



Building Bridges, One Word at a Time

MY RENEWED RESOLUTION TO LEARN SPANISH AND CONNECT WITH THE COMMUNITY

I believe in New Year's resolutions, and I think they're important. But I also know big, grandiose resolutions are hard to achieve, so I try not to be too hard on myself if I don't achieve them. But I will say that one resolution I've kept in the last year (and am still working on) is speaking Spanish better. I call it my *"renewed resolution."*

I took two years of Spanish in high school and then again in college. In theory, that's good enough, but languages are one of those things that you lose if you don't use it frequently. So, I'm now finding myself having difficulty communicating with some of our clients, which puts me at a disadvantage as we're based in a predominantly Hispanic community. That reason alone is the driving force behind my renewed resolution.

One advantage I do have in my Spanish resolution is that most of our clients also speak English. However, there are some who don't, and I need help communicating with them. I'm not saying there's anything wrong with that; in fact, I'm very thankful for the help and don't anticipate I'll stop needing help anytime soon. But I can't deny the fact that bridging the language barrier is something I need to work on — not just for the firm but for the community as a whole.

Just imagine how many more people I could help if I were fluent in Spanish. I feel like I miss out on so many opportunities to engage with people because of the language barrier. Another drive behind my passion is that if the Hispanic community embraces the English language, why shouldn't I do the same for them? And on top of my dedication to my renewed resolution, I have a secret weapon helping me: the Duolingo app.

Duolingo is a free app that works like a game. As you learn, you move up in leagues. The final league is called the Diamond League, and if you excel there, you go to the Diamond Tournament. You win the tournament if you finish in the top five for three consecutive weeks. Last year, I was in the top 2% of learners on the app. Ultimately, I did make it to the Diamond League and win the tournament. I didn't know what I would win or expected to win, but it turned out to be the grand prize of learning more Spanish.

The trick to learning Spanish is picking up the vocab, starting with the nouns that tell you what you're talking about. Where I start to struggle is the verbs. I am pretty good at understanding the present tense, but struggle with the past tense. It's a learning curve like anything else, right? I don't know everything, but I know enough words and how to put them into sentences.

Aside from the Diamond League, there are two cool things about the app. One is the incorporation of AI characters. There's a character on the app is named Lilly, a funny, apathetic teenager you can chat with. Winn's even been getting into the learning, saying, "Oh, daddy, let's talk to Lilly. He loves saying, 'Nos vamos!'"



The other fun aspect of the app is the friend streak; I currently have almost a 500-day streak! I discovered that my mom's cousin is on Duolingo, and we have a friend streak going! Every time she does a lesson, I do a lesson. It's a fun way to keep up with family while growing my language skills.

Duolingo is a fantastic vehicle if learning a new language is part of your 2025 New Year's resolutions. While our motivations behind learning may slightly differ, having the desire and willingness to learn how to engage with different people is what lays the foundation for unity in our communities and across the globe.

-Clark Harmonson

This Beautiful City Is Straight Out of a Fairy Tale
Add Sintra, Portugal, to Your Travel Plans!

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Solution



As spring break nears, you might already have plans to travel to Punta Cana, London, Key West, Paris, or a similar destination city. One more to add to your travel checklist is Sintra, Portugal. This beautiful town rests on the hills of Serra de Sintra, just outside the capital, Lisbon. The two castles within the city are the main draws, and it's easy to see why.

PENA PALACE AND GARDENS

The National Pena Palace and Gardens are absolutely stunning. The palace is adorned in primary colors, with intricately carved yellow, red, and

blue buildings. It'll cost you 10 euros to explore the grounds and a couple of extra euros to go inside, but it's worth it! The carvings include many styles, including Neo-Islamic and Neo-Renaissance. Everything is opulent, and you'll have a great time as you take in the extravagance. Some rooms are painted as an optical illusion, with doors and hallways looking three-dimensional when they're just flat.

Once you head back outside, the rest of the grounds are just as lovely. The enormous gardens have many trails, marked and unmarked. You can get lost in the beautiful oasis, and we encourage you to put aside at least half a day to explore the gardens.

