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Sudoku

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Solution

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



# Discover Cinque Terre

## Walk the Italian Riviera's 'Pathway of Love'

Imagine a cluster of ancient seaside villages along the Italian Riviera so picturesque that it inspired a Disney film.

Cinque Terre, or "five lands," encompasses five breathtakingly photogenic fishing villages along the northwest coast of Italy. Recognized as a UNESCO World Heritage area, this national park offers all the attractions visitors love about Italy, from extraordinary food and wine to exciting seaside views. Childhood memories of Cinque Terre inspired Disney director Enrico Casarosa to re-create the setting for his Oscar-nominated coming-of-age film "Luca."

Cinque Terre's narrow streets are often filled with day-trippers during the summer, nearly overwhelming the area's 4,000 residents. The flood of tourists eases in the winter, however, making this the best season to savor Cinque Terre's beauty and culture.

While farmers developed the area in the 11th century, Cinque Terre was inaccessible by road until the 1960s. One has to admire the ingenuity of residents who carved terraces into the steep

cliffs, stacked houses down the ravines, and cultivated olives and wines so superb that kings favored them during the Renaissance.

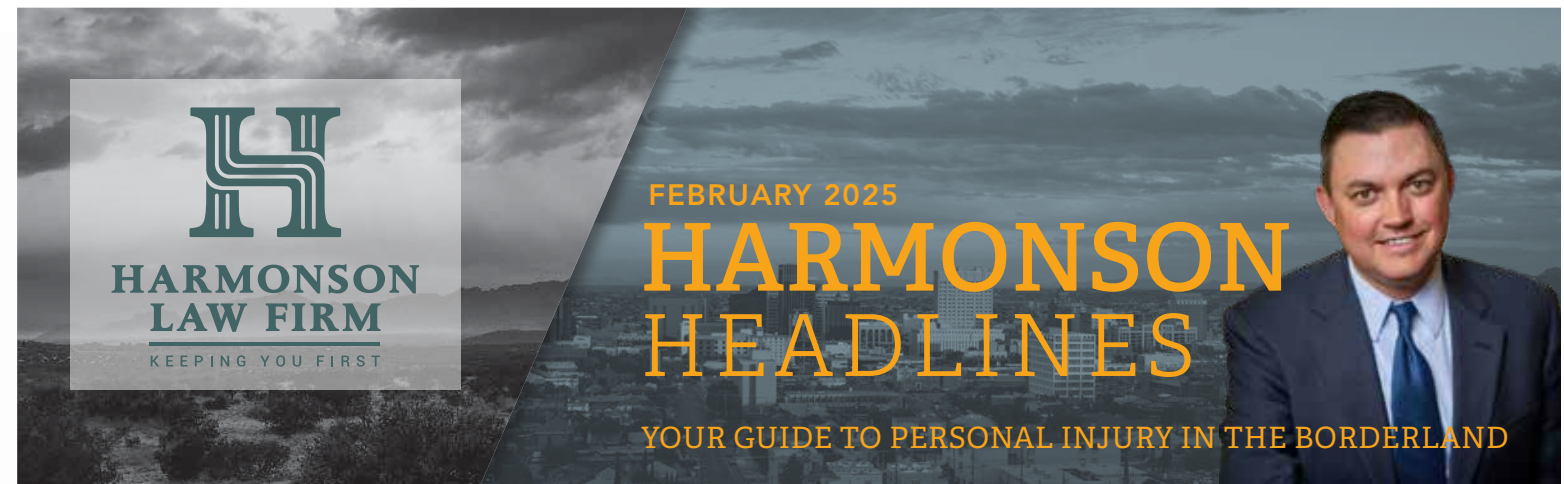
Hiking is a favorite pastime here, and visitors this winter are in luck.

One of the most beautiful walkways in the world, the half-mile Via dell'Amore (or Pathway of Love), reopened in August 2024 after repairs following a 2012 rockfall.

Reservations are required, and visitors are only allowed to walk one way on the path from the village of Riomaggiore to Manarola. Unlike the steep, rugged hiking paths elsewhere in Cinque Terre, however, part of the Via dell'Amore is wheelchair accessible, and the breathtaking views are worth the effort.



Planning to drive in and around Cinque Terre isn't wise. The clifftop roads are narrow and frightening, even for seasoned drivers, and nonresidents aren't allowed to park in the villages. A better strategy is to take the train from the Genoa or Pisa airports (about 1–2 hours). Check the national park website at [Parconazionale5terre.it](http://Parconazionale5terre.it) before you arrive to learn about any winter storm closures and trail conditions.



