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Solution



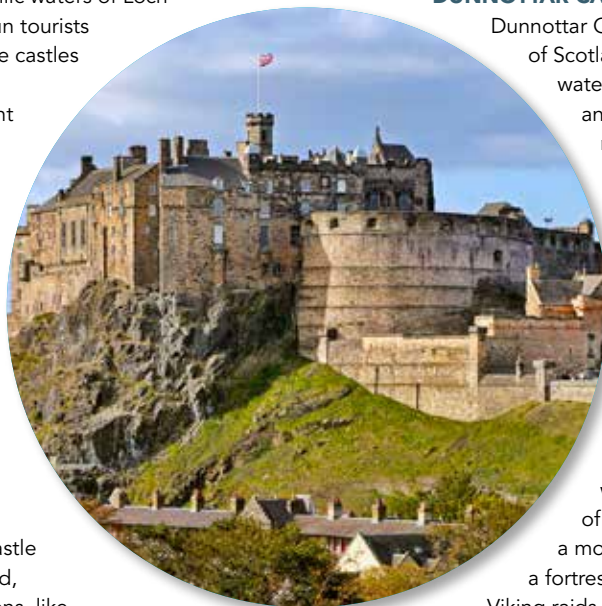
Defending the Highlands

SCOTLAND'S MUST-SEE CASTLES

From the heights of Castle Hill to the idyllic waters of Loch Duich, the historic castles of Scotland stun tourists and history enthusiasts alike. Today, these castles are well-maintained and ready to receive visitors from around the world. If you want to explore the beauty of the highlands from the rocky ramparts of Scotland's greatest castles, these are three landmarks you need to visit.

EDINBURGH CASTLE

Located amidst Edinburgh's Old Town — a World Heritage Site — the daunting and long-standing Edinburgh Castle on Castle Hill is a bulwark that has defended the Scottish capital for nearly a millennium. The military still uses parts of the formidable ramparts, but the rest serves as a can't-miss tourist destination. The castle also houses the Crown Jewels of Scotland, known as the Honours, and famed cannons, like Mons Meg, one of the grandest pieces of medieval artillery ever constructed and given to King James II in 1457 A.D.

