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Solution



Escape April Showers This Spring

3 VACATIONS SPOTS TO AVOID SEASONAL GLOOM

April showers bring May flowers, but you don't have to stick around to wait for them to bloom. Escape to these three destinations and enjoy the new life of spring without the rain.

AMSTERDAM, HOLLAND, NETHERLANDS

Why wait for May to see spring flowers? All April long, Holland sports the most beautiful colors in the world, and people from all over the globe go enjoy the Keukenhof Garden Festival. This festival has occurred for 75 years, and as it's only 30 minutes away from Amsterdam proper, you can experience the best of both worlds. Explore the thousands of tulips during the day and then spend time in the city, exploring the beautiful canals and shopping districts in the evening. Don't worry if you miss the beautiful flowers; most of the city's museums and hotels have tulips, too.

SEVILLE, SPAIN

Embark on an enchanting journey to Seville, where vibrant culture and passion come alive. Picture yourself strolling through cobblestone streets where you can immerse yourself in the parades that travel



through the city during Holy Week. Brass bands build up to a beautiful celebration on Easter, and just two weeks later, the Feria de Abril begins. This fiesta is full of lively parties, even more music, and colorful costumes. Sevillanos on horseback and the clacking footwork of flamenco dancers are captivating to watch, so don't miss out by getting rained in.

MALTA

Located to the south of mainland Europe in the Mediterranean Sea, Malta is part of an archipelago consisting of several islands, including Gozo and Comino. Because of its diverse cultures, you'll hear Arab accents in the language as you pass Baroque architecture. Nature lovers, hikers, and landscape photographers alike can explore the rocky coastlines, impressive rock formations, and dazzling sea caves, such as the Blue Grotto (Malta), plus beautiful beaches like Ramia Bay (Gozo) and Ghajn Tuffieha Bay (Malta). However, the biggest advantage of traveling in Malta is that everything is in full bloom: green fields, blooming citrus trees, and beautiful flowers. If you go in spring, you'll beat the tourists, too, as summer is peak season.



Lessons From the Living Room

HOW MY KIDS BECAME PART OF MY AT-HOME LAW OFFICE

It's that time of year again — Take Our Daughters and Sons to Work Day. But here's the twist: For the past couple of months, it's been more about me bringing work into their lives rather than the other way around. We're kind of in a unique situation. I'm eagerly waiting to move into a new office building, which means my kids — Clayton, Claire, and Winn — get a front-row seat to my daily work as a lawyer right from our dining room table.

This setup feels like déjà vu when home offices became the norm during the pandemic's peak. Only this time, it's because we're transitioning to a new physical space for my practice. My kids have seen it all, from the mundane tasks to the complexities of handling legal matters. And in a way, it's brought us closer, giving them an insight into my world. I think it also has helped them decide for certain that they never want to become attorneys!

Perhaps seeing the long hours and the dedication required has made them contemplate other paths. My older kids, Clayton and Claire, occasionally help out with clerical work, gaining a bit of real-world experience. I'm particularly excited about Clayton, who's shown interest in a business degree, diving into managing our social media presence once he's in college. It's a win-win: He earns some pocket money while learning the ropes of marketing, a skill crucial for any business major. While he's a bit hesitant, I've suggested Clayton consider a joint law degree as it offers a unique perspective and analytical skills beneficial in any career.

As for my youngest, Winn, it's too early to tell, but his curiosity and intelligence shine through since he's already reading at 5 years old. Who knows what Claire will choose with her endless interests!

Meanwhile, my wife, Sheri, juggles her role as the firm's operations manager while we navigate this temporary setup at home. It's a balancing act between maintaining

“It's more than just showing them what you do; it's about inspiring them, demonstrating the importance of work ethic, and perhaps, sparking curiosity about their future paths.”

professional focus and engaging in family life, especially during those after-school hours when the house buzzes with energy.

