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A Reminder Before Your Next Ride

Sudoku

3 Drumstick Pie

How Claims Move Toward Settlement

4 Where Self-Care Meets Vacation Mode

Solution

7	1	5	6	3	4	8	9	2
4	6	2	9	5	8	3	7	1
8	9	3	2	1	7	6	4	5
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Find Your Om Away From Home

Wellness Getaways That Reset Your Mind and Body

Vacations can be a rejuvenating break from the hustle of our everyday lives, but some trips are less about sightseeing and more about finally exhaling. Wellness retreats across the country are turning getaways into self-care sabbaticals. From yoga sessions at sunrise to celebrity spas for holistic health care, these refreshing refuges leave you feeling refreshed. If you're ready to make your next vacation your *om* away from home, these destinations are three of the best the U.S. has to offer.

KRIPALU CENTER FOR YOGA & HEALTH

If stretching into a peaceful pose surrounded by the beauty of nature sounds like your dream reset, the Kripalu Center for Yoga & Health in western Massachusetts is known for

its mindfulness philosophy. Located on 100 acres in the Berkshire Mountains, this retreat focuses on yoga, writing, dancing, and other activities to explore your spirituality or just get a little peace and quiet. Many of its yoga sessions are led by prominent instructors, and you can create your own relaxing itinerary of restorative activities.

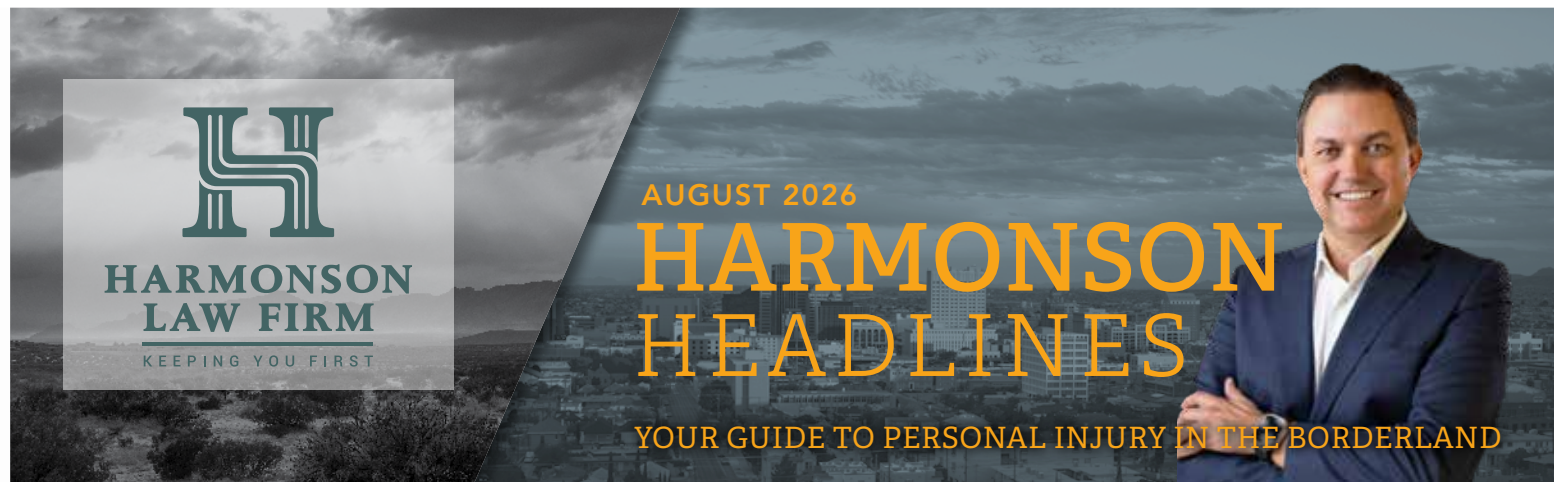
CANYON RANCH

Canyon Ranch has been a calming oasis in the desert of Tucson, Arizona, since the late '70s. It was created by a real estate developer who wanted to prioritize his health after his father passed away from cancer. Celebrities love this retreat for its holistic health approach, quality cuisine, and upscale spas. Guests seeking self-growth continue to turn to Canyon Ranch to heal their minds, bodies, and spirits.

SENSEI IN HAWAII AND SOUTHERN CALIFORNIA

Sensei, which has locations in Hawaii and Palm Springs, has mastered the art of self-care. Founded on data-driven research and technology, this wellness center offers three pathways for guests: movement, nourishment, and rest. Attendees receive personalized programs tailored to their unique health needs, including quality meals, personal training sessions, and activities designed to improve sleep. All this five-star treatment aims to help people simplify their lives.