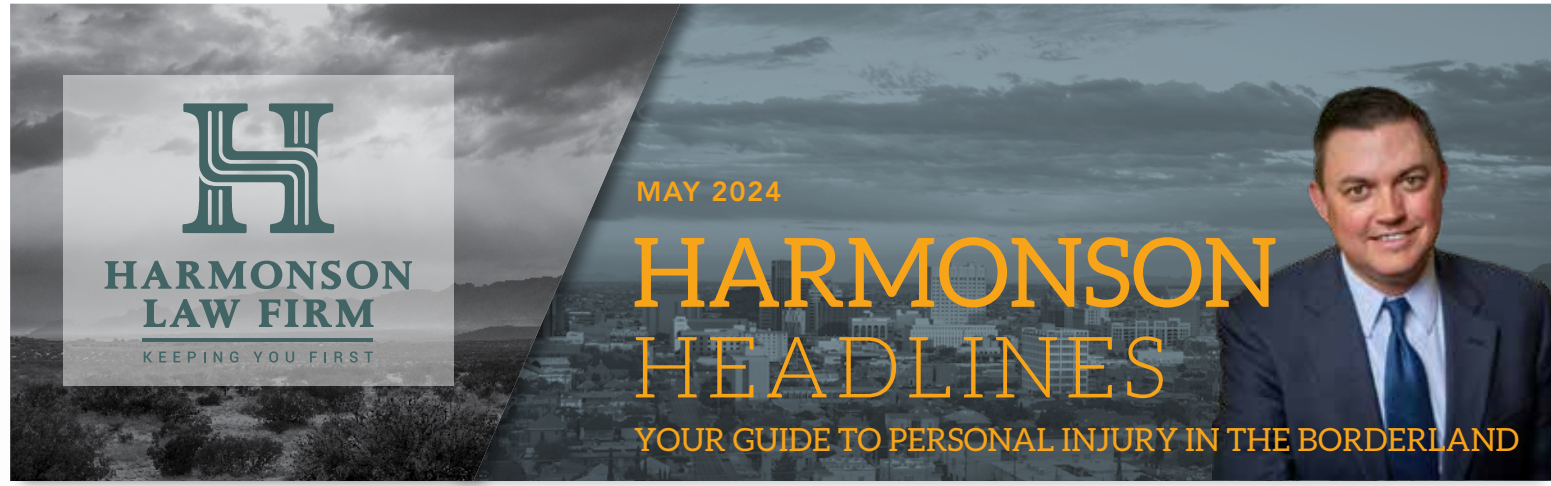


DUNNOTTAR CASTLE

Dunnottar Castle is located on the northeastern coast of Scotland and is surrounded on three sides by the waters of the North Sea. There is evidence that ancient Picts lived in the area long before a monastery was consecrated on the grounds in 1276 A.D. In 1392, Sir William Keith seized the holy site's strategic location by building its first stone fortification, The Keep. An even more unorthodox move came in 1593, when George Keith, the 5th Earl Marischal, built The Lion's Den at Dunnottar Castle to house his pet lion.

EILEAN DONAN CASTLE

There is a reason Eilean Donan Castle is one of the most photographed castles in the world! Situated on a tiny island at the mouth of Loch Duich, this formidable fortress began as a monastery in 634 A.D. before being converted to a fortress in the 12th century to protect the area from Viking raids. Now administered by the Conchra Charitable Trust, this castle houses rare artifacts, such as a sword rumored to be from the famed battle of Culloden in 1745.



The Heart of the Family

HAPPY MOTHER'S DAY!

Throughout our lives, we develop many relationships that influence and inspire us to be the best possible versions of ourselves. Relationships with coworkers help us improve our teamwork and problem-solving skills, whereas our relationships with our children can help us become more patient, compassionate, and loving. However, there's one relationship that truly transcends the rest in terms of our lifelong development. Our connection with this individual starts when life begins and often continues throughout our lives. Our mothers play an essential role in who we become, and through sacrifice, perseverance, and love, they help set us up for success. Since Mother's Day is this month, I wanted to share my appreciation for my mother and everything she has accomplished.



My parents moved to Lubbock after school, where they started a family. My brother and I were born about three years apart, and my sister came well after us. My mom stayed at home for a while to raise us, but when it came time to work, she didn't back down. She started working as a licensed chemical dependency counselor in Lubbock, eventually moving to Austin for work after she and my dad divorced. She worked for the state, playing an instrumental role in Texas' anti-smoking campaigns. My mom worked diligently to help teens avoid the temptation of tobacco. After a long and rewarding career, my mom retired and returned her focus to her family. She spent ample time with my brother's family in Austin before returning to El Paso, where she became a vital part of my and my children's lives. She comes over for dinner almost every night and even has a spot on the couch reserved for her. My mom has also found connections within the community and made countless friends in El Paso. One of her best friends was her little sister in her sorority at Texas Western, and it's incredibly heartwarming to know that they reconnected.

My mom grew up in a small town outside of Lubbock called Lorenzo. She grew up in the late 1950s and turbulent '60s, but small-town values shaped her upbringing more than anything else. Her mother was the editor of the local newspaper, which kept them involved with their local community. That said, my mom would not stay in Lorenzo for long. My dad was a little older than my mom and took off for college at UTEP, known then as Texas Western College. My mom followed suit and soon joined my dad in El Paso for college. I'm sure this was an amazing experience for them, as they were there when Texas Western won the national championship in basketball over Kentucky. That title is still a big source of pride in our community!