This temporary situation has its challenges — like makeshift equipment in playrooms and internet cables strewn across living room floors. Yet, there are undeniable perks, like the casual work attire and the extra moments spent with family.



As we anticipate moving into our new office space, I can't help but hope that this period is an invaluable teaching moment for my kids. They've seen the hard work, the victories, and the setbacks. It's a practical lesson in the value of work and dedication.

For fellow parents juggling work and family life at home, remember the impact of involving your children in your professional world. It's more than just showing them what you do; it's about inspiring them, demonstrating the importance of work ethic, and perhaps, sparking curiosity about their future paths. Whether or not they choose to follow in my footsteps, these experiences lay the foundation for their understanding of commitment, success, and the pursuit of their passions.

—Clark Harmonson

You matter. It's an easy thing to forget with the overwhelming obligations and responsibilities most people have, but you matter. Everyone, including you, must practice self-care to ensure their happiness and peace of mind.

DISCONNECT FROM TECHNOLOGY

The connectivity provided by technology comes with several benefits, but they have just as many drawbacks. Companies design phones to be addictive. Your brain releases a little dopamine whenever you get a notification, not unlike a slot machine. That's why we constantly check our phones, even when they don't ring or vibrate. Meanwhile, studies correlate heavy social media usage with profound feelings of loneliness and depression.

Everyone needs to distance themselves from technology every so often. Try leaving your phone at home when you go outside or set a specific no-screen time. Better yet, dive into nature. Practice yoga in the park or hike through the woods and breathe in the fresh air instead of scrolling.

DREAM MORE

Our bodies demand that we spend about a third of the day sleeping, and it does so for a reason. Almost every cell needs time to refresh and renew. But many people continue to shrug off sleep, which falls to the bottom of their priorities.

Take the time to increase your sleep quality. It helps almost every part of your body, from brain to toe. To do so, implement positive sleep habits. Don't watch TV before bed, keep your bedroom dark, and put your phone on "do not disturb."

INDULGE YOURSELF

It's all too easy to devote our lives to other people, but taking time for ourselves is essential. Some me-time lets you get some perspective through joy. Once a month, push the responsibilities away and spend the day doing what you love. If you want a spa day, get a massage. If you'd prefer to paint figurines in your basement, that's all you.

We spend most of our time in our heads, preoccupied with our thoughts and focused on our obligations. It's not good for our mental health. The sheer weight of life is heavy on our shoulders and minds. Ease those worries and anxieties by putting the phone away, getting a good night's sleep, and spending quality time with ourselves.



WET WEATHER WARNING

HOW TO AVOID BECOMING A SLIP-AND-FALL STATISTIC

April's showers do indeed bring May flowers. However, with the beauty of the season also comes the increased risk of slip-and-fall accidents amid the frequent rainfall. Unfortunately, we've seen how quickly a simple walk can turn into a trip to the hospital. Let's discuss how you can stay safe this spring and what to do if you find yourself injured.

A SLIPPERY SITUATION

Spring's frequent rainfalls make for slippery sidewalks, driveways, and store entrances. Puddles can form unexpectedly, and just a small amount of water can significantly reduce traction on otherwise safe surfaces. To navigate this, always wear shoes with good grip and be especially cautious on wet surfaces. Meanwhile, businesses and homeowners should keep walkways clear and use signage to warn of wet floors.

KEEP PREMISES SAFE

Property owners have a legal duty to ensure their premises are safe for visitors. This includes promptly addressing potential hazards like accumulated rainwater. If you slip and fall on someone else's property due to their negligence in maintaining a safe environment, they may be liable for your injuries. It's crucial for



property owners to regularly inspect their premises and take immediate action to mitigate risks, such as using absorbent mats and ensuring adequate drainage.

