

- 1 Keeping Up With 3 Growing Kids
- 2 Rescue Dog Serves as a Lifeline to Traumatized Children
Protecting Your Case in a Digital World
Sudoku
- 3 St. Patrick's Day Shamrock Swirl Pie
How Independent Witnesses Move the Needle
- 4 Pack Like a Pro and Say Goodbye to Suitcase Overload

Solution

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



Your Carry-On, Upgraded

A Guide to Mastering the Minimalist Travel Mindset

We've all been there: juggling bags, hunting for space in overhead compartments, and wishing we had packed lighter. But with these five simple strategies, you can pack less, move faster, and enjoy your adventure instead of dragging it around.

CHOOSE A SMALLER BAG TO GUIDE YOUR PACKING.

We all have that impulse to pack "just in case," stuffing extra clothes and gadgets into our luggage because, well, there's room. But here's the trick: Pick a smaller bag than usual. A carry-on around 10 liters smaller than what you usually use acts as a gentle nudge, forcing you to rethink what you need.

BUILD A CAPSULE WARDROBE FOR TRAVEL.

Clothes are where overpacking really sneaks in. Instead of thinking in terms of outfits, think in terms of items. Build a travel capsule wardrobe of 10-12 mix-and-match pieces,

including shoes and jackets. These can cover a week or more. Don't stress about underwear; pack what you need outside the capsule. The goal is simplicity, flexibility, and style without the suitcase overload.

MAXIMIZE SPACE WITH COMPRESSION CUBES.

Packing cubes might not reduce the amount you bring, but they sure make it fit better. Compression cubes help you organize and compact your clothing, allowing even a modest bag to hold everything neatly.

KEEP TOILETRIES TINY AND SIMPLE.

Skip the half-bottle of shampoo and overstuffed toiletry bag. Travel-size containers for shampoo, soap, toothbrush, toothpaste, deodorant, sunscreen, and a few first-aid essentials are all you need. Bonus: Running

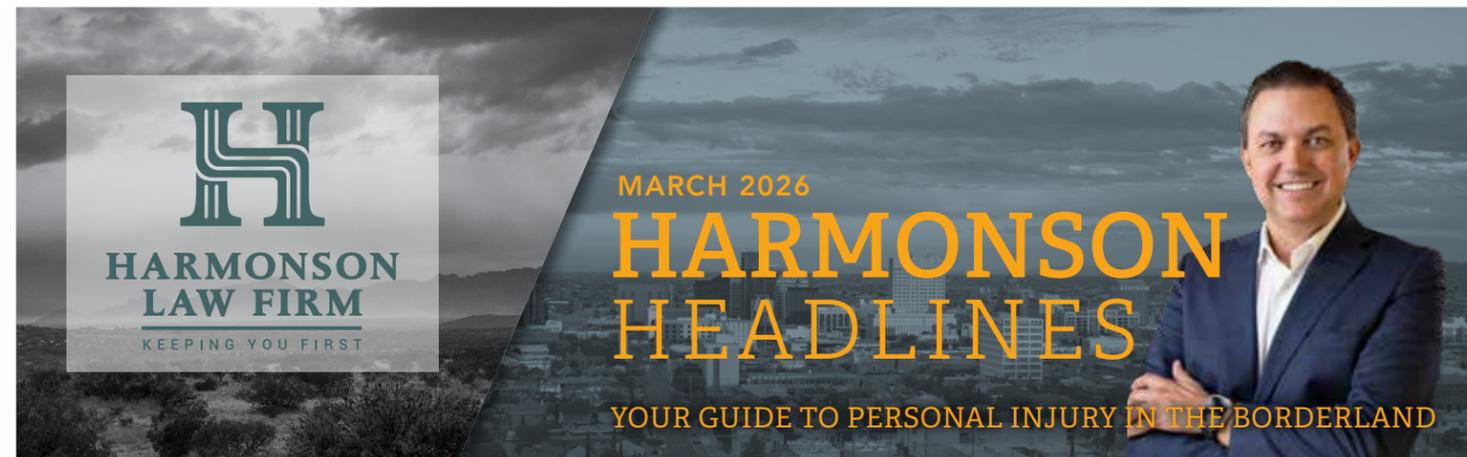


out of toothpaste gives you a perfect excuse to explore a local grocery store. You might even discover a quirky, new favorite.

THINK SHORT, EVEN ON LONG TRIPS.

Longer travel doesn't mean more packing. Essentials, such as your passport, phone, chargers, a water bottle, a comb, and a travel pillow, remain constant. Clothing? Keep it minimal and plan to do laundry. Sink-washing, hotel services, or local laundromats all work. A few spins in water and a quick hang to dry is surprisingly effective.

