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When Waiting Is Part of Winning
Sudoku
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Solution

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



TRACKS AND TREASURES



Scenic Rail Journeys Worth Riding

Flying over beautiful landscapes can be exhilarating, but what if you could experience those beautiful sights in a closer and more personal way? With railway vacations, you can. Whether you're a seasoned train traveler or curious about cruising on the tracks, here are three travel options you can only experience and appreciate on the rails.

A EUPHORIC EUROPEAN ESCAPE

While there are plenty of thrilling sights to behold in America, the glamorous international excursion of the **Venice Simplon-Orient-Express** is incomparable.

From its pristinely preserved 1920s/1930s-era carriages and stunning Art Deco interior to its remarkable gourmet food (including breakfast in bed!) and live entertainment, this world-renowned train will take you through Venice, Paris, Istanbul, and other legendary European destinations.

A SYMPHONY OF SWISS SCENES

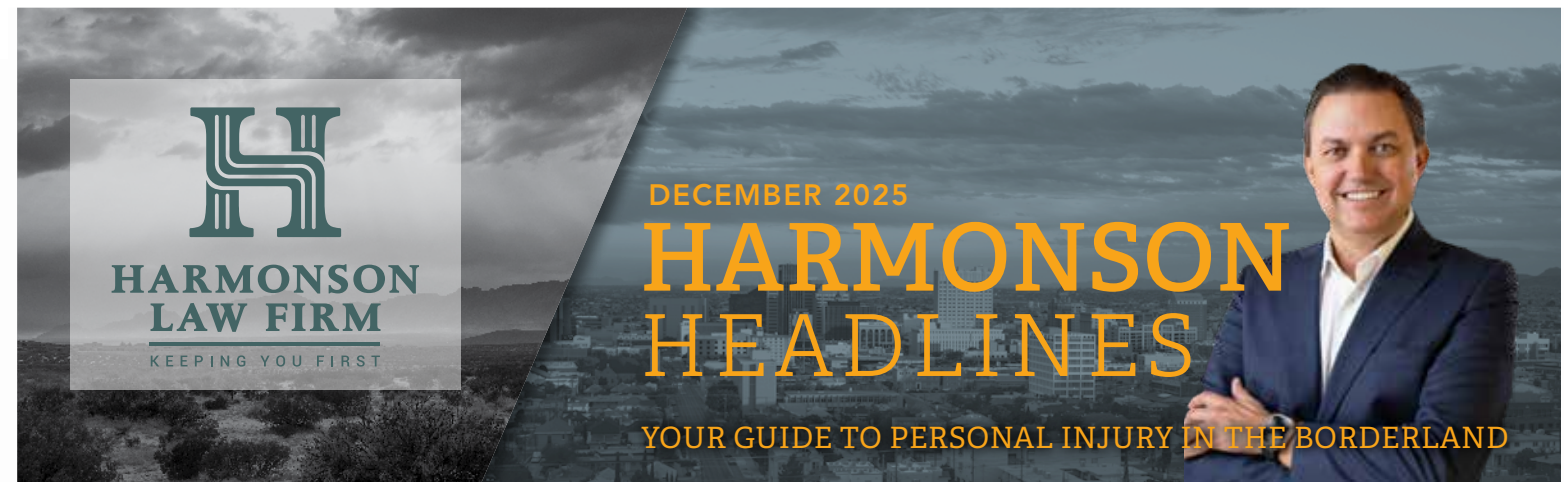
For many travelers seeking some of the most breathtaking visuals imaginable, all rails lead to the Swiss Alps. **The Glacier Express'** 292-bridge/91-tunnel track from Zermatt to St. Moritz gives passengers a personal view of picturesque valleys, mountain streams, and alpine meadows. Often referred to as "the slowest express train in the world," it travels 24 miles per hour, allowing you to feast your eyes on the scenery through its panoramic windows. Boasting *millions* of passengers in its decades-long history, the Glacier Express has earned its rightful place as one of the most celebrated names in tourism.

AN ALASKAN ADVENTURE

If you're looking for railway adventures closer to home, consider hitting the tracks in Alaska. Since 1903, **the Alaska Railroad** has provided travelers an intimate way to explore what later became our 49th state. Getting a seat will guarantee a breathtaking journey through scenic landscapes, national parks, fjords, snow-capped peaks, and valleys brimming with wildlife.

