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Solution

1	8	5	9	4	3	7	6	2
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Make a Splash!

Water Fun for the Whole Family

Few outdoor activities are more fun to do as a family than beating the heat in the water. A facility as simple as a community pool can offer fun for all ages, including wading, diving, and lap swimming.

As summer gets underway, consider making plans to try more complex aquatic sports as a family. Here are four exciting options that will inspire the whole family to take the plunge.

STAND-UP PADDLEBOARDING

This sport originated among Hawaiian surfers and began gaining momentum nationwide about a decade ago. Participants stand upright on a flat, buoyant board and propel themselves over lakes, rivers, and oceans with a single paddle. Paddleboards are bigger



than surfboards and are stable enough to hold a picnic in a waterproof bag!

SNORKELING

Snorkeling is a great family activity for all ages if you're vacationing near an ocean.

Flippers, watertight goggles, and snorkels are easy to rent or buy. Exploring the wonders beneath the waves is as easy as floating on the surface and paddling your flippers. While any clear ocean waters can be fun to explore, consider trekking to Hawaii or Cozumel to see spectacular schools of fish and rock formations.

CANOEING AND KAYAKING

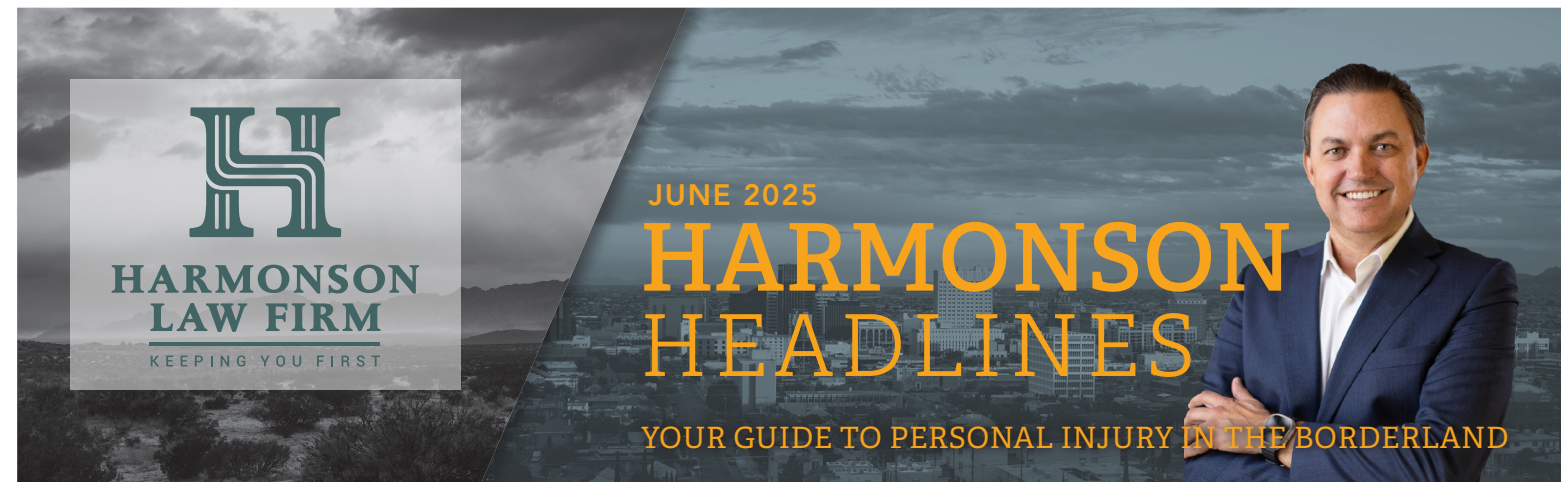
Few aquatic activities offer more opportunities for reflection and quiet conversation than paddling a canoe or kayak. These watercraft

are usually available to rent near lakes and rivers, and, barring rough weather, navigating with them is relatively safe and easy. Pack a picnic, explore, and see what you can find along a river or lakeshore.

WATERSKIING

While this sport requires access to a speedboat and a skilled operator, arranging to try it can offer unforgettable thrills. Nothing can compare to the exhilaration as you first rise above the waves and stand on your skis; participants also get a full-body workout! Waterskiing poses a challenge for beginners when crossing the wake and keeping their legs beneath them, but the rewards are worth the effort!

This summer, consider vacationing near a body of water to explore these aquatic activities or others, such as sailing or bodyboarding. You will create lasting memories and may ignite passions your kids will enjoy for years!



A Crash, a Lesson, and a Warning

WHAT REALLY HAPPENS AFTER A CAR ACCIDENT

After years of helping accident victims navigate their cases, I never expected to be the one sitting in a hospital shaken up, bruised, and wondering what to do next. But recently, that's exactly where I found myself — in the middle of a wreck I didn't see coming.