QUINTA DA REGALEIRA

Quinta da Regaleira is the city's second significant castle boasting beautiful gardens, but its main draw is the initiation well. This 80-foot-deep well is a wonder as it sinks into the earth with mossy walls. We suggest you go early, as this is another big attraction for those visiting the city, and officials try to keep people moving as they arrive, mainly as it's one-way traffic on the steps themselves. Once on the grounds, you can explore many grottos by following their main paths. The castle itself isn't as opulent as Pena Palace, but it's still a lovely location to visit.

Sintra is perfect for any vacation, and though these are the main draws for the city, by no means are they the only ones. We encourage you to check out this city and see if it fits your travel plans.

HIGH-PROTEIN GRAINS THAT CAN TRANSFORM YOUR DIET

If you’re trying to build muscle or improve your overall health, you already know how vital ample protein is to your diet. Most people turn to lean meats, eggs, nuts, seeds, and even dairy to add protein to their diet, but many don’t consider grains a great protein source. However, a few excellent high-protein grains can provide the same benefits as other protein sources while supplying us with more fiber and other essential nutrients.

Any grain with more than 4 grams of protein per cup is considered high-protein. You can find most high-protein grains at any supermarket, but you should head to the closest Whole Foods for the best selection. If you’re unsure where to start, here are three high-protein grains you can easily incorporate into your diet.

OATS
You likely already have oats in your pantry. This all-purpose grain is gluten-free and packs 6 grams of protein and 4 grams of fiber per cup. You can add oats to breads, desserts, and various breakfast dishes.

QUINOA
This high-protein grain has grown in popularity significantly in recent years, and for good reason. One cup of cooked quinoa adds 8 grams of protein and 5 grams of fiber to your diet. Most people use it as a substitute for rice in soups and salads, but its uses go far beyond that. Some might even enjoy it as a hot cereal to replace sugary breakfast options.

SORGHUM
If you haven’t heard of sorghum, get ready because it’s taking the country by storm. Sorghum is a staple in many Indian and African dishes. A cup of cooked sorghum will have around 7 grams of protein, 4 grams of fiber, and all the B vitamins, iron, and magnesium you need to improve your overall health.

Other high-protein grains worth investigating include millet, buckwheat, wild rice, and teff. Once you discover the power and magic of high-protein grains, you’ll wonder why you didn’t explore them sooner.



THE POWER OF EXPERT WITNESSES
ENHANCING PERSONAL INJURY CASES WITH SPECIALIZED INSIGHT

From medical malpractice to trucking accident reconstruction, expert witness testimonies are crucial in clarifying and providing credibility in high-stakes, complex cases. The responsibility of an expert witness is to provide valuable insight into case-specific areas beyond basic understanding, helping jurors comprehend intricate details they would be otherwise unfamiliar with. Expert testimonies further assist attorneys in explaining the long-term impact of injuries, determining causation, and establishing a future standard of care. Without these experts’ aid in a personal injury case, the likelihood of success for the client is significantly decreased.

4 EXPERT WITNESSES COMMONLY USED IN PERSONAL INJURY CASES



Trucking Industry Experts
Navigating the complexities of a trucking accident can be very convoluted, which is why field experts are paramount. Contributions from these experts can detail how the wreck happened and what the company did wrong — from identifying driver negligence to equipment failures. This can prove liability falls on the truck driver or company itself.

Medical Experts
Medical experts are typically physicians and other medical professionals who specialize in a specific area

of medicine relevant to the case. They can provide professional opinions on the long-term impact of the victim’s quality of life, prognosis, and causation. For example, medical malpractice cases are expert-driven and will be dismissed without an expert.

Economist Experts
An economist is a highly skilled professional specializing in calculating economic damages, such as the financial impact of a victim’s retirement benefits from the loss of contributions, the cost of third-party cleaning services due to physical impairment, or the amount of lost wages. These experts are important because the courts need a dollar amount reflecting today’s figures. Analyzing these areas determines the financial impact in ways an accountant would not have the expertise to do otherwise.