Travel lighter, explore further, and enjoy the freedom that comes from packing smart. Less baggage means more adventure, and a little extra space for souvenirs.



In the Middle of the Sandwich

THE SWEET SPOT OF PARENTHOOD

A lawyer friend once told me that when your kids are at home, you're in the "middle of the sandwich," and that's the best part of life. That line stuck with me. Right now, that's exactly where we are. Clayton is 20, Claire is a senior at El Paso High, and Winton is 7. We're getting one kid through college, another ready to leave, and still packing elementary school lunches. It's a lot, but it's a good kind of busy.

Looking back, becoming a parent was the most significant life change I've ever had. Getting married is a big deal, of course, but it's still just you and your spouse. Once kids show up, they take over your life in a good way. I honestly don't even remember what we did before we had kids. Our world became about them, and it still is.

This spring, that's showing up in a new way as Claire starts choosing where she wants to land next. She's been accepted to several small schools around the country, including some in Florida, the Pacific Northwest, and here in Texas. We'll be taking trips to see what feels right for her. When Clayton was at that stage, Sheri and I split the travel costs. She took him to some schools, and I took him to others. I expect it'll be the same with Claire. Those one-on-one trips are fun. You don't always get that kind of time together once kids hit the teenage years.

With three kids at such different ages, our house feels like three seasons under one roof. We have a college student finding his way, a senior getting ready to launch, and a first grader who's still a wild man. It makes me think about how I parent now and what I hope all three carry with them.

Each of our kids has their own way of moving through the world. Clayton is into fashion and music and loves big-city life. When I was his age, I was a typical West Texas kid trying to pay my own way. By 19, I was basically on my own. That still shapes how I think about being a dad. With my kids, I've been more of a safety net, and I'm glad I can give them a bit more support than I had.

Claire and I are wired a bit more alike. She's on the quiet side, likes to read, and enjoys her private time. We can sit with a book or walk together without feeling the need to talk the whole time. Winton, however, is an entirely different story. He's young, loud, and full of life. Some days, it feels like we're just trying to survive his wild man years. Parenting a first grader at this stage of life feels different from it did the first time around, but the basics are the same. You show up, set some boundaries, and try to do right by them.



I really push one lesson with all our kids, and it's simple: Keep learning, and do something that matters. I know what a benefit it was for me to get an advanced degree, and I tell Clayton that as he studies accounting and Claire as she looks at psychology. I want them to find work that's interesting and useful and keep stretching themselves.

If they ever read this article, I'd hope they take one thing from it. We love them and will always be there for them. And as strange as it is to watch them grow and leave home, I'm grateful for this middle-of-the-sandwich season and excited to see what they do with their lives.

-Clark Harmonson



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

A FORMER STRAY HELPING OTHERS HEAL

Just three years ago, law enforcement officers in Brevard County, Florida, picked up a scruffy stray dog with bad skin allergies who was wandering the streets. Seeing potential in the mutt, they enrolled him in a training program for therapy and comfort dogs.

In a remarkable transformation, the former stray was recently named a national “hero dog” for comforting dozens of elementary school students after a mass shooting at Covenant School in Nashville, Tennessee. Guided by his handler, Faye Okert, Sgt. Bo offered snuggles, warmth, and emotional support to children traumatized by the tragedy. “When he walks into a room, he knows who needs his help,” Okert says. “They instantly feel safe and comforted.”

Sgt. Bo seemed destined for a shelter for homeless pets in 2022 when the Brevard County Sheriff’s Office enrolled him in their Paws and Stripes College, a program that trains carefully selected homeless dogs to be therapy and comfort companions. After learning about the program, Okert, an officer at the time with the Metropolitan Nashville Police Department, contacted the College to adopt a graduate of the program.

After seeing Sgt. Bo’s photo, however, Okert almost passed him up. He was battling skin allergies at the time and looked so scruffy that Okert was afraid people would make fun of him. She traveled to Florida, planning to ask for a different dog. But after watching Sgt. Bo in training and meeting him face-to-face, she realized she had found the right one. She describes Sgt. Bo as “an old soul in a young dog’s body” who enjoys helping humans in distress.

One of Sgt. Bo’s early assignments was to comfort Covenant School’s surviving students as they were reunited with their parents after the 2023 shooting, which claimed the lives of three children, three adults, and the shooter, a former student.

Sgt. Bo was selected by the American Humane Society as America’s 2025 Hero Dog for his service to the kids of Nashville, beating out four impressive canine runners-up. Hundreds of dogs are nominated every year for the award, and the public then votes on five semifinalists.