It happened on a weekend, not long after my partner and I wrapped up a weeklong trial in El Paso. The case had gone well, and it was supposed to be a low-key day. I was driving some friends around town who had just moved back, showing them a few homes in the area. We were headed down Schuster near UTEP when another driver coming from the opposite direction made an unprotected left turn straight into us. It wasn't a tap — it was a head-on collision. All the airbags went off, and both vehicles were totaled.

We were lucky. There were no catastrophic injuries, but it was serious enough that EMS took us to the hospital to get checked out. I had blood running down my leg from where it hit the dashboard. No broken bones, thankfully, but I was sore for days. Still, what struck me most was what came after the wreck rather than during it.

By Monday morning, less than 48 hours after the crash, the phone started ringing. I got calls from referral services, people claiming they could help me set up appointments, and even someone who sounded like they were calling from an attorney's office. None of them had any business contacting me. I hadn't requested help from any of them, and my phone number wasn't even on the police report yet.

These kinds of calls are unethical and, in many cases, illegal. It's called barratry, and it's a serious problem in our industry. Someone, somewhere, handed over my phone number. It could have been a tow truck driver or maybe a shady referral chain, but the timing was no coincidence. And if it happens to me, it definitely happens to other people who don't know the warning signs.

The truth is that even as an attorney who's handled countless injury cases, the experience was frustrating. Getting a rental car took forever. Insurance paperwork piled up. My car — the one I really liked and had fully paid off — was gone in an instant. The replacement cost? More than the insurance check covered. It's the kind of thing you don't think about until it's your turn to deal with it.

The biggest takeaway for me wasn't legal. It was personal. I've always told clients to get medical care right away, keep good records, and avoid talking to people they don't trust. But now I understand how disoriented and overwhelmed you can feel when everything changes in a split second. And I wasn't even hurt badly.

So, here's my advice: If you're ever in a wreck, take a breath. Don't rush into anything, and be careful whom you talk to. And if someone calls you out of nowhere promising help? Hang up. Good help never starts with a cold call. Instead, talk to people you know. Ask friends or family for recommendations, and do your research before choosing a lawyer or medical provider. A little digging now can save you a lot of headaches later.

June is National Safety Month. We talk a lot about preventing accidents, and rightfully so. But it's just as important to know what happens after one. That's when people are the most vulnerable, and getting the right help at the right time can make all the difference.

—Clark Harmonson



SMART SCHEDULING FOR BETTER HEALTH

Fulfilling life's many demands should never come at the expense of your family's health. If your household's daily grind consists of juggling multiple schedules and commitments with little room for relaxation, you're not alone. Here are two ideas to help your family slow things down and better ensure everyone's physical and mental well-being stays positive as the hours fly by.

A SCHEDULE OVERHAUL

When work commitments, paying bills, coordinating transportation for your children's extracurricular activities, and other daily obligations lead to hurried and scattered interactions among family members, the American Heart Association recommends creating a new way forward. First, look closely at everyone's daily schedules over a week to see where gaps may exist and which activities could be scaled back to allow for more time spent together. You can start by choosing two 30-minute slots during the week and two hour-long slots on weekends to get everyone in one place. The goal is to have distraction-free time with your loved ones, so put away your computers and cell phones during these special moments.

STRESS-SMART STRATEGIES

Naturally, hectic schedules often lead to stress — not just for adults. In addition to providing children with all-important personal time with their parents and siblings, regular family activities can help parents better determine whether their kids feel undue pressure in any area of their lives. Although positive stress can help a young person rise to challenges — for example, studying for a big test or meeting the deadline for an important assignment — too much stress can hinder a child's coping skills and lead to anxiety and depression or physical symptoms such as headaches and stomach pains. Setting consistent daily routines — the same bedtime each night, for example, or regularly scheduling family time everyone looks forward to — will go a long way in helping them feel more in control of their days and encourage better communication with other family members.

Life is more than checking off items on our schedules. Any family can create a system that helps everyone feel happier and healthier in even the busiest times with only minor adjustments.