For the ultimate Alaska experience, opt for the Alaska Railroad's GoldStar Service, which offers glass-dome ceilings for panoramic nature viewing, a full-service dining room, and a one-of-a-kind upper-level platform for additional sightseeing.

The next time your wanderlust inspires you to explore new wonders, skip the plane and take a train!



Christmas Traditions and New Beginnings

SLOWING DOWN FOR WHAT MATTERS MOST

At the office, things finally slow down in December. I take time off around Christmas and the New Year, and that quiet stretch between holidays always gets me thinking about the year behind us and what's ahead. It's a natural time to take stock of what went right, what could have gone better, and what's worth carrying into the new year.

At home, it's all about family. On Christmas Eve, we go to our church service, then Sheri's mom and brother come, and it turns into a full house for a few days. Winn still believes in Santa, which keeps the magic alive. He's 7, so we probably have a couple more years before the questions start. Some of his classmates already say that Santa isn't real, and I tell him, "Well, if he's not real, maybe those kids don't get any presents."

Little moments like that remind me how much I enjoy this season. It's a time when we can all slow down and appreciate what we have. Every year, my mother still makes the same creamy caramels she made when I was a kid. She makes a huge batch with pecans, cuts them into squares, and wraps them in waxed paper. The smell of those caramels in the kitchen brings me back to my childhood Christmases. She still gives them out to friends and family, and now our kids help her roll them up. It's one of those traditions that never gets old.

This past year has been one of change for our family. Claire's been touring colleges, and I took her to Chicago to visit her brother, Clayton, a Loyola student. He's in the university orchestra, and it was incredible to see him perform. He's not a music major, but he's stuck with the violin and really grown as a person. I was proud watching him up there.

At the same time, that trip hit me in a different way. I realized how quickly things can shift. Last year was the first time we didn't have Clayton living at home full-time, and soon Claire will be heading off to college, too. I



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



joke that Clayton and Claire are "Harmonson 1.0," and now we're raising "Harmonson 2.0" with Winn. It's not an ending, just a new chapter. Still, it makes you pause.

This year was also a good one at the firm. We helped a lot of people and had some tough cases finally come together after a long stretch of waiting. That's how this work goes. Some years test your patience, but if you stay the course and keep faith in the process, things usually fall into place.

Turning 50 has made me think about that in a bigger way. I'm trying not to stress so much about what's next. Even when things get tough, I've learned they work out one way or another. And to keep growing, I need to make myself a little uncomfortable at times. That might mean taking a few more chances or pushing the edges a bit. Life is better when you do.

So, as this year wraps up, I'm thankful for where I am and excited for whatever comes next. For now, I plan to slow down, enjoy time with family, and remember how good it feels to pause before the next climb.

—Clark Harmonson



Hit Pause When Your Brain Won't Stop Talking

We've all been there: lying awake at night, replaying conversations, imagining worst-case scenarios, or obsessing over things we can't change. Overthinking might feel harmless, but when those thoughts keep circling, they can take a toll on your mood, energy, and overall well-being.

So, how do you break the cycle? It starts with noticing what's happening in your mind. Next time your thoughts go into overdrive, pause and ask yourself: **What emotion is fueling this?** Maybe it's worry, guilt, or frustration. Recognizing the source is the first step toward loosening its grip.

Turn down the mental volume. When your brain feels stuck on repeat, try redirecting your energy. **Dive into a hobby, work out, learn a new recipe, or volunteer for a cause that matters to you.** Shifting focus gives your mind a break and can help you feel more grounded.

Breathing exercises also work wonders. Place one hand on your heart, one on your belly, and take slow, steady breaths in and out through your nose. It's simple, but it signals your body to relax and can help calm racing thoughts in just a few minutes.

Challenge your thoughts. Automatic negative thoughts (those instant, gloomy reactions) can trap you in "what ifs" and worst-case scenarios. **Write them down, seek a more balanced perspective, and see if you can do anything about them.** Taking small, thoughtful actions toward solutions can help quiet the mental noise.

And remember, you don't have to figure it all out alone. Talking to a trusted friend or a therapist can give you a fresh outlook on managing those runaway thoughts.

THE LONG ROAD TO JUSTICE

Staying the Course in Personal Injury Cases

Personal injury cases don't move fast, and they shouldn't. As I tell my clients, it's a marathon, not a sprint. Some cases are simple. You can get them done quickly and move on. But the bigger, more serious cases involving life-changing injuries take time. There's no shortcut through that.

