

- 1 Going the Distance for Injured Clients
- 2 Building Healthier Teen Mindsets  
Building a Case, One Doctor's Visit at a Time  
Sudoku
- 3 Cheesy Asparagus Orzotto  
Why Big-Rig Wrecks Aren't Regular Cases
- 4 An Entertaining Way to Get Outside

Solution

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



# Take Game Night Outdoors

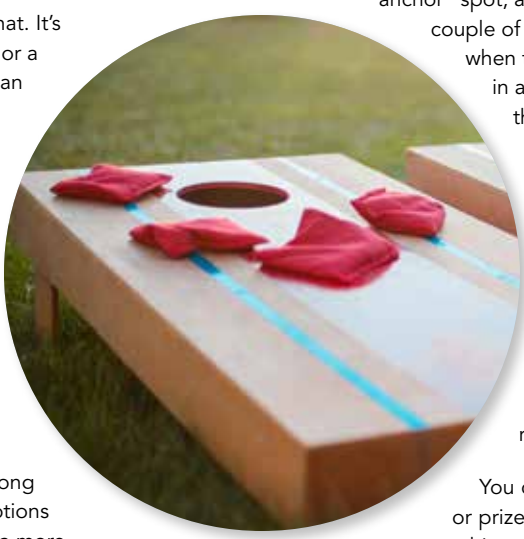
## Backyard Fun Made Easy

If your backyard could talk, it would probably say, "Use me more."

An outdoor game night is a fun way to do just that. It's easy to prep, and you don't need a huge space or a Pinterest-perfect setup. You just need a loose plan and a few games that everyone will enjoy.

Start by thinking about the people before the games. For an all-adult crowd, you might want more competitive activities. If kids are in the mix, consider options that let them run around without wiping out your flower beds. Around 2-4 games is ideal, and the best mix is a combo of active, competitive, and casual options.

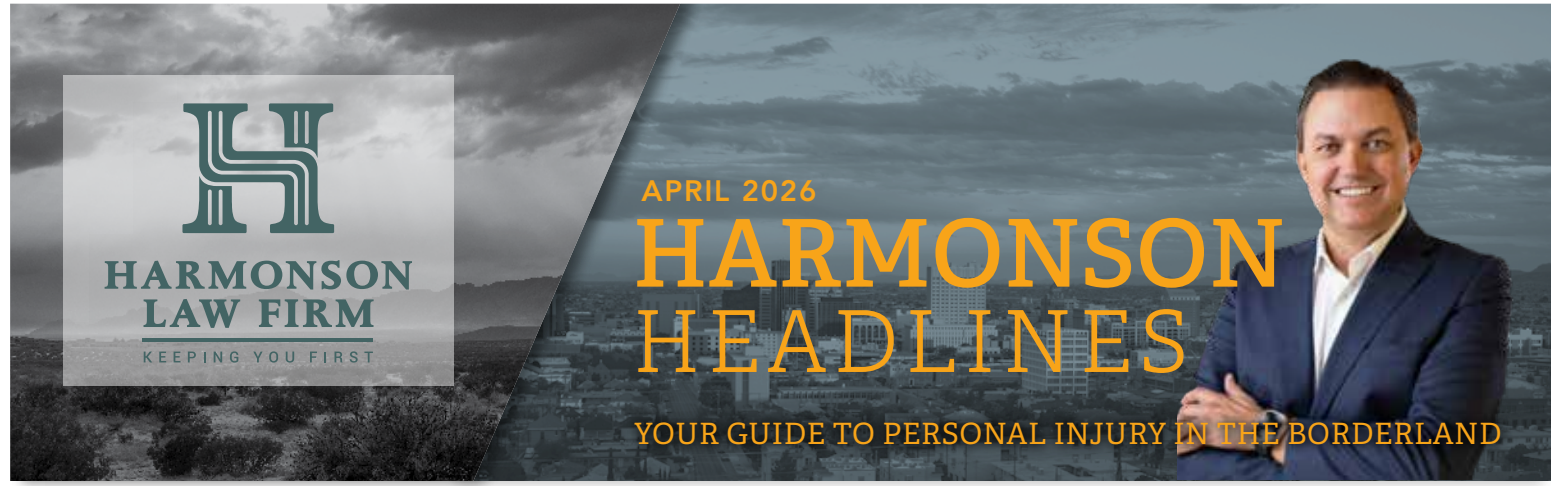
Cornhole and ladder toss are great because you can explain the rules in under a minute and rotate players in and out. BucketBall and yard pong are also fun and easy to learn. Higher-energy options like Spikeball or capture the flag are perfect for a more active crowd. For something a little quieter, set up a table with a Jenga stack, cards, or a dice game that people can play while chatting.