It's not uncommon for us to take our relationships with our parents for granted, but this is something I am actively trying to avoid. I try to reflect on my mom's life and needs with her whenever she visits. That way, I can step up and take care of her in the same manner that she has taken care of me throughout my entire life. Even if it's sometimes inconvenient, spending time with our parents is something we should always look forward to doing.

My mom has been a constant source of support and guidance in my life, and I couldn't be more blessed to have her as my mother. She has shaped my siblings and me into the people we are today. This Mother's Day, I plan to go above and beyond to show just how much she means to me and my family!

I hope you all have a wonderful Mother's Day!

“ Our mothers play an essential role in who we become, and through sacrifice, perseverance, and love, they help set us up for success.”

—Clark Harmonson

The journey to healthier habits is a marathon, not a sprint, and as such, it is a daunting task. Here are three tips to help you begin your journey, whether your goal is to lose weight, improve your diet, work out regularly, or just establish a more balanced lifestyle.

NO. 1 — START SMALL

Start your journey to better health in small ways, as attempting drastic change can be overwhelming. You should first focus on incremental adjustments to your routine. If your goal is to exercise more, start with short walks in the evenings after dinner or take the stairs in the office instead of elevators. These changes lay the foundation for long-term success. Starting small will make it easier to transition to larger changes, like adding a morning workout or speeding up your evening walk into a jog.

NO. 2 — SET SPECIFIC GOALS

Setting clear, attainable goals can easily motivate you. Rather than vague aspirations, like “exercise more” or “eat healthy,” define your goals into objectives like “walk 20 minutes every day” or “eat vegetables with every meal.” These goals can be a road map for your journey as you can track your progress as time goes on. Consistently achieving these milestones will solidify your commitment to your new healthy habits.

NO. 3 — STAY CONSISTENT

Consistency is at the core of building a habit — establishing a routine that aligns with your health goals. A structured routine supports habit formation, and consistency reinforces it. If you miss a day of your new habit, a routine helps you bounce back into the structure without being hard on yourself. As you continue building healthy habits, consistency will help ingrain them into your lifestyle.

You can lay the groundwork for lasting, healthy habits by embracing these three tips. Small, gradual changes become the foundation for continued success, while clear objectives serve as milestones to celebrate success along the way. So, take joy in the process, celebrate the victories, and know that building these healthy habits is a marathon worth running.



EMBRACE THE SPIRIT OF DIA DE LAS MADRES

A VIBRANT ODE TO MATERNAL LOVE AND STRENGTH

May 10th in Mexico shines a spotlight on one of the most cherished figures in our lives: our mothers. Dia de las Madres, or Mexican Mother’s Day, is a time for us to cherish our moms, aka “Queens of the home” or “Las Reinas de la casa.” The whole day is a vibrant expression of love, respect, and gratitude for the matriarchs who shape our lives and communities.

THE RICH TRADITIONS OF DIA DE LAS MADRES

Dia de las Madres begins with music and affection. Imagine the heartfelt scene of families serenading their mothers or bringing a whole mariachi band to set a loving tone for the day. This tradition of morning serenades beautifully captures the spirit of gratitude and celebration that defines the day.

COMMUNITY AND FAITH

The day is also marked by special events, which display the community’s collective respect and admiration for hardworking mothers. Schools host performances dedicated to mothers, while churches offer masses in their honor, showcasing the deep cultural reverence for motherhood.



EXPRESSIONS OF LOVE AND UNITY

Like its American counterpart, gifts and gatherings are central to Mexican Mother’s Day celebrations. Flowers, especially red roses, are gifted as symbols of love and appreciation. Yet, it’s the shared family meals, often featuring traditional dishes like pozole, mole, and sopes, that truly embody the holiday’s spirit. These gatherings are not just about food; they’re a celebration of family bonds and the nurturing spirit of mothers.

