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Solution

9	4	2	1	3	8	6	5	7
3	8	5	2	7	6	1	9	4
6	1	7	5	9	4	3	8	2
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# Journey Through Time

## Discover the Endless Beaches and Vibrant Culture of Antigua

Can you imagine escaping to a tropical island where you can visit a different beach every day for a year without ever seeing the same one twice? It's not a fantasy. It's Antigua.

Antigua has long been known for its 365 beaches, from Halfmoon Bay's silvery sands to Galley Bay Beach's surfing waves. Unique for its history and native crafts, this eastern Caribbean island is rich in recreational and cultural attractions, as well as natural beauty.

Christopher Columbus encountered Antigua in 1493, and the British subsequently colonized the island and neighboring Barbuda in the 1600s. Barbuda was originally planned as a slave-breeding colony, but the enslaved people brought to the island rebelled against colonial rule. After years of domination by the United Kingdom, Antigua and Barbuda achieved independence as a single nation in 1981.

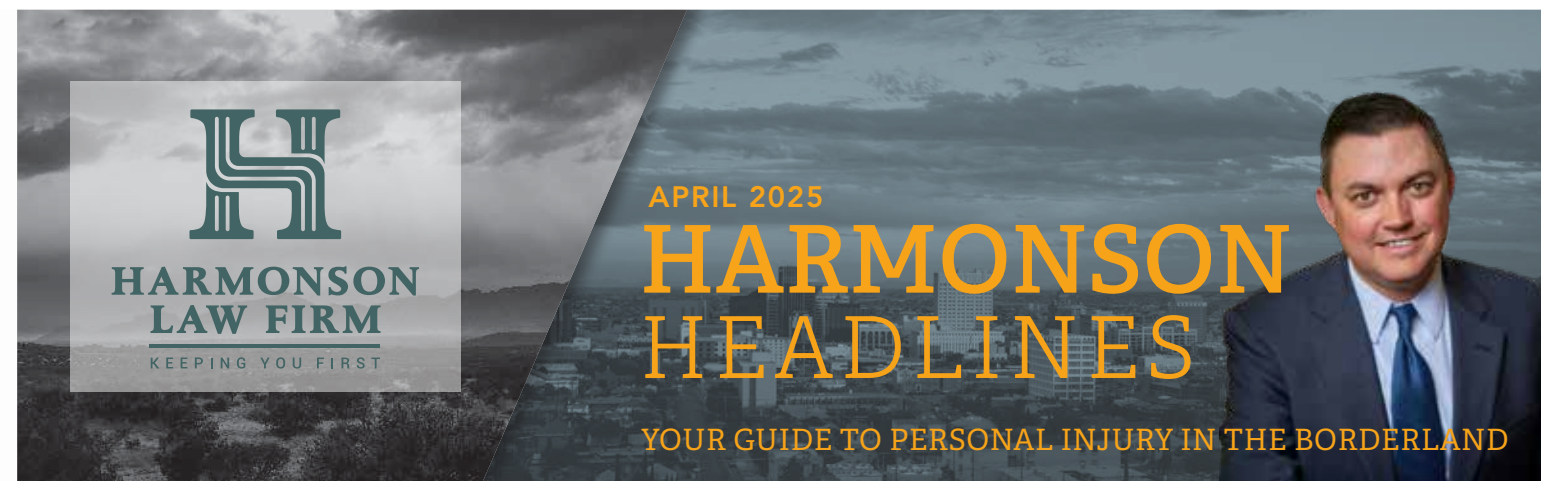
Although Antigua covers only 108 square miles, it has a rich history and cultural traditions. Nelson's Dockyard National Park offers archaeological sites and more than 12 miles of hiking trails. The 8th of March Project



commemorates the lives of enslaved and free Africans who labored on the docks for centuries. Energetic hikers can make their way up a steep trail to Shirley Heights, 492 feet above sea level, to enjoy a panoramic view across the sea.

Among Antigua's unique attractions is the centuries-old artisan craft of forming tamarind seeds into jewelry and home decor. The island is also home to one of the rarest fruits in the world, the Antigua black pineapple, which is sweet and delicious sliced fresh or in jelly form. Also, a weekly archaeological tour called "Rum in the Ruins" offers a history of the sugar trade and the island's famous rum.

Antigua's Summer Carnival is one of the most popular in the world. The celebration began when people took to the streets in 1834 to celebrate the emancipation of enslaved people and independence from England. Visitors to the Carnival today can enjoy wildly colorful costumes and 10 days of music, dancing, and parades. Among the most memorable experiences are steel band competitions playing calypso and soca music.



