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Injured Texans Face Another Hurdle
Sudoku
- 3 Slow Cooker Brisket
Drunk Driving Still Wrecks Lives in Texas
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Solution

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



Less Scrolling, More Strolling

The Case for a Daily Walk

As the temperatures dip and daylight starts to dwindle sooner in the evenings, staying active often falls to the bottom of the priority list. It's easy to settle into the routine of indoor comfort with more screens and less movement. However, carving out time for a daily walk, even in the chillier months, is a simple and effective way to stay physically and mentally sharp.

FALL AND WINTER ARE NATURE'S UNDERRATED WORKOUT MONTHS.

There's something calming about a quiet sidewalk covered in fall leaves or a peaceful neighborhood dusted with frost. The colder seasons offer a refreshing and grounding change of scenery. A short walk outdoors allows you to unplug and take in the subtle beauty that's easy to miss when you're rushing from one indoor task to the next.

THE SCIENCE OF SEASONAL MOVEMENT IS REAL.

Cooler air does more than wake you up. It makes your body work harder to stay warm, thus increasing the calorie burn of even a



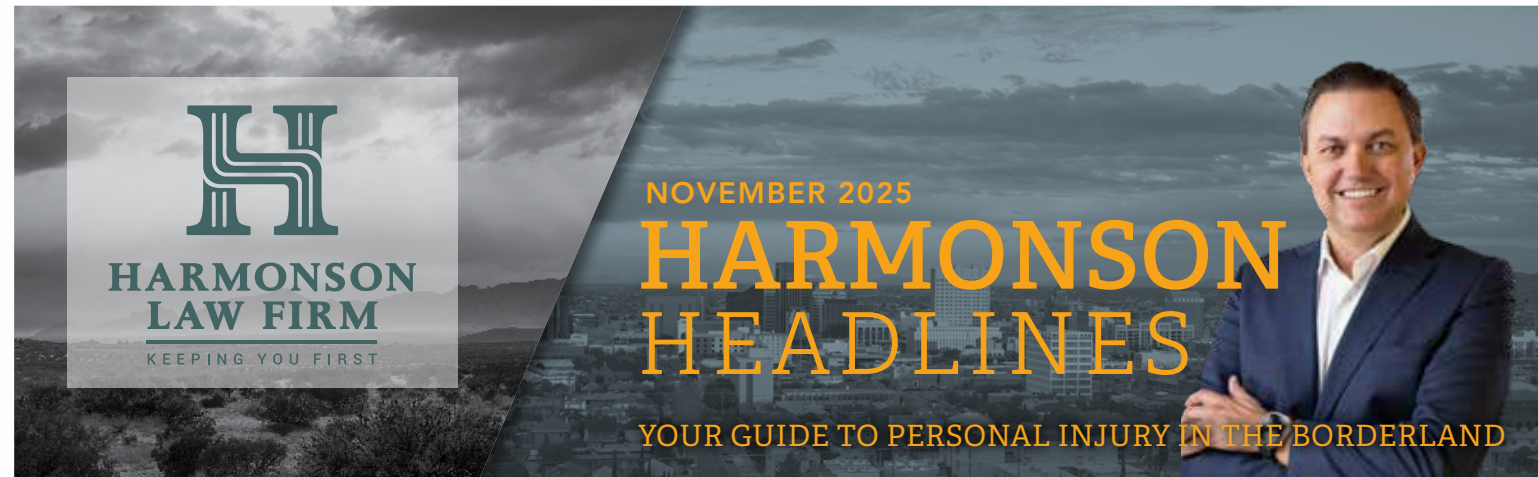
casual stroll. That quick burst of movement in the cold can also boost circulation, improve energy levels, and clear mental fog, especially if you've been sitting at a desk for most of the day.

CREATE A COZY ROUTINE YOU LOOK FORWARD TO.

One of the best ways to stay consistent during these cooler months is to make your walk enjoyable. Layer up in comfortable gear, choose a playlist or podcast you love, and set a daily reminder to step outside. Whether it's 10 minutes around the block or a long weekend loop, consistency matters more than intensity.

MAKE IT SOCIAL, REWARDING, OR BOTH.

If you aren't feeling motivated solo, ask a friend or neighbor to join you a few times a week. If you prefer going alone, add a small reward: a stop for a warm drink, or the satisfaction of checking it off your daily goals list. These little incentives can make your walk something to look forward to.