When there's a lot at stake, both sides dig in. Your lawyer will fight for you, and the defense will fight just as hard to protect their bottom line. That's especially true in catastrophic injury cases. They often require multiple experts, extensive evidence, and medical documentation that takes time to gather. While the work is happening,



there are usually long stretches of waiting. Behind the scenes, your lawyer reviews records, talks to doctors, and prepares to counter the defense's arguments. I've learned over the years that patience isn't just helpful; it's necessary.

This work comes in waves. Some cases can move more slowly than others, and that can test your faith. We've had times when cases seemed stuck in place for months. It's frustrating, but that's part of the process. You do the work, stay the course, and those efforts eventually come together.

The hardest part for most clients is living through that waiting period. It's one thing to tell someone to be patient, but it's another when they're dealing with medical bills, time off work, or stress about what's next. I get that, but rushing never helps. I'm not a big fan of settlement loans, either. While I get the appeal for clients, they almost always make the long game longer. Those companies can end up making more money than the client. It's better to lean on family if you can, trust your team, and know we're doing what we can to get you the best resolution.

The process isn't easy. It takes time, effort, and a lot of faith. But in this work, faith pays off. When you stay patient and trust the process, the results usually follow. The fight might be long, but it's often worth it in the end.

SUDOKU

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SOLUTION ON PG. 4

Roast Beef With Caramelized Onion Gravy

INGREDIENTS

- 1 tbsp black peppercorns
- 1 tbsp mustard powder
- 1 tbsp dried thyme
- 1 tsp celery seeds
- 1 tbsp olive oil
- 4 1/4 lbs topside joint of beef

Gravy

- 4 tbsp flour
- 2 beef stock cubes
- 3 tbsp caramelized onion chutney
- 2-3 tsp yeast extract

DIRECTIONS

1. With a pestle and mortar, crush peppercorns, mustard powder, thyme, and celery seeds together.
2. Stir in oil, then rub into beef.
3. Preheat oven to 375 F and set seasoned beef in a snug roasting pan. Roast for 1 hour.
4. Remove from the oven, lift onto a platter, and cover with foil to rest 30 minutes.
5. For gravy, pour juices from the pan into a large measuring cup.
6. Let the juices separate, then spoon 2 tbsp of fat back into the pan. Discard remaining fat.
7. Top juices in the cup with boiling water to make 3 cups total liquid.
8. Heat pan with fat over medium heat and stir in flour, stock cubes, onion chutney, and yeast extract.
9. Cook for 1 minute, stirring, and gradually add juices/water. Bubble to thicken and serve with the beef.

Inspired by BBCGoodFood.com



When Pharmacies Get It Wrong

THE COST OF A SIMPLE ERROR

Most of us never think twice about the pharmacy counter. We hand over a prescription, grab the bag, and assume everything inside is right. Usually it is. But every now and then, a small mistake can turn into something dangerous. I've seen firsthand what can happen when a dosage error or a misfilled prescription puts a person's life at risk.

Errors like this start in different ways. A doctor might write the wrong dose, and nobody double-checks it. A tech under pressure could type a zero in the wrong place. Some stores rush their people to move faster and fill more scripts, which doesn't help anyone. But a pharmacist isn't just there to hand over pills. They're supposed to look at the order and ask questions when it doesn't make sense.

Years ago, I handled a case in which a doctor prescribed 10 times the normal amount of a blood thinner called Coumadin. The pharmacy filled it without a second look, and the woman who took it nearly died. But, thankfully, we held both the doctor and the pharmacy accountable. That case stayed with me because it showed how easily a system built for safety can fail when nobody slows down to think.

Pharmacies often point the finger at doctors. They'll say, "We just follow instructions." But that's not how it works. Pharmacists are licensed professionals for a reason. They're expected to use judgment and step in if something doesn't look right. That's part of their job. A pharmacist is the last line of defense for patients, but that kind of caution can get lost, especially in big pharmacy chains moving at a speed all about volume.

Still, even when negligence is clear, these cases are not easy. A lawsuit only makes sense if real harm occurred. I tell people all the time that you can have every mistake in the world, but if you're fine, there's no case. However, when a patient ends up in the hospital or with lasting injuries, that's different.

Pharmacists have a tough job, but it comes with responsibility. People trust them with their health and sometimes their lives. And when that trust is broken, it's up to lawyers like us to make sure someone answers for it.