# When the Great Outdoors Aren't So Great

## A CAMPING MISADVENTURE TO REMEMBER

With Earth Day this month, I've been thinking a lot about my relationship with the outdoors. It's important for everyone to get outside and appreciate nature. But for me, that appreciation comes with limits. I'll take a cabin with running water over a tent any day. That preference all started with a camping trip that went wrong in so many ways.

I'm the first to admit I'm not much of an outdoorsman. I hike and love getting outside on a nice day. I can even appreciate the idea of camping. But when it comes to truly roughing it? Let's just say I learned my lesson at a young age.

### THE TRIP THAT TESTED US ALL

At 10 years old, I ventured off into the Pecos Wilderness in New Mexico. I was with a group of men and boys, including my brother, who is three years older than me. The area is beautiful. The beauty's hard to appreciate, though, when you're 10 years old and heading off to a backcountry campground on a rented mule. Yes, we rented mules, but that was just the beginning!

We finally arrived at our campsite high up in the mountains when it began to rain. It rained, and rained, and rained, and we were stuck inside our



tents for days. We huddled in damp sleeping bags and struggled to keep a fire going, all the while pretending this was fun.

As kids do, I got restless with the situation. And so did my brother. About two days before we were set to leave, he started pestering me and wouldn't quit. That's when I looked over and noticed a hot poker that had been sitting in the fire all night. I got the bright idea to pick it up and chase my brother with it. Not to brand him or anything; I just wanted to make a point.

I chased him but dropped the poker and picked it back up from the wrong end. You know how it can take a minute for your brain to process and send a pain signal to a part of your body? Well, by the time I realized my mistake, the damage was done. I burned my hand badly. Luckily, it healed and didn't leave me with permanent issues, but it added misery to an already miserable time.

And I could go on and on about this trip. Did I mention that a chipmunk crawled into my brother's sleeping bag and gave birth? Yeah, that happened, too. Something good came out of the trip, I guess. At least we gave a chipmunk mom a warm spot to have her baby.

### ADJUSTING MY APPROACH TO THE OUTDOORS

Not surprisingly, that adventure into the Pecos Wilderness was the one and only camping trip my family ever took. I don't remember a discussion or official decision on the matter, but we silently agreed it would never happen again. It also shaped my approach to the outdoors as an adult.

Although there may not be any multiday wilderness excursions on my calendar, I still appreciate connecting with nature. I hunt birds and camp from time to time. My camping trips just don't involve tents and mules anymore.

Earth Day is a great reminder of how lucky we are to have such easy access to nature. Getting outside matters. It provides a mental reset and reconnects to the natural world. So, get outside any way you can. If you're the type who likes to rough it, good for you! As for me, I'll be cheering you on from the comfort of my cabin.

*-Clark Harmonson*

## CREATE LASTING FAMILY MEMORIES THIS ARBOR DAY

Arbor Day, celebrated this year on April 25, is a chance to dig deep and nurture the environment while creating lasting memories with your kids. Rooted in the love of trees, Arbor Day is a perfect opportunity to teach your little ones the importance of caring for our planet while having fun outside.

With wildfires destroying millions of acres of trees annually, the need for replanting has never been greater. Planting a tree is a hands-on way to make a difference; kids love getting their hands dirty. Plus, it's more than just a lesson in environmental stewardship — it's an activity that promotes exercise, teamwork, and pride in watching something grow.

### START THE ADVENTURE.

Choose the perfect tree and location. Let your children take the lead in selecting a spot with the right amount of sunlight and plenty of room for growth. Once you've gathered your tools — a spade, mulch, soil, water bucket, and, of course, your tree — the real fun begins.

Together, dig a hole just the right size for the root ball. While the adults may handle the more technical steps, like trimming roots that twist or grow in circles, kids can pitch in by scooping dirt and getting up close to nature. As you settle the tree into its new home, explain how the roots will anchor it and how its leaves will turn sunlight into energy.

After planting, the work doesn't stop! Teach your children how to water the tree properly — soaking the root ball without overwatering. Build a mulch ring together and explain its purpose in keeping the roots cool and moist. Then, it's time to watch it grow!

### CHART THE JOURNEY AHEAD.

Planting a tree is just the beginning of a long-term adventure. Encourage your kids to measure the tree's growth, sketch its leaves, and write about its progress in a journal. Snap photos together to document its transformation, and talk about trees' vital role in providing oxygen, shade, and habitat for all of us.