If you are looking for some real R&R on your next getaway, wellness retreats redefine what it means to pack light, focusing less on what you bring and more on what you let go of.



New Schools, Old Memories

AUSTIN, ROME, AND BIG MESITA

The biggest back-to-school moment of my life had nothing to do with a fresh notebook or a new backpack. It was the first day of 7th grade, and I was completely unprepared for what was coming.

Growing up in Lubbock, I went to Trinity Church School through 6th grade, a small private school where you knew everybody and nothing much surprised you. When junior high came around, our family decided to go to Hutchison, a magnet school across town. I walked in that first morning thinking I was ready.

I was not ready.

Before the day was over, a kid named Johnny, and I still remember him clearly, had already tried to sell me marijuana ... first day of 7th grade.



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

I had never seen anything like it. That is still the first thing I think of every August when back-to-school rolls around.

This year, though, August looks a little different. All three of our kids are stepping into something new at the same time.

Our youngest is moving from the little kid campus at Mesita to what everyone calls "Big Mesita," the school's 2nd through 5th grade building. The school held a ceremony to mark the occasion. They couldn't call it graduation, so they issued a certificate of completion, except whoever typed them up spelled it "completion" on every single one. I'm sure the first graders will sort it out eventually.

Then there is Claire, who just graduated and is heading to St. Edward's University in Austin to study psychology. She has played violin since elementary school, and with Austin being the music capital it is, she's already set on learning the fiddle. A cousin of ours who is a well-known musician lives there and is going to help point her in the right direction. My brother is in Austin, too, along with a lot of friends and family. That should make things familiar enough that she won't feel lost, but still new enough that she will have room to grow.

Our oldest son, Clayton, goes to Loyola Chicago, and he is spending a semester at Loyola's Rome campus this fall. It costs about the same as a regular semester in Chicago, which made the decision easy. Sheri and I plan to fly over and visit him as part of our 25th anniversary trip, with a cruise added on that a friend from El Paso put together. Clayton has already informed us that we are ruining one of his weekends by coming. I am fine with that.

Watching all three of them head into their own chapters at once is something I didn't fully anticipate, but it hasn't felt hard. It's exciting. You spend years raising them, hoping you are doing the right things. Then one day you look up, and they are off to Rome and Austin and Big Mesita. You baked the cake. Now it's time to set the cake out for the party.

My first day at Hutchison was a shock to the system, and I turned out fine. I have a feeling they will be just fine, too.

—Clark Harmonson

SMART ORGANIZATION
TIPS FOR BUSY PARENTS

Why is it that the first day of school always sneaks up on you? One minute, summer feels endless, and the next, you are juggling supply lists, new routines, and busy schedules. For many parents, the shift can feel overwhelming. However, with a little planning and a few smart systems, back-to-school season can feel far more manageable.

BEGIN WITH SIMPLE SYSTEMS.

Organization begins before the first bell rings. Taking time to sort through clothes, supplies, and old materials can prevent clutter from piling up later. Experts recommend decluttering drawers and checking what you already have before shopping to avoid unnecessary purchases.

Creating designated spaces in your home also makes a significant difference. A small “drop zone” near the door for backpacks, shoes, and papers helps keep everything in one place. Even a homework station or supply bin can reduce daily chaos and keep kids focused.

BUILD ROUTINES THAT STICK.

Consistency is the backbone of a smooth school year. Start easing into school routines a week or two early by adjusting bedtimes and morning habits. This helps children transition from relaxed summer schedules to structured school days without stress.

Evening preparation also makes a major difference. Laying out clothes, packing backpacks, and prepping lunches the night before can transform hectic mornings into calm, predictable starts. These small habits add up quickly and create a sense of stability for the entire family.

USE VISUAL ORGANIZATION TOOLS.

Children thrive when they can see what is expected of them. Visual schedules, color-coded calendars, or categorized charts can guide kids through their day without constant reminders. These tools are especially helpful for younger children who benefit from clear, easy-to-follow cues.

A central family calendar can also keep everyone on the same page. Between school events, extracurriculars, and family commitments, having one place to track everything reduces confusion and last-minute stress.

KEEP IT REALISTIC.

It’s easy to overcommit at the start of a new school year. Many parents feel pressure to sign their children up for multiple activities, but too many commitments can quickly lead to burnout. Choosing fewer activities and focusing on what truly matters helps maintain balance and keeps schedules manageable.