Calling Sgt. Bo’s story “inspiring,” Humane Society President Dr. Robin Ganzert said, “This scruffy superstar embodies everything the American Humane Society looks for in a dog: service, resiliency, and love.” His work, she added, “is a beautiful testament to the healing power of the human-animal bond.”



THINK TWICE BEFORE YOU POST SOCIAL MEDIA VS. YOUR CASE

A few months ago, I wrapped up a case that is the perfect example of why I worry about social media after a wreck. My client was pretty seriously hurt in a crash and ended up needing cervical surgery. In the middle of all that, her family came to visit, and they decided to drive up to a little mountain town outside El Paso.

They stopped at a trailhead, lined up for a family picture, and she posted it on Facebook. It was the only thing she had done since the wreck. When we got to her deposition, the defense lawyer came in hot with that picture. The story they wanted to tell was simple: “If you are hurt, how are you out hiking in the mountains?”

The truth was different. She took the photo and then sat on a bench while everyone else went on the trail. But that is not what the picture showed. Online, it looked like she was out there having the time of her life, and the defense tried to spin it that way.

The problem wasn’t that she went on the trip. I never want anyone to stop living their life. I always



want people to enjoy doing what they can do, and I’m not going to tell someone to stay shut up in their house during a case. What I do tell them is to be careful about what they post. Lawyers will look for it. I’m going to look for it. Something that seems innocent can come back to hurt you.

I’ve also used social media posts myself to argue a point. In another case, I sued a bar that over-served its employee. He was out of his mind and badly injured my client. When I pulled up the bar’s social media, it was full of “come get blitzed” posts, and those were front and center at the corporate rep’s deposition.

The bottom line here is simple. If you’re going through a personal injury case, assume somebody will be reading anything you post. Live your life, but think twice before you give the other side free evidence.

THE EXTRA SET OF EYES YOU NEED

Why Witnesses Matter After a Wreck

In many wreck cases I handle, the story starts the same way. Two cars collide in an intersection, and both drivers swear the other one ran a red light. When a client comes to see me, they’ll often say, “Well, you can just get the camera footage from the intersection, right?” Most of the time, the answer is no. There isn’t usually a magic video that shows exactly what happened.

That’s where witnesses come in.

When I talk about witnesses, I mean independent witnesses. That’s just a fancy way of saying someone who isn’t your family member and isn’t your friend. They’re just a person who happened to be there and saw what happened. Insurance companies put a lot more weight on what those people say. Family and friends can still be important, but adjusters almost always assume they’ll be on your side. An independent witness, however, can be the difference between the insurance company accepting fault or treating your case like a tie they don’t have to break.

Once a wreck happens, you can’t go back and replay it. That’s why if someone saw what happened, I always tell people not to leave it all in the hands of the police. Don’t assume the officer will put every witness’s name and phone number in the report. Sometimes they do, but a lot of times, they don’t.

If you’re able, ask any available witnesses for their name, number, and how they saw the wreck. Even a quick note in your phone will work. Later, that person may be the one to clear up who really had the green light.

Sometimes, the “witness” isn’t a person at all. In one fatality case I was involved in, the police report didn’t really assign fault. I ended up finding a video of the at-fault driver going about 100 miles an hour on a local social media page called FitFam El Paso. I tracked down the business that recorded it and had the owner confirm what we were seeing. That video and that owner made all the difference.

Not every case turns on a witness, but when fault is disputed, the right one can change everything. If you’re in an accident and someone saw it, get their info before they disappear.



St. Patrick’s Day Shamrock Swirl Pie

Need a St. Paddy’s treat to bring to the potluck? This green mint chocolate pie will save you from a few pinches!

INGREDIENTS

- 1 cup heavy cream
- 8 oz cream cheese, softened
- 1 cup powdered sugar
- 1 tsp vanilla extract
- 1/2 cup mint chocolate chips
- 1/4 cup green food coloring, for vibrant color
- 1 premade chocolate pie crust
- 1/2 cup chocolate syrup, for drizzling

DIRECTIONS

1. In a mixing bowl, whip heavy cream until stiff peaks form.
2. In a separate bowl, beat softened cream cheese until smooth.
3. Add powdered sugar and vanilla to cream cheese, mixing until well combined. Then, gently fold whipped heavy cream into the mixture.
4. Divide mixture into two bowls. In one bowl, add mint chocolate chips and green food coloring.
5. Layer mixtures into chocolate pie crust, alternating between mint mixture and the plain mixture.
6. Drizzle chocolate syrup over top.
7. Cover with cling wrap and refrigerate for at least 4 hours to set. Slice and serve chilled.

SUDOKU

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

SOLUTION ON PG. 4