Once you have games in mind, think about the layout. Pick a main "anchor" spot, and put your most social game there. Set up a couple of chairs nearby where people can sit and snack when they're not playing. Keep your "quiet" table in a corner near the food and drinks, and arrange things so people can drift between areas without crossing live throwing zones.

Some simple lighting (think string lights, stake lights, and lanterns) will keep the fun going after sundown, and a Bluetooth speaker with a shared playlist keeps everything lively. Food and drinks can also stay simple. A spread of easy-to-grab finger foods and a cooler with ice, water, and a couple of drink options keep you from running in and out of the kitchen.

You can add special touches like a selfie station or prizes for the winners, but the goal is to do something different and fun without stressing about the planning. If people leave with some grass in their shoes and a good story, you did game night right.



# A Marathon Mindset

## RUNNING, RECOVERY, AND LONG CASES

April always makes me think about marathons. The Boston Marathon is in the headlines, and here in El Paso, you see people out on the roads getting ready for their own races. I've done one full marathon and around 20 half-marathons. At this point, I like the half the best. It's hard, but the training doesn't take over your entire life. And after you run it, you're sore for a couple of days and quickly back to normal.

What I like most, though, is what training for those races teaches you. You have to pick a goal, circle a date on the calendar, and say, "This is what I am working toward." Once you set that goal, you need a plan and a teacher. In my case, it wasn't a personal coach on a track somewhere. I leaned on books, training plans, and people who had done it before. I had a 12- or 13-week schedule that told me what to do each day. My main job was to stick with the training, even on days I didn't feel great. By doing that, I made progress and could feel myself change day after day.

In 2020, Sheri and I trained for a half-marathon together. We started the previous December and stuck with our plan. Then, the pandemic hit, and all the races were cancelled. But we didn't let that stop us. Instead of quitting, I had some "Sheri and Clark's Half-Marathon" shirts made. We wore them on our scheduled race day and ran 13.1 miles from my mom's house to our house. There was no finish line waiting for us when we got there, but it didn't matter. The magic wasn't in the run itself. It was all the work that got us there.



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

In my experience, any long race comes with ups and downs. You have some stretches that feel great and others where the wind's blowing in your face and every step feels like your shoes are made of concrete. When I ran my full marathon, I definitely hit a point when it seemed like I wasn't going to make it. My goal was to finish in under four hours, and I was on pace for that throughout the first half. From mile 13 to around mile 20, I started to slow down. Then I hit a wall.

At that point, I knew my goal to beat four hours was out the window. I had to reset my mind. My new goal was just to finish. I ran when I could and walked when I couldn't. It was a struggle, but I crossed the line in about four and a half hours. Was I disappointed? No. I had set a big goal and accomplished something no one can take away from me.

I use that same mindset in my work. I tell clients with serious injuries that every case is a marathon, not a sprint, and that I have two goals. The first is to get them better medically. The second is to get them money. We come up with a plan to reach both, and each of us plays a part. My job is to guide the legal side and push the case forward. Their job is to show up, get the medical care, and stick with it, even when they are tired or frustrated.

In a lot of ways, a personal injury case is much harder than a marathon. Nobody's trying to stop you at every turn when you're running a race. There's always someone on the other side pushing back in a case. Still, the idea is the same. You set a goal, make a plan, and keep moving. If you can do that, you give yourself a chance to finish strong, whether you're crossing a finish line or wrapping up a long, hard case.

*-Clark Harmonson*

## A PRACTICAL GUIDE FOR PARENTS

If it feels like your teen is always on edge, you're not imagining it. Grades post in real time, group chats never sleep, and they measure everything they do against what someone else shared online. Kids today carry a lot of pressure, and much of it comes from themselves.

Self-bullying is a real problem. Many teens have an inner voice that jumps straight to negative extremes. One quiz goes badly or one awkward moment happens, and they turn it into a verdict of their worth. An honest self-review is healthy, but the trouble starts when every mistake turns into, "I'm terrible at everything." As parents, we can help by calling out self-bullying when we see it and by modeling something different: owning our own slip-ups without tearing ourselves down.

Social media brings a different kind of pressure. The average teen spends hours a day online, and the world they see in cyberspace is carefully crafted with edited photos and posts. Everyone online seems to be living their best lives. They get better grades, go on more dates, and get everything to go their way. The best thing adults can do is help pull the curtain back a bit. Let them know about fake photos, filters, and how people often post their successes while hiding their struggles. Encourage them to follow only accounts that make them laugh or feel positive, and mute or unfollow those that leave them feeling inadequate.

Setbacks are another place where pressure builds. As adults, most of us have learned that life is full of detours and things don't always work out the way we'd like. But teens are still figuring this out. Bombing a test or getting rejected by a college can often feel like a disaster, rather than a single hard moment. We can help our teens build resilience by sitting down with them after a setback and talking through what actually happened and what they might do differently next time.