STEPS AFTER A FALL

Should you experience a slip and fall, it's essential to document everything. Take photos of the accident scene and your injuries, and gather contact information from any witnesses. Seek medical attention promptly, even if your injuries seem minor. Then, consult with a personal injury attorney to explore your legal options. An experienced lawyer can help you understand your rights and potentially secure compensation for medical bills, lost wages, and pain and suffering.

While we all want to enjoy the beautiful transition from spring to summer, safety should never take a backseat. When you take preventive measures and understand the legal landscape, you can help protect yourself and others from the hazards that April showers bring. Remember, if you ever find yourself injured due to someone else's negligence, call our team at **(915) 584-8777** to help navigate the aftermath.

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SOLUTION ON PG. 4

SCALLOPS AND SPRING VEGETABLES WITH OLIVE-CAPER PAN SAUCE

INGREDIENTS

- 2 tbsp extra-virgin olive oil, divided
- 8 oz sea scallops, tough side muscle removed
- Pinch of ground pepper
- 8 oz asparagus (1/2 bunch), trimmed
- 6 oz baby carrots, halved lengthwise
- 1 medium shallot, minced
- 5 pitted green olives, coarsely chopped
- 1 tbsp capers, chopped
- 1 clove garlic, minced
- 1/4 cup dry white wine
- 1 tbsp butter
- Chopped fresh parsley to garnish

DIRECTIONS

1. In a medium nonstick skillet over medium-high heat, add 1 tbsp oil. Pat scallops dry and sprinkle with pepper. Add scallops to pan and cook, flipping once, until browned and just cooked through, 1 1/2-2 minutes per side. Set aside.
2. In the pan, add remaining 1 tbsp oil, asparagus, and carrots and cook, stirring frequently, until tender, 2-3 minutes.
3. Add shallot, olives, capers, and garlic and cook until fragrant, about 1 minute.
4. Add wine and cook for 1 minute. Remove from heat and add butter; stir until melted.
5. Plate veggies with scallops, then drizzle with pan sauce. Serve with parsley if desired.



Inspired by EatingWell.com



REFRESH YOUR SPACE AND SPIRIT

How Spring-Cleaning Boosts My Productivity

I hate to break the news to you, but it's that time of the year again: *spring-cleaning*. While decluttering seems like a chore, the productivity and peace of mind it brings make up for it. With my office currently stationed at home, the importance of maintaining an orderly workspace has never been more evident. After the whirlwind of holidays, where it seems like my house transforms into a battlefield of festive clutter, spring-cleaning is what gets us back to normal.

I've always believed in the power of giving back, so as part of my spring-cleaning ritual, I make it a point to donate items we no longer use to local charities. Goodwill and the El Paso Rescue Mission in El Paso hold a special place in my heart. Last year, my son Clayton volunteered with the Rescue Mission, and seeing the urgent need for clothes, especially with the recent influx of migrants, has only solidified our commitment to contribute.

Meanwhile, in my makeshift home office, the chaos of paperwork and emails can be just as overwhelming. So, I've adopted a weekly ritual to restore order to my workspace. Every Friday, I sort through my emails, organize my documents, and prepare my desk for the upcoming week. This small act of tidying up not only clears my physical space but also my mind, setting me up for success.

For those looking to embrace spring-cleaning, here are a few tips that have worked wonders for me, both at home and in my office:

1. **START WITH A PLAN:** Tackle one area at a time to avoid feeling overwhelmed. Create a checklist of what needs to be done in each space.
2. **DECLUTTER:** Evaluate what you need and what you can let go of. Donating items to charity clears your space and helps those in need.
3. **ORGANIZE YOUR WORKSPACE:** A clean desk leads to a clear mind. Take the time to sort through your documents and digital files.
4. **CREATE A SYSTEM:** Implement a system that helps you maintain order. Whether filing away documents at the end of each day or keeping a to-do list, find what works for you and stick with it.

Spring-cleaning is more than just a tradition; it's a chance to reset. As we head into this season of renewal, let's embrace the opportunity to declutter, organize, and start fresh.

-Clark Harmonson