This Arbor Day, take a moment to plant more than a tree — plant a memory. Working together as a family teaches lessons in responsibility, environmental care, and the joy of nurturing life. Plus, the smiles and laughter along the way? Those are the real treasures.



# SPRING FEVER? THESE DESERT TRAILS ARE THE CURE

Spring in El Paso and Las Cruces comes and goes fast. One day, it's pleasantly warm and sunny with a nice light breeze. The next? It's too hot to go outside. But now's the perfect time to explore our backyard. Here are a couple of great spots for spring adventures.

### FRANKLIN MOUNTAIN STATE PARK — EL PASO

Franklin Mountain State Park is just a 15-minute drive from El Paso. The park offers camping, picnicking, and bird-watching, and hikers and mountain bikers are spoiled with over 100 miles of trails. The Aztec Cave Trail is a personal favorite. If you want a bit of a challenge without feeling wiped out for the rest of the day, this is for you. Lower Sunset Loop is an easier option. Looking to push yourself? Scale the Sugarloaf Summit Trail and enjoy the incredible views as a reward.

### ORGAN MOUNTAINS/DRIPPING SPRINGS — LAS CRUCES

Steep and angular, the Organ Mountains stand tall in the Chihuahuan Desert. Some of the peaks hit 9,000 feet. The jagged landscape has a way of catching the light just right and creating the perfect mix of



shadows and illumination over the desert. This makes the area popular among photographers. The area also has unique historical sites. A 1.5-mile hike along Dripping Springs Trail takes you to a 19th-century mountain resort once used as a sanatorium for tuberculosis patients. Several abandoned buildings still stand along the route, and you'll also have plenty of chances to spot local wildlife.

### STAYING SAFE, STAYING SMART ON THE TRAILS

Spring in El Paso-Las Cruces is great for hiking, but only with the right preparation. The weather can change in an instant; layer appropriately. Start hikes early to beat the heat, and always take more water than you think you'll need. Don't forget about wind and dust. Spring winds here can be crazy. A hat, sunglasses, and a light buff will protect your face and eyes.

Finally, don't waste time. You have to race the spring weather to enjoy it before its gone, so get outside while you can.

## SUDOKU

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SOLUTION ON PG. 4

## Keto Lemon Garlic Butter Chicken

This keto-friendly chicken dish is packed with flavor, healthy fats, and protein. It's the perfect weeknight option for a quick, tasty meal.



### 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.

## THINK YOU HAVE A MALPRACTICE CASE?

### What You Need to Know

Undergoing a medical procedure is stressful at best. Dealing with complications or unexpected outcomes? That can turn the experience into a nightmare. But a bad medical experience doesn't mean you're a victim of medical malpractice. So, what is malpractice, and why are these cases so tough in Texas?

### WHAT DOES (AND DOESN'T) COUNT AS MEDICAL MALPRACTICE IN TEXAS

Texas law is clear about what malpractice is and is not. First, you have to prove a medical professional clearly breached the standard of care. This means they did something no reasonable, competent doctor with the same training would have done in the same situation. Second, the mistake must have caused serious harm, such as significant injury, disability, or death.

Negligence is also a factor. Bad outcomes happen even when a doctor does everything right. It's just part of medicine. But malpractice is different. It happens when a doctor knowingly takes a shortcut or makes a decision they know is risky and could cause harm. That shows negligence, but most cases aren't so clear-cut.

A doctor was rude. Surgery didn't go as planned. A specific treatment didn't work. These things are frustrating but fall well short of malpractice. Serious complications from a routine surgery? Unless a clear, preventable error caused these issues, that's not malpractice, either.

### THE UPHILL BATTLE OF TEXAS MALPRACTICE CASES

Texas law makes malpractice cases incredibly hard to win. Strict damage caps limit what a victim can recover. There's a \$250,000 cap for non-economic damages (pain and suffering) per claimant against a single health care provider or institution. If multiple defendants are involved, there's a \$500,000 cap for each individual.

And it's not just about caps; these cases are expensive. They're time-consuming and require hours of investigation, lots of evidence, and expert witnesses. This all adds up. Even a straightforward case will cost \$30,000–\$40,000. That's why most cases never make it past the initial consultation.

### IS IT STILL WORTH PURSUING A CASE?

Is malpractice law in Texas challenging? Yes. Does that mean your case isn't worth pursuing? Absolutely not! Harmonson Law Firm is up for the challenge. If a doctor's willful negligence caused serious injury to you or a loved one, contact us for a free, no-obligation consultation.



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