A UNIVERSAL MESSAGE OF GRATITUDE

While Dia de las Madres is uniquely Mexican, its core message resonates globally. It’s a day to honor the unconditional love, resilience, and guidance mothers provide. This holiday reminds us of the universal importance of acknowledging and celebrating the indispensable role of mothers in shaping both families and societies.

EXTENDING WARM WISHES

To everyone celebrating Dia de las Madres, we extend our warmest wishes. May this day be filled with joy, love, and recognition for mothers everywhere, celebrating their irreplaceable influence and affection.

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SOLUTION ON PG. 4

OLIVE OIL CAKE WITH HONEY-YOGURT CREAM AND STRAWBERRIES

INGREDIENTS

- 1 1/2 cups almond flour
- 1/2 cup all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup granulated sugar
- 4 large eggs
- 1/2 cup extra-virgin olive oil
- 1 tsp lime zest
- 3 1/2 tbsp lime juice
- 1 tsp vanilla extract
- 2 qts fresh strawberries, quartered
- 1 cup plain whole-milk Greek yogurt
- 1/4 cup heavy cream
- 1/4 cup honey

DIRECTIONS

1. Preheat oven to 350 F. Lightly grease 8-inch springform pan. Line with parchment paper and lightly grease.
2. In medium bowl, whisk together flours, baking powder, and baking soda.
3. In a stand mixer, whisk sugar and eggs on medium-high, about 3 minutes. Add oil, lime zest, lime juice, and vanilla. On low, gradually add flour mixture until just incorporated.
4. Pour batter into pan. Bake until golden brown and toothpick comes out with crumbs, 40–45 minutes. Cool for 10 minutes. Invert cake out of pan onto wire rack and let cool completely.
5. Whisk yogurt, cream, and honey. Top each cake slice with spoonfuls of yogurt mixture and strawberries.



Inspired by FoodAndWine.com

ATTACKED BY A DOG?

Recover From Dog Bite Trauma With Our Dedicated Support

Being attacked by a dog is a traumatizing experience that often leaves both physical and emotional scars. Each year, countless individuals suffer from dog bite injuries, leading to costly emergency room visits. According to Forbes, **roughly 4.5 million people are bitten by dogs in the U.S. every year.** Dog bites sometimes result in claims against home insurance. In 2022, there were 1,017 dog bite claims in Texas, making it the third-highest among all states. Legally, dog owners are responsible for their pets’ behavior and can be held liable if they fail to prevent attacks.

COMMON INJURIES FROM DOG ATTACKS

Dog bites can result in severe injuries ranging from physical to psychological. The trauma of an attack can lead to severe injuries such as disfigurement or amputation. Beyond physical injuries, many victims experience profound emotional effects, including a lasting fear of dogs. Injuries commonly associated with dog bites include:

- Bone fractures
- Disfigurement and scarring
- Infections and rabies
- Cuts, abrasions, and nerve damage
- Head injuries
- Emotional distress and fear of dogs
- Death in extreme cases

LEGAL RECOURSE AND COMPENSATION

The circumstances of a dog attack can vary greatly — it might occur on private property, in public areas like parks, or even in your own backyard. If a dog owner failed to properly control their pet, did not adhere to leash laws, or ignored the animal’s known aggressive behavior, they could be considered negligent and liable for any resulting injuries.

Victims of dog bites can pursue compensation for various damages, including:

- Hospitalization and ambulance fees
- Loss of wages or income
- Medical and emergency room costs
- Ongoing physical rehabilitation and psychological therapy
- Plastic surgery for disfigurement
- Pain and suffering
- Funeral and burial costs in the case of fatal incidents

HOW OUR TEAM CAN HELP

At Harmonson Law Firm, we understand the physical and emotional toll of dog bite incidents. We are dedicated to ensuring that victims receive the compensation they deserve to alleviate the burden of unexpected medical expenses and support their recovery journey.

If you or a loved one has been the victim of a dog bite, do not hesitate to contact us at **(915) 221-2245** to schedule a complimentary case evaluation.