Gratitude That Lasts Beyond the Case

REMEMBERING CLIENTS WHO SAID THANK YOU

November always makes me think about gratitude. With Thanksgiving around the corner, part of it is the time of year, but it goes deeper than that for me. Gratitude is at the center of my work as a lawyer. Every case is stressful for the person living it, and when it wraps up, the gratitude they show can stay with you for years. I've had plenty of moments like that; some are still fresh in my mind today.

One that stands out involves an elderly client, a woman in her 80s who was prescribed 10 times the correct dose of a blood thinner. By all accounts, she shouldn't have survived. She was strong and full of life, though, and she pulled through after a long recovery. We resolved her

case against the doctor and the pharmacy, and at the end, her family showed us incredible kindness. She gave my partner and me beaded rosaries as a thank-you. Neither of us is Catholic, but that didn't matter. It was her way of showing appreciation, and that meant a lot.

That wasn't the end of it either. About a year later, her family referred another woman to us who needed help after a serious accident. That's gratitude in action. It's one thing for someone to thank you at the end of their own case, but when they put their trust in you again and send someone they care about, that's even more meaningful.

There have been other times when gratitude came full circle. I had a young client years ago who was in college when he was hurt in a car wreck. During the case, he told me he wanted to attend law school. I've heard that from plenty of clients, but it usually doesn't go anywhere. I encouraged him anyway. Years later, I learned he followed through. He's a lawyer today, and I count him as a colleague. It's something I never expected, and it reminded me how our work can ripple beyond the courtroom.

Sometimes, gratitude shows up in smaller ways, too. A Google review may not seem like much, but those mean the world to us. I tell clients it's not just about marketing. It helps us find more good people like them to keep doing what we do. Of course, it doesn't always have to be online. A handwritten note carries its own weight, and I used to send thank-you cards myself after cases wrapped up. I've fallen out

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



of the habit, but being in our new office has me thinking about starting again. Saying thank you should go both ways.

Not every case is easy. Some stretch on for years, through mistrials, new judges, and plenty of obstacles. I had one that lasted longer than any case in my career. When we finally resolved it, our client cried because he had been heard. That kind of release is powerful. Gratitude in those moments runs both directions. The client finally gets some peace, and I'm reminded why I do this work.

Outside of my family, this is my purpose. I'm grateful every day for the chance to help people through some of the hardest times in their lives. I never take that trust lightly, and it keeps me showing up to fight for clients.

—Clark Harmonson



HOW A WORLD CUP QUALIFIER EXPLODED INTO A REAL WAR

In the summer of 1969, what should’ve been a sweaty, rowdy World Cup qualifier turned into one of history’s strangest armed conflicts. El Salvador and Honduras, two Central American neighbors with a long history of simmering tension, found themselves lacing up not just for soccer but for war.

The fuse? A three-game soccer series, drenched in passion, politics, and pent-up resentment. The first match in Honduras ended with riots. The second, in El Salvador, saw tensions combust into full-blown violence. The third, a tiebreaker in Mexico City, sent El Salvador to the World Cup and straight into a diplomatic meltdown.

But let’s be clear: This wasn’t just about the games. Behind the brawls were deep-rooted land disputes, decades of migration, and resentment over Honduran land reforms that displaced many Salvadoran settlers. The soccer field was just the stage for long-simmering tensions.

On July 14, El Salvador used that World Cup qualification game to send troops across the border. Blackouts darkened both capitals as air strikes lit up the skies. For four days, just 100 hours, the conflict raged. The war ended almost as quickly as it began, thanks to pressure from the Organization of American States, but the damage lingered. Nearly 3,000 people were killed or injured. It shredded diplomatic ties — and it took 11 years for a peace treaty to be signed.

To this day, many Salvadorans regard the “Football War” as a moment of national pride, proof that even a tiny nation can pack a serious punch when pushed too far. So, next time someone tells you sports aren’t political, remind them that in 1969, a soccer ball started a war.



THE FIGHT OVER PAIN AND SUFFERING TEXAS LAW JUST RAISED THE BAR

When most people think about injury claims, the first things that come to mind are medical bills or paychecks lost during recovery. Those matter, of course, but they are not the whole picture. What about the pain that lingers long after the cast comes off or the hobbies you can’t do anymore? That is where pain and suffering damages enter the picture, and in Texas, those claims have become much tougher to win.