THE ROAD RULES NOBODY TOLD YOU

WHAT E-BIKE RIDERS SHOULD KNOW BEFORE HITTING THE STREET

You can’t go anywhere these days without seeing an e-bike or a scooter. They weave through traffic and move along on sidewalks at speeds that would have seemed wild on a bicycle not long ago. I understand why people like them. They’re convenient and affordable, and in a place like El Paso, they can actually get you somewhere faster than sitting in traffic. What concerns me is how many people are riding them without a real sense of the risks involved.

In Texas, you don’t need a driver’s license, registration, or any kind of certification to operate most e-bikes, but depending on the model, you may be sharing the road with vehicles that weigh two tons or more. Some of these bikes have a top speed of 30 or 35 miles per hour. That isn’t a leisurely cruise around the neighborhood. That is a vehicle, and if something goes wrong, it’s going to feel like one.

I’ve seen the results of these accidents up close. A couple of years ago, I had a client who was seriously hurt on a scooter. She wasn’t being reckless. Things just went badly fast. There is no such



thing as a small accident when you are on an open two-wheeled vehicle with no crumple zone, airbag, or steel frame between you and the pavement or another vehicle.

Part of the problem is that the rules haven’t kept up with the technology. Where can you legally ride an e-bike in El Paso? Can you take it on the road, the sidewalk, the bike lane? The answers depend on the class of bike and where you are, and most riders have never looked any of it up.

I’m not here to lecture people, but I am saying that you need to treat e-bikes and scooters like the vehicles they are. Wear a helmet and know the rules before you ride. Assume the cars around you don’t see you because a lot of them don’t. The upside of these things is real, but so is the downside. And the downside tends to show up fast.

SUDOKU

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SOLUTION ON PG. 4

Drumstick Pie

This simple, no-bake treat is perfect for when you’re craving ice cream to settle your sweet tooth.



INGREDIENTS

- 1/2 cup salted butter, melted
- 3 cups graham crackers, crushed
- 6 sugar cones, finely crushed
- 5 cups vanilla ice cream, softened
- 2 cups chocolate chips
- 1/4 cup heavy cream
- 1/4 cup peanuts, chopped (optional)
- 1/4 cup sugar cone pieces (optional)

DIRECTIONS

1. In a medium bowl, stir together melted butter, crushed graham crackers, and crushed sugar cones.
2. Press the crust mixture into a 10-inch springform pan.
3. Smooth the ice cream over the crust, then chill in the freezer while you prepare the chocolate ganache.
4. In a medium bowl, add chocolate chips. Microwave cream for 45 seconds or until hot, then pour over the chocolate chips.
5. Stir chocolate and cream together until the chocolate is completely melted.
6. Pour chocolate ganache over the top of the pie, and sprinkle with crushed cone pieces and chopped peanuts as desired.
7. Cover with plastic wrap and chill for 3 hours before slicing and serving.

FROM TREATMENT
TO SETTLEMENT

The Road Through an
Injury Claim

The first question most clients ask after signing on is some version of “Okay, so what happens now?” It’s a fair question. The process isn’t always what people expect, and understanding it up front tends to make everything a little easier.

When I take on a new case, I always tell clients that I have two goals for them. First, I want to help them get better by making sure they have access to the right medical care. My other goal is to get them the money they deserve for what happened to them. Of those two, I put the first ahead of the second because everything follows from that.

At the same time, there is a legal side to the case that has to get moving. Once we get going, I reach out to the other driver’s insurance company to establish liability and confirm what coverage is available. In most cases, we don’t go straight to the courthouse. Filing a lawsuit immediately is sometimes the right move, particularly to preserve evidence, but that is maybe 10% of cases. For the other 90%, I want to build the case properly first so that I don’t head into things half-ready.

While the legal work is happening, the client gets medical treatment. I work with providers throughout El Paso to make sure people get the care they need. I won’t push to settle a case while someone is still treating an injury. You can’t put a fair number on a case until you know what the injuries have actually cost.

When treatment is finished, we gather all the records and bills and put together a detailed demand package for the insurance company. They respond with an offer. At that point, we decide together whether to accept it, negotiate for more, or take the case to court.

As for how long this all takes, a straightforward accident case typically runs 6–8 months from start to finish. If the case is more complex, or if a lawsuit gets filed, you are looking at a year or more, sometimes longer. Simply put, the process takes as long as it takes. Rushing it never helps the person who got hurt.