# The Power of Betting on Yourself

## WHY 'GETTING UP' IS THE KEY TO GROWTH IN LIFE AND LAW



The second pivotal moment came years later, once I was already practicing law. I was working for an good firm with a nice boss, but something was missing. I felt stuck, like I'd hit a ceiling. The thought of starting my own firm was both exhilarating and terrifying. I had no clients of my own, no safety net — **but I knew if I didn't try, I'd regret it forever.**

In 2012, I took the leap. It was the biggest gamble of my life, but it was also the most rewarding. Building my firm from the ground up wasn't easy, but it taught me the value of betting on myself. Today, my firm is thriving, and I get to do work that truly matters to me every single day.

Here's what those experiences taught me: "Getting up" is about leaning into discomfort, embracing the uncertainty, and trusting that you're capable of more. I see this same kind of resilience in my clients. Personal injury cases often leave people feeling like their lives are completely upended. They're dealing with pain, financial strain, and a sense of helplessness. But the decision to get back up and fight for what you deserve can change everything. With the right support, the seemingly impossible becomes manageable.

Change is never easy, but it's always worth it. Whether it's taking a leap into the unknown or rebuilding after an injury, the act of getting back up — of choosing progress over stagnation — defines who we are. And no matter where you are in life, there's always another chance to get up again.

—Clark Harmonson

When I think about National Get Up Day, I'm reminded of two moments that completely redefined my life — moments that required me to make bold decisions, take risks, and bet on myself. These weren't dramatic, rock-bottom moments. Instead, they were those quiet crossroads where I had to ask myself, "Am I going to stay where I am, or am I going to push forward and take a chance on something better?"

The first turning point came during my college years. I was coming off the high of graduating high school as one of the top students in my class, ready to take on the world. I had big dreams of becoming a doctor and dove headfirst into college as a biology major. But here's the thing about college — it doesn't care how well you did in high school. Between working 30 hours a week, joining a fraternity, and navigating

the freedom of being on my own for the first time, school quickly became my third priority. My first semester GPA — a humbling 2.6 — was the wake-up call I didn't know I needed.

I still managed to graduate, but med school was no longer on the table, and I couldn't even picture myself in a white lab coat! For several years, I floated through sales jobs, feeling unfulfilled. I wasn't failing, but I also wasn't moving forward. That nagging voice in the back of my mind kept whispering, "This isn't enough. You're capable of more." Finally, I listened. I applied to law school, hoping it could be the fresh start I needed. And it was. For the first time, I found my stride. I worked hard, stayed focused, and graduated second in my class. It felt like redemption, proof I could rise to the occasion when it mattered.



A DETERMINED FELINE FINDS HIS WAY HOME NO MATTER THE DISTANCE

Cats are known for many things: their independence, impeccable balancing skills, and endless fascination with shoelaces. However, who would have guessed that our beloved feline friends have an innate GPS built into their brains?

This furry tale of two kitties all started when a California couple, Benny and Susanne Anguiano, decided to take their two cats, Rayne Beau and Starr Jasmyrn, on their first trip to Yellowstone National Park. The couple says this wasn't the cats' first rodeo. In fact, they loved looking out the big windows of the RV at the different wildlife. However, their epic park adventure turned into a nightmare on this particular trip.

Shortly after arriving at Yellowstone, something startled Rayne Beau, and he ran into the forest. The couple searched for him for four days, leaving out some of his favorite treats and toys to lure him back to them. Unfortunately, Benny and Susanne's efforts were short-lived, and they had to return home to Salinas, California.

Susanne never lost hope and recalls a moment during their trek home when she saw a double rainbow in the sky. "That's a sign for our Rayne Beau that he's going to be okay," she said.

The Anguianos finally got the call they had been waiting for about two months after their Yellowstone trip. Their microchip enrollment company called and said Rayne Beau had been found and turned in to the Placer SPCA in Roseville, California (over 800 miles from Yellowstone and 200 miles from their home)!

The next day, Benny and Susanne drove to Roseville to pick up Rayne Beau. Upon arrival, they discovered he had lost 6 pounds, had minor paw injuries, and was malnourished. While seeing their beloved fur baby in such a condition wasn't easy, the Anguianos made it a point to fit their cats with AirTags and Rayne Beau with a GPS tracker.

Rayne Beau's ability to find his way back home remains a mystery. However, it proves that love (and feline internal GPS) can overcome any obstacle, no matter the distance.



DON'T SETTLE FOR LESS THE REAL GOAL OF INSURANCE ADJUSTERS (AND HOW TO BEAT THEM)



When you're injured in an accident, dealing with insurance companies may seem straightforward, **but their main goal isn't to help you — it's to protect their bottom line.** Understanding their approach and how to defend yourself can make a world of difference in your recovery and your claim.

WHAT INSURANCE ADJUSTERS ARE REALLY AFTER

Insurance adjusters may seem friendly on the surface, but their job is to minimize or outright deny your claim. While they'll tell you they're there to "help," their real goal is to close your case quickly and for as little money as possible. We recently had a young woman come into our firm after a serious car accident. Her car was totaled, and she suffered serious injuries. Without

consulting anyone, she accepted an offer over the phone: \$1,600 plus extra to "cover her hospital bill." Unfortunately, it was far too late when she realized her injuries needed further treatment, and her claim was worth *much* more.