The Texas Supreme Court underscored that in *Chohan v. New Prime, Inc.* The court ruled that juries cannot hand out large awards for mental anguish or physical pain unless there is clear evidence connecting the amount to the injury itself. Put simply, it is no longer enough to say a person hurts. Lawyers must now explain why a certain number makes sense for that specific client.

From where I sit, this gives insurance companies another advantage. They already resist paying fairly, and now they can use this ruling as another reason to push back. I have said before and still believe that both the Supreme Court and the legislature here in Texas are steadily closing the door on injured people.



The new standard demands more detail. To prove pain and suffering, you need medical notes, doctor testimony, and sometimes even journals or day-to-day accounts of how life has changed. You now have to connect your pain to the way it keeps you from working, sleeping, or enjoying life like you used to. I have seen how this plays out.

Clients with legitimate injuries sometimes get low offers because they cannot “prove” their pain in the way the law now requires. Insurance companies know it, and they take advantage. They count on people settling early for far less than their case is worth.

It looks like Texas law may keep trending in this direction, making recovery harder, but that does not mean injured people have no hope. It means they have to be prepared. It means gathering the right evidence early and telling their story in a way a jury can understand. Pain and suffering are not just legal terms. They are daily realities, and those realities deserve to be valued.



WHEN ALCOHOL TURNS THE WHEEL

Moving Forward After a DWI Accident

Drunk driving is still taking a terrible toll on Texas roads. There were more than 22,000 crashes tied to alcohol in 2024 alone. These accidents caused 2,200 serious injuries and more than 1,000 deaths. That adds up to nearly 1 out of every 4 traffic-related deaths in the state. These numbers are heartbreaking, but they don’t tell the whole story. What they don’t show are the families left behind facing hospital bills, grief, and a future that was changed in an instant.



If you ever find yourself in any type of accident, you first need to call 911. Police reports are the foundation of your case, and they’re critical in accidents involving an impaired driver. The criminal and civil courts will use the police report to get a picture of what happened. Also, you should always see a doctor after an accident. It doesn’t matter if you feel okay. I’ve seen many people skip this step only to find their injuries were much more serious than they first thought. It’s also smart to snap photos to get visual evidence of the scene if you can.

Drunk driving cases move in two lanes at once. On the one side, you have the district attorney pursuing criminal charges. The civil process is on the other side. That’s where I come in. My job is to help you fight to recover the money you deserve for hospital bills, missed work, and the harder-to-measure pain and suffering. Insurance companies will push back to deny your claim even in seemingly clear-cut cases. That’s why you need someone in your corner who will fight to protect your rights.

I also recommend resources outside the courtroom, including Mothers Against Drunk Driving (MADD). They connect families with victim services and other much-needed support. Being hit by a drunk driver is one of the most preventable tragedies on the road, but you don’t have to recover alone. What matters most is having the support you need to get better and move on.

SUDOKU

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SOLUTION ON PG. 4

Slow Cooker Brisket

INGREDIENTS

- 1 (1-oz) envelope onion soup mix
- 1 tbsp brown sugar
- 1 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 3-lb piece of beef brisket (flat cut)
- 8 fresh thyme sprigs
- 8 whole garlic cloves
- 2 bay leaves
- 1 lb carrots, peeled and cut into 2-inch pieces
- 1 lb baby golden potatoes
- 3 celery stalks, cut into 1-inch pieces
- 1 large sweet onion, cut into 8 wedges
- 2 1/2 cups beef stock
- 2 tbsp Worcestershire sauce
- 2 tbsp cornstarch

DIRECTIONS

1. In a small bowl, combine soup mix, sugar, salt, and pepper. Sprinkle over brisket.
2. Place meat, fat cap side down, into an 8-qt slow cooker.
3. Top brisket with thyme, garlic, bay leaves, carrots, potatoes, celery, and onion.
4. Whisk stock, Worcestershire sauce, and cornstarch until fully dissolved. Add to slow cooker.
5. Cover and cook on high for 5–6 hours until tender.
6. Remove to a cutting board, fat side up. Remove thyme and bay leaves.
7. Thinly slice brisket against the grain.
8. Serve with vegetables, drizzled with gravy from the slow cooker.

Inspired by ThePioneerWoman.com