8 minutes, breaking into crumbles.
3. Transfer to a 4-quart slow cooker.
4. Stir in tomato sauce, water, salt, garlic powder, cumin, chili powder, turmeric, garam masala, ginger, cinnamon, and bay leaf.
5. Cook on low for 4–5 hours. Add peas, cook 30 minutes.
6. For rice, preheat oven to 375 F and grease a 2-quart baking dish.
7. Add all rice ingredients, cover with foil, and bake until water is absorbed, 25–30 minutes.
8. Discard bay leaf from chicken, and serve over cooked rice.

SUDOKU

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