The truth is that insurance companies prey on the fact that accident victims often feel overwhelmed and desperate for quick money. Yet, accepting an

offer too soon can leave you with unresolved injuries and no way to recover additional compensation.

KEY STEPS TO PROTECT YOUR CLAIM

1. **Never Accept a Settlement Too Quickly:** Insurance companies want you to settle before fully assessing your damages, such as ongoing treatment, lost wages, and pain and suffering. Always consult with a skilled attorney before accepting any offer.
2. **Avoid Saying Anything That Could Hurt Your Case:** Be careful about phrases like "I'm sorry" or "I didn't see the other driver." Even casual comments can be used to shift liability onto you.
3. **Don't Minimize Your Injuries:** Never downplay your injuries when speaking to an adjuster. The reality is that some injuries take days or weeks to manifest fully, and minimizing them now can cost you later.

WHY YOU NEED A LAWYER ON YOUR SIDE

Insurance companies are skilled at reducing payouts, and going it alone can leave you vulnerable. A personal injury lawyer can help you assess the full value of your claim, ensure you receive proper medical care, and advocate for your best interests every step of the way.

If you've been injured in an accident, don't let the insurance company take advantage of you. You deserve fair compensation for your losses, and our legal team can help make that happen. Don't settle for less — protect yourself and ensure you get the justice you deserve.



Roast Pork With Sweet Potatoes

INGREDIENTS

- 3 tbsp brown sugar
- 1 tsp dried sage
- 2 cloves garlic, minced
- Salt and black pepper
- 1 1/2 lbs pork tenderloin
- 1 1/2 lbs sweet potatoes, peeled and cubed
- 1 red onion, sliced
- 3 tbsp extra-virgin olive oil, divided
- Pinch of cayenne pepper
- 1 cup chicken broth
- 2 tsp Dijon mustard
- 2 tbsp chopped fresh chives

DIRECTIONS

1. Preheat oven to 400 F.
2. In a small bowl, combine brown sugar, sage, garlic, salt, and black pepper, then rub mixture on pork.
3. On a baking sheet, toss sweet potatoes and red onion with 1 tbsp olive oil, cayenne, and salt and pepper. Roast for 20 minutes then set aside.
4. In a skillet over medium-high heat, add remaining olive oil. When hot, add pork and sear for 5 minutes. Transfer to baking sheet with vegetables and bake for 11-13 minutes, or until pork reaches an internal temperature of 145 F.
5. Add broth to skillet and bring to a simmer over medium heat. Stir in Dijon, chives, and black pepper. Slice pork, drizzle with the pan sauce, and serve with sweet potatoes.

GAME DAY DANGERS

Who's Liable When a Drunk Driver Causes an Accident?

From big plays to unforgettable commercials and festive parties, Super Bowl Sunday is a time to gather, cheer, and indulge. But while the game may be full of surprises, some risks (like drunk drivers) are all too predictable. If you or someone you love finds themselves injured during game day festivities, knowing your options can make all the difference.

WHO'S IN THE DRUNK DRIVING DANGER ZONE?

We all know the drill: **don't drink and drive.** Yet Super Bowl Sunday sees a massive increase in accidents caused by impaired drivers. If you're planning to celebrate, be smart. Line up a ride home in advance — whether it's a designated driver, a rideshare app like Uber or Lyft, or a taxi service.

What most people don't realize is that liability for a drunk driving accident doesn't stop with the driver. Under **Texas Dram Shop Laws**, businesses that overserve alcohol to someone clearly intoxicated can also be held accountable for any harm caused.

WHO ELSE COULD BE HELD RESPONSIBLE?

While the drunk driver is the obvious party at fault, there are other players on the field who could bear some responsibility:

- **Bars and restaurants:** If they overserve someone who later causes an accident, they can be held liable.
- **Employers:** If the driver was on the job or in a company vehicle, their employer may share the blame.
- **Vehicle owners:** Allowing an intoxicated driver to use your car? That's a legal risk.
- **Parents/guardians:** When minors are involved, guardians may also be held responsible for allowing access to alcohol.

LET US HELP YOU WIN OFF THE FIELD.

The Super Bowl should be memorable for all the right reasons, not because of an accident or injury. If you've been hurt due to a drunk driver, you don't have to face the aftermath alone. Navigating liability in these situations can be tricky, especially when multiple parties may be involved.

If a Super Bowl injury has thrown you a curveball, we're here to tackle the details, hold all responsible parties accountable, and fight for the compensation you deserve. Enjoy the game, cheer for your team, and play it safe. **But if an injury sidelines you, contact us because everyone deserves a fair chance to get back in the game.**

Inspired by FoodNetwork.com

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