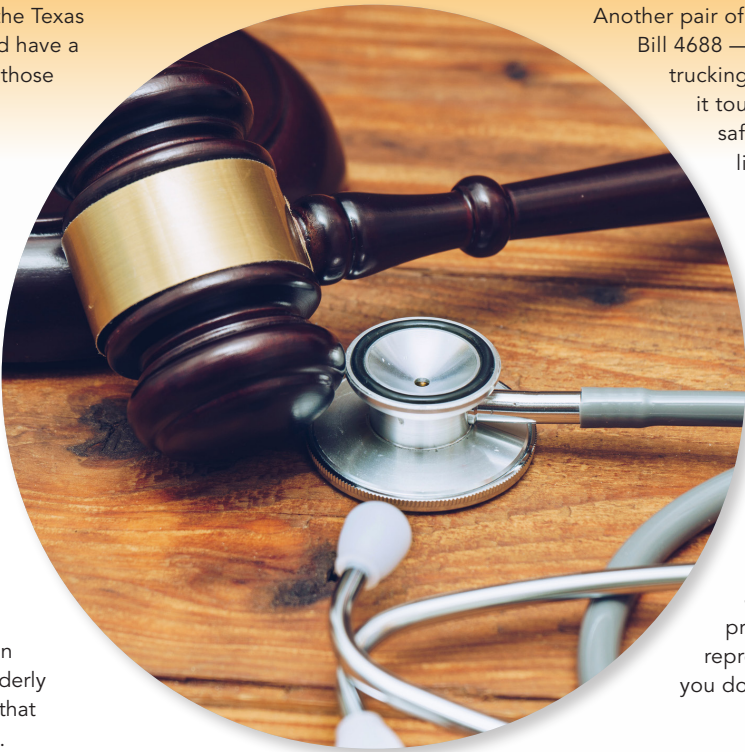


NEW BILLS THREATEN VICTIMS' RIGHTS
HERE'S WHAT TEXANS NEED TO KNOW

Some recent proposals making their way through the Texas legislature may not make headlines, but they could have a serious impact on personal injury cases, including those involving people hurt in car wrecks and trucking accidents. These bills wouldn't just tweak a few rules — they would make it harder for regular Texans to recover from major injuries and hold wrongdoers accountable.

One set of bills — Senate Bill 30 and House Bill 4806 — would put limits on what injured people can receive for things like pain, emotional trauma, or long-term suffering. They also take aim at how medical costs are reimbursed, especially for people who aren't insured or have had to use alternate arrangements like letters of protection. Instead of letting the jury weigh the full story and decide what's fair, the system would lean on rigid formulas to calculate what someone's injury is "worth."

That change would hit some people harder than others. A stay-at-home parent, a child, or an elderly person might not have much lost income, but that doesn't mean their suffering should count less.



Another pair of bills — Senate Bill 39 and House Bill 4688 — focus on lawsuits involving trucking companies. If passed, they'd make it tougher for juries to hear important safety details early in the case. Things like questionable hiring, texting while driving, or failure to follow proper procedures might not come up until late in the trial, if at all. That's a big shift. Juries need the full picture to make the right call.

Supporters say these changes are about reform, but they shift the weight of the system toward powerful companies and away from the people who've been hurt. Texans who believe juries rather than politicians or spreadsheets should be making important decisions in courtrooms are encouraged to speak out against this proposed legislation. Call your local state representative and state senator and tell them you don't want these laws on the books.

SUDOKU

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SOLUTION ON PG. 4

Teriyaki Beef Skewers

This light, flavorful dish of tender, marinated beef slices can serve as a protein-rich appetizer or a tasty entree for a summer evening.



INGREDIENTS

- 1 1/2 cups light brown sugar
- 1 cup soy sauce
- 1/2 cup pineapple juice (optional)
- 1/2 cup water
- 1/4 cup vegetable oil
- 3 large garlic cloves, chopped
- 4 lbs boneless round steak, cut into 1/4-inch-thick slices
- Bamboo skewers soaked in water

DIRECTIONS

1. In a large bowl, whisk brown sugar, soy sauce, pineapple juice, water, vegetable oil, and garlic together. Drop beef slices into the mixture and stir to coat.
2. Cover bowl with plastic wrap and marinate in the refrigerator for 24 hours.
3. Remove beef from marinade, shaking to remove excess liquid.
4. Thread beef slices on skewers in a zig-zag pattern.
5. Preheat grill to medium heat and lightly oil the grate.
6. Cook beef skewers for about 3 minutes per side until the meat is cooked through.

COOL OFF
CLOSE TO
HOME

El Paso's Best Summer
Swim Spots

When temperatures soar, families start looking for ways to beat the heat without leaving town. Fortunately, there's no better city for swimming than El Paso. From full-scale water parks to shaded pools tucked into neighborhoods, El Paso has become a city where summer swimming is one of the season's biggest highlights.

El Paso Waterparks operates four locations, each with its own theme and personality. Camp Cohen in the Northeast neighborhood features a lap pool, slides, and a lazy river. Chapoteo in Mission Valley offers a brightly colored splash zone for younger kids. Lost Kingdom, centrally located, leans into a jungle adventure theme, while Oasis, out in Far East El Paso, includes both thrill rides and relaxing water features.

For something more upscale, El Paso is now home to The Elmont Swim Club, part of the Montecillo development. This "resort-style" pool offers shaded cabanas, poolside service, and what many describe as a state-of-the-art swim experience. With access available through day passes and memberships, it's a solid option for anyone looking to relax in comfort while the kids burn off some energy.

In addition to the waterparks and private clubs, El Paso's city-run outdoor pools and aquatic centers also offer public swim times, swim lessons, and access to youth swim leagues. For families with younger children, local swim teams like the Fighting Frogs are a fun and supportive way to get involved. Competitive or not, these teams build skills and confidence. And based on turnout at local meets, El Paso's swim scene is bigger than many people realize.

Whether it's a shaded corner of a public pool, a sprawling water park, or a spot at a swim meet, there's no shortage of ways to cool off in the desert. When it comes to summer in El Paso, staying close to home might just be the best option.