Forensic Psychologists
When a traumatic event occurs, forensic psychologists conduct psychological assessments that provide insight into a victim’s mental and emotional state after injuries from a traumatic event. This expert is essential in formulating fair compensation because it adds another layer of understanding to the injury beyond physical impairment.

Having the right expert witnesses plays a significant role in strengthening your case. At Harmonson Law Firm, we have relationships with an extensive network of top-of-the-line experts who will bring your case to life. The jury will understand what happened to you and how it affected you. If you have suffered a severe injury, call the attorneys “with a personal touch” at **(915) 221-2245**.

SUDOKU

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SOLUTION ON PG. 4

Vegan Taco Bowl With Tofu Crumbles



INGREDIENTS

- 2 garlic cloves, minced
- 1 tsp onion powder
- 1 tsp ground cumin
- 1 tsp black pepper
- 1 tsp dried oregano or epazote
- 1/2 tsp salt
- 2 chipotle chilies in adobo sauce, chopped
- 2 tbsp adobo sauce
- 16 oz extra firm tofu
- 2 tbsp olive oil
- 1 cup diced yellow onion
- 2 cups cooked quinoa
- 1/2 cup salsa of choice

DIRECTIONS

1. In a large mixing bowl, combine garlic, cumin, black pepper, oregano, salt, chipotle chilies, and adobo sauce.
2. Drain the block of tofu and gently squeeze out the extra liquid using paper towels. Then, crumble tofu using your hands, add to mixing bowl, and toss to coat with spices.
3. Heat olive oil in a large skillet over medium-high heat. Add onion and sauté for 3–4 minutes.
4. Add tofu crumbles and cook for 6 minutes. Add salsa and cook for 1–2 minutes.
5. Fill serving bowls with quinoa. Layer tofu taco meat over the quinoa, then top with extra salsa and other garnishes like lime juice, jalapeños, cilantro, avocado, and sliced radishes.

Inspired by BowlsAreTheNewPlates.com

BOUNCE BACK STRONGER

Smart Strategies for Returning to Exercise After an Injury

2025 is here, and it’s the perfect time to jumpstart your fitness goals. But when you’ve been injured, reintroducing exercise to your daily routine can come with unique challenges. Depending on the type of injuries you’ve sustained and their severity, recovery can be slow going — but not impossible. Before joining your local gym, think about these important considerations as you tackle your fitness resolutions.

CONSULT WITH YOUR DOCTOR FIRST.

While exercise is essential to recovery, it needs to be approached within the parameters of your doctor’s advice. Jumping right into physical activity after being injured in an accident can do more harm than good and could cause further injury. Be sure to consult with your doctor before engaging in any strenuous activity.

START SLOW AND TAKE IT EASY.

Taking it easy can be very difficult when you have your mind set on reaching your goals, especially if you were a physically active person before your injury. However, having patience with yourself is going to be vital. Once your doctor approves incorporating physical activity into your routine, start your exercises slowly and gradually increase intensity as your body adjusts. If you feel pain or experience swelling, consult your doctor.

TAKE STRETCHING SERIOUSLY.

Many underestimate the power of stretching before working out, but it’s fundamental to your recovery, especially after an injury. Stretching can improve your joint’s range of motion, increase blood flow to muscles, and decrease tension and strain on those muscles.

While stretching is critical to reaching your fitness goals, overdoing it can also delay your recovery and damage specific muscles and tissues, so be careful like you would with normal exercises.

SEEK THE ASSISTANCE OF A PERSONAL TRAINER.

Working with a personal trainer is the best way to stay focused on your recovery and remain consistent with your progress. Training from a professional enables you to perform appropriate exercises according to the injuries you’ve sustained and your stage of recovery.



An injury isn’t the end of an active lifestyle. By following your doctor’s advice and listening to your body throughout the process, the road to recovery doesn’t have to be a long journey. Let 2025 be the year you find the strength to reach your fitness goals.