We can never remove all the pressure our teens feel, nor should that be the goal. All we can do is help guide them through the rough bits and teach them to be kind to themselves and handle stress in a healthy way.



# MISSED APPOINTMENTS, WEAKENED INJURY CLAIMS

## THE COST OF SKIPPING TREATMENT

As I mentioned in the cover article this month, I really have two goals in every serious injury case. I want to help you get better medically, and I want you to get money. Those go together. If you're not getting better, the case is never going to feel like a win, no matter what the numbers look like.

My job is to handle the legal side and make sure you get in front of good doctors. Your job is to actually go to those appointments. I can't do that part for you. When someone starts missing visits or disappears from treatment for a while, it hurts both goals.

On the medical side, gaps in treatment slow everything down. If your neck or back is injured and you skip weeks of therapy, you lose momentum. Pain that could've improved with steady care hangs around longer than it has to. You're also giving the defense an easy argument to say, "If you were really hurting, you wouldn't keep skipping your appointments," even when that's not the full story.

On the legal side, those gaps in treatment are just as painful. At trial, the defense will go straight to your medical records.



I had a case not long ago where the defense lawyer put a big chart on a board and marked every missed appointment in red. Week after week, the jury saw those red marks stacked up. It did not help us. From their perspective, it looked like my client had given up on getting better.

I get that life happens. People have kids, jobs, money worries, and transportation problems. Missing one appointment is not the end of the world. What hurts your case is a pattern. Long stretches with no treatment make it easier for the insurance company to say your injury wasn't that serious or that something else must have caused your pain.

If you are in treatment after a wreck, do your best to show up, reschedule when you have to, and let your lawyer know if something is getting in the way. It is your body and your case, and staying on top of your treatment helps both.



## THE HIGH STAKES OF TRUCK CRASHES

### Inside a Serious 18-Wheeler Case

When most people think of a car wreck, they picture two regular vehicles colliding at an intersection. You deal with the other driver, their insurance, and that's about it. When a crash involves an 18-wheeler or another commercial truck, it is a completely different animal. It's not just a "bigger car wreck." The rules change, the stakes go up, and the case gets more complicated very quickly.

In a typical car wreck, you usually have one claim against one person. In a truck case, you often have two. You have a claim against the truck driver, and, just as important, you have a claim against the company that put that driver on the road. These cases are governed by federal law, including the Federal Motor Carrier Safety Regulations. Those rules cover things like hours of service, inspections, training, and maintenance. That gives us more places to look for what went wrong.

On top of that, the damage in a truck crash is usually worse. An 80,000-pound vehicle against a car is not a fair fight. There is often more insurance on the truck side, but that also means more lawyers, more experts, and more pushback. The company is worried about its driver, its money, and its reputation, and they start working on all three very quickly.

That is why preservation of evidence is one of the first things on my mind. In a serious truck case, I send a letter out right away so the company keeps the truck, trailer, data, and logs. We bring in accident reconstruction people to inspect the vehicle, download the electronic information, and take detailed photos before anything gets repaired or scrapped. I can promise you the trucking company is doing the same thing on their end.

The medical side also looks different. With big injuries and more coverage, we can sometimes send clients out of town for surgery or into specialty programs for brain injuries that would never be an option in a smaller case.

If a truck puts you in the hospital, you aren't dealing with a simple fender bender. You are up against a business that knows how to protect itself. Call my office before you talk to the trucking company or their insurer so we can start protecting you.

## SUDOKU

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

SOLUTION ON PG. 4

## Cheesy Asparagus Orzotto



### INGREDIENTS

- 2 tbsp plus 1/4 cup olive oil, divided
- 1 bunch of asparagus, trimmed and peeled
- 1 leek, halved and sliced
- 1 1/2 cups orzo
- 2 garlic cloves, chopped
- 1/2 cup dry white wine
- 3 cups broth
- 1/2 tsp salt
- Black pepper, to taste
- 1 cup frozen peas
- 1 oz Parmesan, grated
- 1/4 cup heavy cream
- 2 tbsp butter
- 1/4 cup basil leaves

### DIRECTIONS

1. In a pot over medium-high heat, heat 2 tbsp oil. Add asparagus, cover, and cook 4 minutes. Transfer to a cutting board to cool, then cut into 1-inch pieces.
2. Heat remaining oil. Add leek, season with salt, and cook 3 minutes.
3. Stir in orzo and garlic and cook, stirring frequently, for 2 minutes.
4. Add wine and cook 2–3 minutes.
5. Stir in broth, 1/2 tsp salt, and pepper, then simmer, covered, on low heat for 12–15 minutes.
6. Add peas to orzo, cover, and cook 2 minutes.
7. Remove from heat, add Parmesan, cream, and butter, and stir until butter melts. Stir in asparagus and basil.

Inspired by Delish.com